



| <i>Sunday</i>   | <i>Monday</i>  | <i>Tuesday</i>  | <i>Wednesday</i>   | <i>Thursday</i>  | <i>Friday</i>   | <i>Saturday</i>   |
|---|--|---|--|--|---|---|
| <h1><i>Westminster Village</i></h1> <h2><i>September 2021 Health Center Activities</i></h2>   |  |   | 9:30 Daily Bread & Morning News <b>1</b><br>10:00 Chair Yoga<br>10:45 On The Road: Congress Avenue Bridge<br>1:00 Kat & Riley<br>2:00 Dotty Paper Towel Art<br>3:00 Mail & Drop Ins                      | 9:30 Cathy & Cooper <b>2</b><br><br>1:00 BINGO<br><br>3:00 Mail & Drop Ins   | 9:00 Puzzle Fun <b>3</b><br>9:45 Morning Exercise<br>10:15 Finish the Song Lyrics<br>10:45 Uno Card Game<br><br>2:00 Snack Cart<br>3:00 Mail & Drop Ins                       | 9:00 Sip & Chat: Favorite Jobs <b>4</b><br><br>10:30 Outdoor Walks<br><br>1:00 BINGO<br>3:00 Mail & Drop Ins                |
| 9:45 Devotions & Hymn History <b>5</b><br><br>10:15 September Trivia<br>10:45 Uno<br><br>1:00 Bocce Ball<br>2:00 Sunday Puzzles                             | <b>Labor Day 6</b><br>9:00 Reading Refresh & Labor Day Puzzles<br><br>2:00 Labor Day Lemonade & Corn Hole in The Courtyard<br>3:30 Afternoon Chair Yoga  | <b>7</b><br>9:00 Beverage Cart<br><br>10:30 Hummingbird Food Refresh<br>12:30 Make a Birdfeeder Wreath<br>2:00 Checkers<br>3:00 Mail & Drop Ins | <b>8</b><br>9:30 Daily Bread & Morning News<br>10:00 Chair Yoga<br>10:30 What's In The Bag<br>10:45 On The Road : Newfileds<br>1:00 Outdoor Walks<br>2:00 Sunflower Centerpieces<br>3:00 Mail & Drop Ins | <b>9</b><br>9:30 Cathy & Cooper<br>9:45 Simple Stretch<br><br>10:30 Resident Council Meeting<br><br>1:00 BINGO<br>3:00 Mail & Drop Ins     | <b>10</b><br>9:00 Puzzle Fun<br>9:45 Morning Exercise<br>10:15 Getting to Know: Albert Einstein<br>10:45 Uno Card Game<br><br>2:00 Snack Cart<br>3:00 Mail & Drop Ins         | <b>11</b><br><br>1:00 BINGO<br><br>3:00 Mail & Drop Ins<br><br>3:45 Cards & Dominoes  |
| 9:45 Devotions & Hymn History <b>12</b><br>10:00 Relaxing Coloring to Music<br>10:30 Decorate a Tissue Box<br><br>1:00 Outdoor Walks<br>2:00 Sunday Puzzles | <b>13</b><br>9:00 Reading Refresh<br>9:45 Seated Stretch<br>10:15 Musical Memories: The Monkees<br>10:45 Dominoes<br>1:00 Make a Lace Doily Bowl<br>3:00 Mail & Drop Ins                                       | <b>14</b><br>9:00 Beverage Cart<br><br>10:30 Sevens Card Game<br><br>1:00 Pinch Pot Vases & All About Air Plants<br>3:00 Mail & Drop Ins        | <b>15</b><br>9:30 Daily Bread & Morning News<br>10:00 Chair Yoga<br>10:45 On The Road: Spring Mill State Park<br>1:00 Kat & Riley<br>2:00 Outdoor Walks<br>3:00 Mail & Drop Ins                          | <b>16</b><br>9:30 Cathy & Cooper<br>9:45 Simple Stretch<br><br>10:00 Learn a Little: Just Peachy<br><br>1:00 BINGO<br>3:00 Mail & Drop Ins | <b>17</b><br>9:00 Puzzle Fun<br>9:45 Morning Exercise<br>10:15 Famous Cats Quiz & The Benefits of Curiosity<br>10:45 Uno Card Game<br>2:00 Snack Cart<br>3:00 Mail & Drop Ins | <b>18</b><br>9:00 Make a Pretty Paper Black-Eyed Susan<br><br>10:30 Outdoor Walks<br><br>1:00 BINGO<br>3:00 Mail & Drop Ins |
| 9:45 Devotions & Hymn History <b>19</b><br>10:30 Fluttering Bee Art<br><br>1:00 Bocce Ball<br>2:00 Sunday Puzzles   | <b>20</b><br>9:00 Reading Refresh<br>9:45 Seated Stretch<br>10:00 Musical Memories: Ray Charles<br>10:45 Dominoes<br>1:00 Outdoor Walks<br>2:00 Checkers<br>3:00 Mail & Drop Ins<br>6:00 Music with Paul White | <b>21</b><br>9:00 Beverage Cart<br><br>10:30 Garden Time<br><br>1:00 Craft a Yarn Pumpkin<br>3:00 Mail & Drop Ins                               | <b>22</b><br>9:30 Daily Bread & Morning News<br>10:00 Chair Yoga<br>10:45 Make a Happy Harvest Door Hanger<br>1:00 Happy Fall Ya'll Social in the Courtyard<br>3:00 Mail & Drop Ins                      | <b>23</b><br>9:30 Cathy & Cooper<br>9:45 Simple Stretch<br>10:00 Learn a Little: Joanne Woodward<br><br>1:00 BINGO<br>3:00 Mail & Drop Ins | <b>24</b><br>9:00 Puzzle Fun<br>9:45 Morning Exercise<br>10:15 Getting to Know: Laura Ingalls<br>10:45 Uno Card Game<br>2:00 Snack Cart<br>3:00 Mail & Drop Ins               | <b>25</b><br>9:00 Sip & Chat: Dream Job<br><br>10:30 Outdoor Walks<br><br>1:00 Fall BINGO!!!<br>3:00 Mail & Drop Ins        |
| 9:45 Devotions & Hymn History <b>26</b><br>10:30 Paint By Numbers<br><br>1:00 Sunday Sundaes<br>2:00 Sunday Puzzle Fun                                      | <b>27</b><br>9:00 Reading Refresh<br>9:45 Seated Stretch<br>10:15 Musical Memories: Aretha Franklin<br>10:45 Dominoes<br>1:00 Woven Tissue Box Craft<br>3:00 Mail & Drop Ins                                   | <b>28</b><br>9:00 Beverage Cart<br><br>10:30 Hand Print Trees & Mighty Oaks<br><br>1:00 Fall Garden Time<br>3:00 Mail & Drop Ins                | <b>29</b><br>9:30 Daily Bread<br>10:00 Chair Yoga<br>10:45 On The Road: Eternal Flame Falls<br>1:00 Kat & Riley<br>2:00 Make a Toilet Paper Roll Pumpkin<br>3:00 Mail & Drop Ins                         | <b>30</b><br>9:30 Cathy & Cooper<br>9:30 Simple Stretch<br>10:00 Learn a Little: Magic Milk<br><br>1:00 BINGO<br>3:00 Mail & Drop Ins      | ***Activities Subject to Change*** You may view annual survey books on Devon Court, The Play court, The Garden Room, and Main Library.  |   |