

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2023

## Sherwood Oaks Personal Care

						10:30 Fitness College Theme Songs 1:20 Afternoon Movie 3:30 Games	1	1:20 Afternoon Movie 3:30 LIVE Jeopardy Game	2				
9:30-11:00 Catholic Communion St. Ferdinand's in room 1:20 Afternoon Movie 2:00 Chapel- Card Room	3	10:30 Monday Move and Groove 1:20 Afternoon Movie 3:30 Labor Day: Unusual Careers and Trivia	4	10:30 Tuesday Tone-Ups 1:20 Afternoon Movie 3:30 September in History Presentation	5	10:30 Wednesday Workout 1:20 Afternoon Movie 3:30 Outburst Game Career Topics	6	10:30 Thursday ABC Fitness 1:20 Afternoon Movie 3:00 Art Group 6:15 Career Bingo	7	10:30 Friday Fitness 1:20 Afternoon Movie 3:30 Porch Poetry and Short Stories	8	10:30 Penny Ante Game 1:20 Afternoon Movie 3:30 Gather for Leisure Group Games in the Day Room	9
		Labor Day											
9:30-11:00 Catholic Communion St. Ferdinand's in room 1:00 Steelers Football Game and snacks 2:00 Chapel- Card Room 3:30 Family Feud Game	10	10:30 Sit and Stretch 1:20 Afternoon Movie 3:30 Road Trip-Travelogue Facts and Snacks	11	10:30 Chair Yoga 1:20 Afternoon Movie 3:30 Ten Places to Visit in Maine	12	10:30 Sit and Stretch 1:20 Afternoon Movie 3:30 Pictionary Game Road Trips Edition	13	10:30 Chair One Fitness 1:20 Afternoon Movie 3:30 National Parks Bingo	14	10:30 Friday Fitness and Frank Sinatra Music 1:20 Afternoon Movie 3:30 Road Trips Timeslips	15	<b>Car Cruise 1-4 pm outside upper parking lot DJ Denny Refreshments served.</b>	16
		Grandparents Day								Rosh Hashanah Begins		Oktoberfest Begins	
9:30-11:00 Catholic Communion St. Ferdinand's in room 1:20 Afternoon Movie 2:00 Chapel- Card Room	17	10:30 Monday Move and Groove 1:20 Afternoon Movie 3:00 <b>Covenant Players</b> Drama Group – card room 8:15 Steelers Football Game	18	10:30 Morning Fitness 2:00 <b>Exotic Animal Show</b> <b>Outside</b> founders 3:30 Exotic Animal Travelogue	19	10:30 Chair One Fitness 1:20 Afternoon Movie 1:30-3:30 <b>Dee's Funnel Cake Truck</b> Outside founders 3:30	20	10:30 Chair Yoga 11:00 Catholic Mass Card room 1:20 Afternoon Movie 2:00 Protestant Communion Day Room 3:30 Craft Project: Fall Door Decoration (session 1)	21	10:30 Friday Fitness 1:20 Afternoon Movie 3:30 Craft Project: Fall Door Decoration (session 2)	22	1:20 Afternoon Movie 3:30 Catchphrase Game	23
										Autumn Begins			
9:30-11:00 Catholic Communion St. Ferdinand's in room 10:30 Devotions 1:20 Afternoon Movie 2:00 Chapel- Card Room 3:30 Late Blooming Artists and their Talents 8:20 Steelers Football Game	24	10:30 Movement to Mozart Music 2:00 <b>Drum Circle with Matt</b> 3:00 <b>Resident Council Meeting</b>	25	10:30 Tuesday Tone-Ups 1:30 <b>Art with Janet</b> 2:30 Afternoon Movie	26	10:30 Wednesday Wake-Up Moves 1:20 Afternoon Movie 3:30 H2O Color Painting	27	10:30 Thursday Throwback to the 80's Fitness 1:20 Afternoon Movie 3:30 National Parks of the USA- Travelogue	28	10:30 Friday Fun and Fitness 1:20 Afternoon Movie 3:30 Music with Roberta	29	1:20 Afternoon Movie 3:30 Kings in the Corner	30
		Yom Kippur Begins								Sukkot Begins			

Activities are subject to change.

Activities Team: June, Amy, Hannah, Roberto (Dir)