

Sun

Mon

Tue

Wed

Thu

Fri

Sat

# September



# 2022



1.  
10:00 Cell Phone Help  
10:00 Monthly Weigh In  
11:00 Shopping at Target  
1:00 Town Hall Meeting  
2:30 Ca\$ Bingo  
4:00 Happy Hour

2.  
9:30 Donuts & Coffee  
w/Universal Home Health  
10:00 Bible Study  
11:00 Relax Shoulder Stretch  
1:00 Activity Meeting  
4:00 Happy Hour

3.  
11:00 Shopping at Walgreens  
1:00 Ice Cream Sundaes  
2:30 Grab Bag Bingo  
4:00 Happy Hour

4.  
2:00 Church Service  
w/Rachel & Bill Milner  
3:30 Candy Bingo  
5:00 Happy Hour

5. **Labor Day**  
11:00 Tai Chi w/Ron  
12:00 Labor Day Facts  
2:00 Core & Leg Blast  
3:00 UNO  
4:00 Happy Hour

6.  
10:30 First Americans Museum &  
Lunch Out: Thirty Nine  
10:00 Aqua Fit  
2:30 Candy Bingo  
3:00 Brain Region's Role  
4:00 Happy Hour  
5:30 Music w/Barbara Poppe  
6:00 Family Council Meeting

7.  
10:00 Catholic Communion  
10:00 America's Historical  
Genealogy w/Michael  
10:45 Core Balance  
1:00 Wednesday's Featured Film  
"The Notebook"  
1:00 Poker  
2:00 Mexican Train  
4:00 Happy Hour  
5:45 Bible Study w/Stacey

8.  
10:00 Aqua Fit  
10:30 Yahtzee!  
2:30 Ca\$ Bingo  
4:00 Happy Hour  
5:00 Alzheimer's Associa-  
tion Benefit Dinner w/Edgar  
Cruz @6:00pm

9.  
9:30 Donuts & Coffee  
w/Universal Home Health  
10:00 Bible Study  
12:00 NW Metro Library  
2:00 Sit & Fit w/Music  
4:00 Happy Hour

10.  
11:00 Shopping at Walgreens  
1:00 Ice Cream Floats  
2:30 Grab Bag Bingo  
4:00 Happy Hour

11. **Grandparent Day**  
1:00 Music w/Gathan Graham  
2:00 Church Service  
w/Pam & Bobby Long  
3:30 Candy Bingo  
5:00 Happy Hour

12.  
11:00 Tai Chi w/Ron  
1:00 Arts Council Art Class  
2:00 7 Standing Stretch  
3:00 Monopoly Card Game  
4:00 Happy Hour

13.  
10:00 Aqua Fit  
10:00 Shopping at Walmart  
11:00 Quarter Bingo  
1:00 Calligraphy Class w/Whitney  
Gentle Shepherd HH  
1:00 Ice Cream Sundaes  
w/Traditions  
2:30 Candy Bingo  
3:00 Brain Region's Role  
4:00 Happy Hour

14.  
10:00 Catholic Communion  
10:00 America's Historical  
Genealogy w/Michael  
12:30 New Resident &  
Ambassador Luncheon  
1:00 Wednesday's Featured Film  
"Sabrina"  
1:00 Poker  
2:30 Alex Cooking Demonstration  
4:00 Happy Hour  
5:30 Bible Study w/Stacey

15.  
10:00 Cell Phone Help  
10:00 Aqua Fit  
11:00 Shopping at Target  
11:30 Monthly Birthday Party  
w/Travis Wackerly  
2:30 Ca\$ Bingo  
4:00 Happy Hour w/  
Ladder Ball

16.  
9:30 Donuts & Coffee  
w/Universal Home Health  
10:00 Bible Study  
12:00 Quail Springs Mall  
2:00 Restorative Yoga  
3:00 Baritones  
4:00 Happy Hour

17.  
11:00 Shopping at Walgreens  
1:00 Ice Cream Sundaes  
2:30 Grab Bag Bingo  
4:00 Happy Hour

18.  
2:00 Village Baptist  
Church  
3:30 Candy Bingo  
5:00 Happy Hour

19.  
10:00 Paparazzi Jewelry Sell  
11:00 Tai Chi w/Ron  
2:00 Core & Leg Blast  
3:00 Hobby Lobby  
4:00 Happy Hour

20.  
10:00 Aqua Fit  
10:00 Shopping at Walmart  
1:00 Craft w/Michelle  
from Traditions  
2:30 Candy Bingo  
3:00 Brain Region's Role  
4:00 Happy Hour  
4:30 Dinner Out: Junior's  
5:30 Music w/Barbara Poppe

21.  
10:00 Catholic Communion  
10:00 America's Historical  
Genealogy w/Michael  
11:00 State Fair (Senior Day)  
1:00 Wednesday's Featured Film  
"Gone with the Wind"  
1:00 Bible Study w/Keith Roberson  
1:00 Poker  
2:00 Mexican Train  
4:00 Happy Hour  
5:30 Bible Study w/Stacey

22. **First Day Of Autumn**  
10:00 Aqua Fit  
12:15 Governor  
Mansion  
2:30 Ca\$ Bingo  
4:00 Happy Hour  
6:00 Music w/Ric Gorden

23.  
9:30 Donuts & Coffee  
w/Universal Home Health  
10:00 Bible Study  
12:00 Dollar Tree  
2:00 Education Group Session  
4:00 Happy Hour

24.  
11:00 Shopping at Walgreens  
11:00 Music w/June Carter  
1:00 Ice Cream Floats  
2:30 Grab Bag Bingo  
4:00 Happy Hour

25.  
1:00 Music w/Gathan Graham  
2:00 Resident Led Service  
3:30 Candy Bingo  
5:00 Happy Hour

26.  
11:00 Tai Chi w/Ron  
1:00 Arts Council Art Class  
2:00 30 Min Sitting Stretch  
3:00 UNO  
4:00 Happy Hour  
7:00 Classic Swing Big Band

27.  
10:00 Aqua Fit  
10:00 Shopping at Walmart  
2:30 Candy Bingo  
3:00 Brain Region's Role  
4:00 Happy Hour w/  
Ladder Ball

28.  
10:00 Catholic Communion  
10:00 America's Historical  
Genealogy w/Michael  
10:45 Core Balance  
1:00 Wednesday's Featured Film  
"The Sound of Music"  
1:00 Bible Study w/Keith Roberson  
1:00 Poker  
2:00 Sequence  
4:00 Happy Hour  
5:30 Bible Study w/Stacey

29.  
10:00 Cell Phone Help  
10:00 Aqua Fit  
11:00 Shopping at Target  
2:30 Ca\$ Bingo  
4:00 Happy Hour  
4:30 Dinner Out:  
Red Lobster

30.  
9:30 Donuts & Coffee  
w/Universal Home Health  
10:00 Bible Study  
12:00 NW Metro Library  
1:00 Dr. Lee—Podiatrist  
4:00 Happy Hour