


September 2023: AL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9:30AM Fitness Friday 10:00AM Coffee & News 11:00AM What's In The Bag? 1:30PM Cranium Crunches 2:00PM Wheel of Fortune 3:00PM Virtual Museum Visit 4:00PM Brain Games
3 9:30AM Morning Exercise 10:30AM Word Search 11:00AM Piano Performance 1:30PM BINGO! 2:00PM Sunday Flick Movie: 50 First Dates	4 Labor Day 9:30AM Noodle Exercises 10:30AM Coffee Corner 11:00AM Mad Libs 1:00PM Puzzling 1:30PM Wheel of Fortune 2:00PM Arts & Crafts 3:00PM Music and Manicures	5 9:30AM Tone Up Tuesday 10:00AM Scenic Drive 10:45AM Gardening Club 11:00AM Coffee and News 1:30PM Blackjack 2:15 PM Trivia Challenge 2:45PM Funny Stories	6 OUT TO LUNCH 9:30AM Workout Wednesday 10:30AM Pray the Rosary 11:00AM OUT TO LUNCH 1:00PM Travel Log 1:30PM Jumbo Puzzles 2:00 PM Family Feud 2:45PM Cultural Cooking	7 9:30AM Chair Exercises 10:00AM News on the Patio 11:00AM Water Balloon Toss 1:00PM Blackjack 2:00PM Jeopardy 2:30PM Iced Coffee Creations 3:00PM BINGO!	8 9:30AM Fitness Friday 10:00AM Coffee & News 11:00AM What's In The Bag? 1:30PM Cranium Crunches 2:00PM Wheel of Fortune 3:00PM Virtual Museum Visit 4:00PM Brain Games	9 9:30AM Saturday Stretch 10:00AM Donuts & Coffee 10:30AM Saturday Service 1:30PM Love on a Leash 2:00PM Trivia 2:30PM Jeopardy 3:00PM Sundae Fun Day
10 9:30AM Morning Exercise 10:30AM Word Search 11:00AM Daily Chronicle 1:30PM BINGO! 2:00PM Sunday Flick Movie: Finding Ohana	11 10:00AM Noodle Exercises 10:30AM Coffee Break 11:00AM Hand Massages 1:00PM Luau Word Mining 1:30PM Wheel of Fortune 2:00PM Sand Art 3:00PM Music and Manicures	12 9:30AM Noodle Exercises 10:00AM Coffee and Pastries 11:00AM Gardening Club 1:45PM Horse Racing 2:30PM Jeopardy 3:00PM Blackjack 4:00PM Arm Chair Travels	13 9:30AM Wednesday Warm up 10:00AM Exercise Group Two 10:45AM Pray the Rosary 11:15AM Lei Making 1:30PM Horse Racing 2:30 PM The Price Is Right 2:45PM Cultural Cooking	14 9:30AM Chair Exercises 10:00AM News on the Patio 11:00AM Water Balloon Toss 1:00PM Blackjack 2:00PM Jeopardy 2:30PM Iced Coffee Creations 3:00PM BINGO!	15 LUAU EVENT 9:30AM Luau Setup 10:00AM Luau Setup 11:00AM Luau Event 1:30PM Sailboat Making 2:00PM Saling on Waikiki 3:00PM A Trip to Hawaii 4:00PM Brain Games	16 9:30AM Saturday Stretch 10:00AM Donuts & Coffee 10:30AM Saturday Service 1:30PM Blackjack 2:00PM Trivia 2:30PM Jeopardy 3:00PM Sundae Fun Day
17 9:30AM Morning Exercise 10:30AM Word Search 11:00AM Daily Chronicle 1:30PM BINGO! 2:00PM Sunday Flick Movie: Resort to Love	18 PICNIC 9:00AM Noodle Exercises 10:30AM PICNIC 11:00AM PICNIC 1:00PM Puzzling 1:30PM Wheel of Fortune 2:00PM Arts & Crafts 3:00PM Music and Manicures	19 9:30AM Noodle Exercises 10:30AM Coffee and Pastries 11:00AM Mad Libs 1:30PM Horse Racing 2:30PM Jeopardy 3:00PM Blackjack 4:00PM Arm Chair Travels	20 9:30AM Workout Wednesday 10:30AM Pray the Rosary 11:00AM Card Games 1:00PM The Price Is Right 1:30PM Floral Arranging 2:00 PM Family Feud 2:45PM Cultural Cooking	21 9:30AM Chair Exercises 10:00AM Exercise Group Two 11:00AM News on the Patio 1:00PM Blackjack 2:00PM Jeopardy 2:30PM Iced Coffee Creations 3:00PM BINGO!	22 9:30AM Fitness Friday 10:00AM Coffee & News 11:00AM What's In The Bag? 1:30PM Cranium Crunches 2:00PM Wheel of Fortune 3:00PM Virtual Museum Visit 4:00PM Brain Games	23 9:30AM Saturday Stretch 10:00AM Donuts 10:30AM Saturday Service 1:00PM Blackjack 2:00PM Trivia 2:30PM Jeopardy 3:00PM Sundae Fun Day
24 Sunnyside Store 9:30AM Morning Exercise 10:30AM Word Search 11:00AM Daily Chronicle 1:30PM BINGO! 2:00PM Sunday Flick Movie: Beach Blanket Bingo	25 9:30AM Noodle Exercises 10:30AM Coffee Corner 11:00AM Mad Libs 1:00PM Puzzling 1:30PM Wheel of Fortune 2:00PM Arts & Crafts 3:00PM Music and Manicures	26 Take-Out Tuesday 9:30AM Noodle Exercises 10:30AM Coffee and Pastries 11:00AM Mad Libs 1:30PM Horse Racing 2:30PM Jeopardy 3:00PM Blackjack 4:00PM Arm Chair Travels	27 9:30AM Workout Wednesday 10:30AM Pray the Rosary 11:00AM Card Games 1:00PM The Price Is Right 1:30PM Floral Arranging 2:00 PM Family Feud 2:45PM Cultural Cooking	28 9:30AM Chair Exercises 10:00AM Exercise Group Two 11:00AM News on the Patio 1:00PM Blackjack 2:00PM Jeopardy 2:30PM Iced Coffee Creations 3:00PM BINGO!	29 Birthday Celebration 9:30AM Fitness Friday 10:00AM Coffee & News 11:00AM What's In The Bag? 1:30PM Cranium Crunches 2:00PM Travel Log 3:00PM Birthday Celebration w/ Manny	30 9:30AM Saturday Stretch 10:00AM Donuts 10:30AM Saturday Service 1:00PM Blackjack 2:00PM Trivia 2:30PM Jeopardy 3:00PM Sundae Fun Day

September 2023: MEMORY LANE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:30AM Fitness Friday 10:00AM Daily Chronicle 10:30AM Dance Party 11:00AM Wheel of Fortune 1:30PM Senory Sensations 2:00PM Travel Log 3:00PM Wheel of Fortune 4:00PM Balloon Ball	2 9:30AM Saturday Stretch 10:00AM Coffee & Pastries 10:30AM Sing w/ Susie Q. 11:00AM Pictionary 1:30PM Bingo 2:15PM Derby Day 2:45PM Popcorn Party 3:00PM Bean Ball Toss
3 9:30am Morning Exercise 10:00am Mindful Meditation 11:00am Step-up Club 1:00pm Beach Ball Toss 1:30PM Wheel of Fortune 2:00pm Cooking w/Serafina 2:45pm What's In The Bag? 3:00pm Movie & Popcorn	4 9:30AM Noodle Exercise 10:00AM Coffee & Pastries 10:45AM Music W/Ed 1:00PM KickBall 1:30PM Nails 2:00PM Picture Jeopardy 2:30PM EZ Dectective 3:30PM Table Tennis	5 9:30AM Chair Chi 10:00AM Table Top Art 10:45AM Sing- A-Long 1:00PM Bowling 1:30PM What Comes Next? 2:00PM Craft Corner 3:00PM Air Fryer Recipes 4:00PM Beach Ball Toss	6 9:30AM Chair Aerobics 10:00AM Water Colors 10:30am Sing- A-Long 1:00PM Noodle Toss 1:30PM Sensory Tables 2:00PM Paper Mosiacs 2:15PM Mid-Week Musical 4:00PM Bubble Pop	7 9:30AM Noodle Toss 10:00AM Colorist Club 10:30am Sing-A-Long 1:00PM Community Circle 1:30PM Sundae Bar 2:00PM Virtual Scenic Drive 2:15PM Bingo 3:30PM Nails	8 9:30AM Fitness Friday 10:00AM Daily Chronicle 10:30AM Dance Party 11:00AM Wheel of Fortune 1:30PM Senory Sensations 2:00PM Travel Log 3:00PM Wheel of Fortune 4:00PM Balloon Ball	9 9:30AM Saturday Stretch 10:00AM Coffee & Pastries 10:30AM Sing w/ Susie Q. 11:00AM Pictionary 1:30PM Bingo 2:15PM Derby Day 2:45PM Milkshakes 3:00PM Bean Ball Toss
10 9:30am Morning Exercise 10:00am Mindful Meditation 11:00am Step-up Club 1:00pm Beach Ball Toss 1:30PM Wheel of Fortune 2:00pm Pineapple Smoothies 2:45pm What's In The Bag? 3:00pm Movie Popcorn	11 9:30AM Noodle Exercise 10:00AM Coffee & Pastries 10:45AM Luau Paper Hat Craft 1:00PM KickBall 1:30PM Nails 2:00PM Aloha Bingo 2:30PM EZ Dectective 3:30PM Table Tennis	12 9:30AM Chair Chi 10:00AM Table Top Art 10:45AM Sing- A-Long 1:00PM Tikki Construction 2:00PM Visiting Hawaii 3:00PM DIY Blue Hawaii 4:00PM Beach Ball Toss	13 9:30AM Chair Aerobics 10:00AM Off to the Races 10:30am Sing- A-Long 1:00PM Lei Making 2:00PM Pineapple Bowling 2:15PM Mid-Week Musical 4:00PM Bubble Pop	14 9:30AM Noodle Toss 10:00AM Colorist Club 10:30am Sing-A-Long 1:00PM Community Circle 1:30PM Sundae Bar 2:00PM Virtual Visit: Waikiki 2:15PM Bingo 3:30PM Nails	15 Luau Party 9:30AM Fitness Friday 10:00AM Daily Chronicle 10:30AM Dance Party 11:00AM Luau Party 1:30PM Senory Sensations 2:00PM Sand Art 3:00PM Wheel of Fortune 4:00PM Balloon Ball	16 9:30AM Saturday Stretch 10:00AM Coffee & Pastries 10:30AM Sing w/ Susie Q. 11:00AM Pictionary 1:30PM Bingo 2:15PM Derby Day 2:45PM Popcorn Party 3:00PM Bean Ball Toss
17 9:30am Morning Exercise 10:00am Mindful Meditation 11:00am Step-up Club 1:00pm Beach Ball Toss w/4 1:30PM Wheel of Fortune 2:00pm Cooking w/ Serafina 2:45pm What's In The Bag? 3:00pm Movie and Popcorn	18 9:30AM Noodle Exercise 10:00AM Coffee & Pastries 10:45AM Music W/Ed 1:00PM KickBall 1:30PM Apple Pie Making 2:00PM Picture Jeopardy 2:30PM EZ Dectective 3:30PM Table Tennis	19 9:30AM Chair Chi 10:00AM Table Top Art 10:45AM Sing- A-Long 1:00PM Bowling 1:30PM What Comes Next? 2:00PM Fall Craft Corner 3:00PM Bread Making 4:00PM Beach Ball Toss	20 9:30AM Chair Aerobics 10:00AM Water Colors 10:30am Sing- A-Long 1:00PM Noodle Toss 1:30PM Sensory Tables 2:00PM Paper Mosiacs 2:15PM Mid-Week Musical 4:00PM Bubble Pop	21 9:30AM Noodle Toss 10:00AM Colorist Club 10:30am Sing-A-Long 1:00PM Community Circle 1:30PM Sundae Bar 2:00PM Virtual Scenic Drive 2:15PM Bingo 3:30PM Nails	22 9:30AM Fitness Friday 10:00AM Daily Chronicle 10:30AM Dance Party 11:00AM Wheel of Fortune 1:30PM Senory Sensations 2:00PM Travel Log 3:00PM Wheel of fortune 4:00PM Balloon Ball	23 9:30AM Saturday Stretch 10:00AM Coffee & Pastries 10:30AM Sing w/ Susie Q. 11:00AM Pictionary 1:30PM Bingo 2:15PM Derby Day 2:45PM Milkshakes 3:00PM Bean Ball Toss
24 9:30am Morning Exercise 10:00am Mindful Meditation 11:00am Step-up Club 1:00pm Beach Ball Toss w/4 1:30PM Wheel of Fortune 2:00pm Mango Smoothies 2:45pm What's In The Bag? 3:00pm Movie & Popcorn	25 9:30AM Noodle Exercise 10:00AM Coffee & Pastries 10:45AM Music W/ Ed 1:00PM KickBall 1:30PM Nails 2:00PM Dot Art 2:30PM EZ Dectective 3:30PM Table Tennis	26 9:30AM Chair Chi 10:00AM Table Top Art 10:45AM Sing- A-Long 1:00PM Bowling 1:30PM What Comes Next? 2:00PM Fall Craft Corner 3:00PM Air Fryer Recipes 4:00PM Beach Ball Toss	27 9:30AM Chair Aerobics 10:00AM Water Colors 10:30am Sing- A-Long 1:00PM Noodle Toss 1:30PM Sensory Tables 2:00PM Paper Mosiacs 2:15PM Mid-Week Musical 4:00PM Bubble Pop	28 9:30AM Noodle Toss 10:00AM Colorist Club 10:30am Sing-A-Long 1:00PM Community Circle 1:30PM Sundae Bar 2:00PM Virtual Scenic Drive 2:15PM Bingo 3:30PM Nails	29 9:30AM Fitness Friday 10:00AM Daily Chronicle 10:30AM Dance Party 11:00AM Wheel of Fortune 1:30PM Senory Sensations 2:00PM Travel Log 3:00PM Wheel of fortune 4:00PM Balloon Ball	30 9:30AM Saturday Stretch 10:00AM Coffee & Pastries 10:30AM Sing w/ Susie Q. 11:00AM Pictionary 1:30PM Bingo 2:15PM Derby Day 2:45PM Popcorn Party 3:00PM Bean Ball Toss