

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Activities are subject to change. Please follow your Daily Activity Sheets placed in your mailboxes the night before.

**GRANDPARENTS DAY**  
9:30 Holy Name Cathedral Mass Ch 7  
2:00 Ice Cream Social  
3:30 Discovery Channel

7

9:30 Holy Name Cathedral Mass Ch 7  
12:00 Chicago Bears VS Raiders  
3:30 Golden Pages with Shelley

14

9:30 Holy Name Cathedral Mass Ch. 7  
2:00 Game with Colleen  
3:25 Chicago Bears VS Cowboys

21

9:30 Holy Name Cathedral Mass Ch 7  
3:25 Chicago Bears VS Raiders  
3:30 Golden Pages with Shelley

28

**LABOR DAY**  
9:30 Two Jobs & a Lie  
10:30 Bingo  
1:15 Board Games  
2:00 Entertainment by Carmello  
4:00 Poker

1

Happy 82nd Birthday, Alice  
10:30 Weight Exercises  
11:00 Finish the Phrases  
11:30 Lunch Trip- Portillo's  
1:30 Rummikub  
3:00 Quarter Bingo  
7:00 Chicago Bears Vs Vikings

8

10:30 Heart & Soul Fitness  
11:00 Autumn Charades  
1:15 Let's Play Boggle  
2:00 Entertainment by Kristi Alsip/ Gutairst  
3:30 Quarter Bingo

15

10:30 Chair Yoga  
11:00 Champions of Words  
1:15 Dart Challenge  
2:45 Ice Cream Social  
3:30 Quarter Bingo

22

10:30 Sit & Stretch  
11:00 Would You Rather  
1:30 Grandma's Recipes  
2:45 Ice Cream Social  
3:30 Quarter Bingo

29

10:30 Heart & Soul Fitness  
11:00 Sing Along  
1:30 Walgreens Shopping Trip - Senior Discount Day  
2:30 Corn Hole  
4:00 Blackjack

2

10:30 Heart & Soul Fitness  
11:00 Finish the Lyrics  
1:30 Corn Hole Challenge  
3:00 Walking Taco Tuesday  
4:15 Rummikub

9

10:30 Chair Yoga  
11:00 Who, What, Where  
1:30 Balloon Volleyball  
3:00 Scenic Drive  
4:15 Kings in the Corner/Uno Cards

16

10:30 St.Stephen Catholic Church Mass  
11:15 Jeopardy  
1:30 Ladders Challenge  
3:00 Hot Dog/Soda Pop Social

23

Happy 103rd Birthday Louise  
10:30 Chair Yoga  
11:00 You Be the Judge  
1:30  
2:45 Taffy Apple Dips Social  
3:30 Autumn Mosaic

30

10:30 Thera Band Exercises  
11:00 Animal IQ Trivia  
11:30 Ministry of Care/Holy Eucharist  
1:30 Ladders Challenge  
2:45 Ice Cream Social  
3:30 Quarter Bingo

3

10:30 St. Stephen Church Catholic Mass  
11:00 Brain Games  
1:30 Balloon Volleyball  
2:45 Ice Cream Social  
3:30 Bible Study with Chaplain Kathleen

10

10:30 Sit & Stretch  
11:00 Sports Trivia  
11:30 Ministry of Care/Holy Eucharist  
1:30 Inner Artist  
2:45 Ice Cream Social  
3:30 Prize Bingo

17

10:30 Sit & Stretch  
11:00 Cranium Crunches  
11:30 Ministry of Care/Holy Eucharist  
1:30 Biard Games  
2:45 Ice Cream Social  
3:30 Prize Bingo

24

10:30 Chair Yoga  
11:00 You Be the Judge  
1:30 Art Class - Watercolor Sunflowers  
3:00 Bible Study with Chaplain Kathleen  
4:15 Uno Card Game

4

10:30 Chair Yoga  
11:00 Fun with Fox - Posture Presentation  
1:30 Board/Card Games  
3:00 Veterans Club  
4:00 Shut the Box Dice Game

11

10:30 Weight Training  
11:00 Finish the Proverbs  
1:30 Darts  
3:00 Bible Study with Chaplain Kathleen  
4:15 Put Put Golf

18

10:30 Chair Zumba  
11:00 Brain Teasers  
1:30 Corn Hole  
3:00 Bible Study with Chaplain Kathleen  
4:00 Minute to WIn It

25

10:30 Heart & Soul Fitness  
11:00 Retro TV Trivia  
1:15 Blackjack  
2:30 Quarter Bingo  
4:00 Writing Letters to Grandchildren

5

9:30 News & Views  
10:30 Heart & Soul Fitness  
11:00 Jeopardy Trivia  
1:15 Quarter Bingo  
3:30 Rosary & Reflections with Tom

12

10:30 Heart & Soul Fitness  
11:00 Karaoke  
1:15 Quarter Bingo  
3:00 Trinity Lutheran Worship Services  
4:45 Uno Card Game

19

Happy 88th Birthday Milan  
10:30 Heart & Soul Fitness  
11:00 Movie Trivia  
1:15 Quarter Bingo  
3:00 Golf Challenge  
3:30 Rosary & Reflections with Tom

26

10:30 Silver Sneakers  
11:00 Table Puzzles  
2:00 Bingo with Colleen  
3:30 Card Sharks  
6:30 Evening Movie

6

10:30 Silver Sneakers  
11:00 Table Puzzles  
2:00 Bingo with Colleen  
3:30 Scrabble  
6:30 Evening Movie

13

10:30 Silver Sneakers  
11:00  
2:00 Bingo with Colleen  
3:30 Shut the Box  
6:30 Evening Movie

20

10:30 Silver Sneakers  
11:00 Crossword Puzzles  
2:00 Bingo with Colleen  
3:30 Dominos  
6:30 Evening Movie

27