

VALEO TRAVEL MONTH/ GERMANY SEPTEMBER 2019

Eagles Mountain AL Partners LP (MC)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK N ROLL EXERCISE, FR</p> <p>11:00am-11:30AM SUNDAY'S PRAISE AND WORSHIP, MR</p> <p>12:00pm-1PM CREATIVE GERMAN COLORING/ PAINTING,</p> <p>1:00pm-2PM MONSTER RING TOSS GAME/CREATIVE COLORING,</p> <p>2:00pm-4PM VALEO HANDS HELPER (FOLDING LAUNDRY), AS</p>	<p>2</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK N ROLL EXERCISE GERMAN WORD OF THE DAY IS HALLO (HELLO),</p> <p>10:00am-10:30AM GERMAN SNACKS TASTING WITH THE RESIDENTS, VC</p> <p>1:00pm STORY TIME/READING CLUB,</p> <p>2:00pm-4PM HAPPY HOUR- APPETIZERS, DRINKS AND MUSIC, VC</p>	<p>3</p> <p>9:30am-11:30am ACTIVE LIVING- YOGA AND RESIDENT SPOTLIGHT SERIES, FR</p> <p>10:00am-10:30am GERMAN MEATBALLS (KANIGSBERGER KLOPSE) MAKING WITH THE RESIDENT, DH</p> <p>1:00pm SING ALONE WITH KARAOKE MACHINE, MR</p> <p>2:00pm-4pm HAPPY HOUR- APPETIZERS, DRINKS AND MUSIC, VC</p>	<p>4</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK N ROLL EXERCISE, FR</p> <p>10:00am-10:30AM BOWLING WITH THE RESIDENT, DH</p> <p>10:30am-11:30AM GERMAN STRAWBERRY PUNCH, VN</p> <p>2:00pm-4PM HAPPY HOUR- CREATIVE PAINTING, BOARD GAMES,</p> <p>3:30pm-4PM PICTURE DETECTIVE, AS</p> <p>6:00pm-8PM MOVIE TIME</p>	<p>5</p> <p>9:30am-11:30AM ACTIVE LIVING- STRENGTH TRAINING GLUCK/ GERMAN WORD OF THE DAY GLUCK (HAPPINESS), AR</p> <p>10:30am-12:30PM GERMAN DRINK TASTING WITH RESIDENTS AND BINGO, DH</p> <p>1:00pm-2PM MANICURE AND HAND MASSAGE, DP</p> <p>2:00pm-4PM -MAKING OF GERMAN POTATO SALAD</p>	<p>6</p> <p>All Day FUNNY GERMAN CUSTOMS DAY</p> <p>10:30am-11:30am JEWELRY MAKING GERMAN STYLE WITH THE RESIDENTS, AR</p> <p>1:00pm-2pm A GAME OF RUBBER HORSESHOE, VC</p> <p>2:00pm-4pm HAPPY HOUR- APPETIZER, DRINKS, MUSIC AND CURRENT EVENT TALK, VC</p>	<p>7</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK AND ROLL EXERCISED GERMAN WORD OF THE DAY (DANKE) THANK YOU, FR</p> <p>10:30am GAME OF QWIRKLE, TL</p> <p>1:00pm GAME OF SLOTZ BALL, AS</p> <p>2:00pm-4PM BEVERAGE AND COOKIES ON THE TERRACE, VC</p> <p>3:00pm-4PM WALL BASKETBALL BASBASKETBALL(WALL MOUNT</p>
<p>8</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK N ROLL EXERCISE, FR</p> <p>11:00am-11:30AM SUNDAY'S PRAISE AND WORSHIP, MR</p> <p>12:00pm-1PM CREATIVE GERMAN COLORING/ PAINTING,</p> <p>1:00pm-2PM MONSTER RING TOSS GAME/CREATIVE COLORING,</p> <p>2:00pm-4PM VALEO HANDS HELPER(FOLDING LAUNDRY), AS</p>	<p>9</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK N ROLL EXERCISE GERMAN WORD OF THE DAY IS HALLO (HELLO), VN</p> <p>10:00am-10AM GERMAN SNACKS TASTING WITH THE RESIDENTS, VC</p> <p>1:00pm STORY TIME/READING CLUB,</p> <p>2:00pm-4PM HAPPY HOUR- APPETIZERS, DRINKS AND MUSIC, VC</p>	<p>10</p> <p>9:30am-11:30am ACTIVE LIVING- YOGA AND RESIDENT SPOTLIGHT SERIES, FR</p> <p>10:00am-10:30am GERMAN MEATBALLS (KANIGSBERGER KLOPSE) MAKING WITH THE RESIDENT, DH</p> <p>1:00pm SING ALONE WITH KARAOKE MACHINE, MR</p> <p>2:00pm-4pm HAPPY HOUR- APPETIZERS, DRINKS AND MUSIC, VC</p>	<p>11</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK N ROLL EXERCISE, FR</p> <p>10:00am-10:30AM BOWLING WITH THE RESIDENT, DH</p> <p>10:30am-11:30AM GERMAN STRAWBERRY PUNCH, VN</p> <p>2:00pm-4PM HAPPY HOUR- CREATIVE PAINTING, BOARD GAMES,</p> <p>3:30pm 4PM PICTURE DETECTIVE, AS</p>	<p>12</p> <p>9:30am-11:30AM ACTIVE LIVING- STRENGTH TRAINING GLUCK/ GERMAN WORD OF THE DAY GLUCK (HAPPINESS), AR</p> <p>10:30am-12:30PM GERMAN DRINK TASTING WITH RESIDENTS AND BINGO, DH</p> <p>1:00pm-2PM MANICURE AND HAND MASSAGE, DP</p> <p>2:00pm-4PM HISTORY OF GERMANY</p>	<p>13</p> <p>All Day FUNNY GERMAN CUSTOMS DAY</p> <p>10:30am-11:30am JEWELRY MAKING GERMAN STYLE WITH THE RESIDENTS, AR</p> <p>1:00pm-2pm A GAME OF RUBBER HORSESHOE, VC</p> <p>2:00pm-4pm HAPPY HOUR- APPETIZER, DRINKS, MUSIC AND CURRENT EVENT TALK, VC</p>	<p>14</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK AND ROLL EXERCISED GERMAN WORD OF THE DAY (DANKE) THANK YOU, FR</p> <p>10:30am GAME OF QWIRKLE, TL</p> <p>1:00pm-2PM GAME OF SLOTZ BALL, AS</p> <p>2:00pm-4PM BEVERAGE AND COOKIES ON THE TERRACE, VC</p> <p>3:00pm-4PM WALL BASKETBALL</p>
<p>15</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK N ROLL EXERCISE, FR</p> <p>11:00am-11:30AM SUNDAY'S PRAISE AND WORSHIP, MR</p> <p>12:00pm-1PM CREATIVE GERMAN COLORING/ PAINTING,</p> <p>1:00pm-2PM MONSTER RING TOSS GAME/CREATIVE COLORING,</p> <p>2:00pm-4PM VALEO HANDS HELPER(FOLDING LAUNDRY), AS</p>	<p>16</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK N ROLL EXERCISE GERMAN WORD OF THE DAY IS HALLO (HELLO), VN</p> <p>10:00am-10AM GERMAN SNACKS TASTING WITH THE RESIDENTS, VC</p> <p>1:00pm STORY TIME/READING CLUB,</p> <p>2:00pm-4PM HAPPY HOUR- APPETIZERS, DRINKS AND MUSIC, VC</p>	<p>17</p> <p>9:30am-11:30am ACTIVE LIVING- YOGA AND RESIDENT SPOTLIGHT SERIES, FR</p> <p>10:00am-10:30am GERMAN MEATBALLS (KANIGSBERGER KLOPSE) MAKING WITH THE RESIDENT, DH</p> <p>1:00pm-2pm SING ALONE WITH KARAOKE MACHINE, MR</p> <p>2:00pm-4pm HAPPY HOUR- APPETIZERS, DRINKS AND MUSIC, VC</p>	<p>18</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK N ROLL EXERCISE, FR</p> <p>10:00am-10:30AM BOWLING WITH THE RESIDENT, DH</p> <p>10:30am-11:30AM GERMAN STRAWBERRY PUNCH, VN</p> <p>2:00pm-4PM HAPPY HOUR- CREATIVE PAINTING, BOARD GAMES,</p> <p>3:30pm-4PM PICTURE DETECTIVE, AS</p>	<p>19</p> <p>9:30am-11:30AM ACTIVE LIVING- STRENGTH TRAINING GLUCK/ GERMAN WORD OF THE DAY GLUCK (HAPPINESS), AR</p> <p>10:30am-12:30PM GERMAN DRINK TASTING WITH RESIDENTS AND BINGO, DH</p> <p>1:00pm-2PM MANICURE AND HAND MASSAGE, DP</p> <p>2:00pm-4PM HAPPY HOUR- MAKING OF GERMAN PATATO SALAD</p>	<p>20</p> <p>All Day FUNNY GERMAN CUSTOMS DAY</p> <p>10:30am-11:30am JEWELRY MAKING GERMAN STYLE WITH THE RESIDENTS, AR</p> <p>1:00pm-2pm A GAME OF RUBBER HORSESHOE, VC</p> <p>2:00pm-4pm HAPPY HOUR- APPETIZER, DRINKS, MUSIC AND CURRENT EVENT TALK, VC</p>	<p>21</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK AND ROLL EXERCISED GERMAN WORD OF THE DAY (DANKE) THANK YOU, FR</p> <p>10:30am GAME OF QWIRKLE, TL</p> <p>1:00pm-2PM GAME OF SLOTZ BALL, AS</p> <p>2:00pm-4PM BEVERAGE AND COOKIES ON THE TERRACE, VC</p> <p>3:00pm-4PM WALL BASKETBALL</p>
<p>22</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK N ROLL EXERCISE, FR</p> <p>11:00am-11:30AM SUNDAY'S PRAISE AND WORSHIP, MR</p> <p>12:00pm-1PM CREATIVE GERMAN COLORING/ PAINTING,</p> <p>1:00pm-2PM MONSTER RING TOSS GAME/CREATIVE COLORING,</p> <p>2:00pm-4PM VALEO HANDS HELPER(FOLDING LAUNDRY), AS</p>	<p>23</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK N ROLL EXERCISE GERMAN WORD OF THE DAY IS HALLO (HELLO), VN</p> <p>10:00am-10:30AM GERMAN SNACKS TASTING WITH THE RESIDENTS, VC</p> <p>1:00pm STORY TIME/READING CLUB,</p> <p>2:00pm-4PM HAPPY HOUR- APPETIZERS, DRINKS AND MUSIC, VC</p>	<p>24</p> <p>9:30am-11:30am ACTIVE LIVING- YOGA AND RESIDENT SPOTLIGHT SERIES, FR</p> <p>10:00am-10:30am GERMAN MEATBALLS (KANIGSBERGER KLOPSE) MAKING WITH THE RESIDENT, DH</p> <p>1:00pm-2pm SING ALONE WITH KARAOKE MACHINE, MR</p> <p>2:00pm-4pm HAPPY HOUR- APPETIZERS, DRINKS AND MUSIC, VC</p>	<p>25</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK N ROLL EXERCISE, FR</p> <p>10:00am-10:30AM BOWLING WITH THE RESIDENT, DH</p> <p>10:30am-11:30AM GERMAN STRAWBERRY PUNCH, VN</p> <p>2:00pm-4PM BIRTHDAY HOUR- CREATIVE PAINTING, BOARD GAMES,</p> <p>3:30pm-4PM PICTURE DETECTIVE, AS</p> <p>6:00pm-8PM TRANSITION TO MOVIE WITH FRIENDS, VMR</p>	<p>26</p> <p>9:30am-11:30AM ACTIVE LIVING- STRENGTH TRAINING GLUCK/ GERMAN WORD OF THE DAY GLUCK (HAPPINESS), AR</p> <p>10:30am-12:30PM GERMAN DRINK TASTING WITH RESIDENTS AND BINGO, DH</p> <p>1:00pm-2PM MANICURE AND HAND MASSAGE, DP</p> <p>2:00pm-4PM HAPPY HOUR</p> <p>3:00pm-4PM GERMAN CHOCOLATE</p>	<p>27</p> <p>All Day FUNNY GERMAN CUSTOMS DAY</p> <p>10:30am-11:30am JEWELRY MAKING GERMAN STYLE WITH THE RESIDENTS, AR</p> <p>1:00pm-2pm A GAME OF RUBBER HORSESHOE, VC</p> <p>2:00pm-4pm HAPPY HOUR- APPETIZER, DRINKS, MUSIC AND CURRENT EVENT TALK, VC</p>	<p>28</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK AND ROLL EXERCISED GERMAN WORD OF THE DAY (DANKE) THANK YOU, FR</p> <p>10:30am GAME OF QWIRKLE, TL</p> <p>1:00pm-2PM GAME OF SLOTZ BALL, AS</p> <p>2:00pm-4PM BEVERAGE AND COOKIES ON THE TERRACE, VC</p> <p>3:00pm-4PM WALL BASKETBALL</p>
<p>29</p> <p>9:30am-11:30AM ACTIVE LIVING- ROCK N ROLL EXERCISE, FR</p> <p>10:00am ACTIVITIES WITH THE CREEK CHURCH, DH</p> <p>11:00am-11:30AM SUNDAY'S PRAISE AND WORSHIP, MR</p> <p>12:00pm-1PM CREATIVE GERMAN COLORING/ PAINTING,</p> <p>1:00pm-2PM MONSTER RING TOSS GAME/CREATIVE COLORING,</p> <p>2:PM-4PM VALEO HANDS HELPER</p>	<p>30</p> <p>9:30am-11:30am ACTIVE LIVING- ROCK N ROLL EXERCISE GERMAN WORD OF THE DAY IS HALLO (HELLO), VN</p> <p>10:00am-10:30am GERMAN SNACKS TASTING WITH THE RESIDENTS, VC</p> <p>1:00pm STORY TIME/READING CLUB,</p> <p>2:00pm-4pm HAPPY HOUR- APPETIZERS, DRINKS AND MUSIC, VC</p>	<p></p>	<p></p>	<p>MEETING PLACES</p> <p>FR - Fitness Room AS - Art Studio VMR - Valeo Media Room VN - Valeo Neighborhood VC - Valeo Courtyard TLO - Tranquility Lounge DH - Dining Hall AR - Activities Room TL - Texas Hold'em Lounge</p>	<p></p>	<p>DIMENSIONS OF WELLNESS</p> <p>Physical Social Spiritual Intellectual </p>

Salus/Assisted Living

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Morning Motivation 10:00-12:00</p> <p>10:00 Morning Stroll, SN</p> <p>11:00 Morning Coffee Chat, DH</p> <p>Community Connection 1:00-3:00</p> <p>1:30 Church Service, MR</p> <p>3:00 Game Club, CR</p> <p>6:30 Sunday Night Movie Series, MR</p>	<p>2</p> <p>Morning Motivation 9:30-11:30</p> <p>9:30 Boots the Therapy Dog Visits, SN</p> <p>10:15 Strength w/weights, FR</p> <p>11:00 Wheel of Fortune, MR</p> <p>Afternoon Delight 1:00-3:00</p> <p>1:15 Shopping at Target, LY</p> <p>1:30 Game Time, CR</p>	<p>3</p> <p>Morning Motivation 9:00-11:00</p> <p>9:15 Morning Stroll, SN</p> <p>10:15 Morning Stretch, FR</p> <p>Midday Bliss 2:00-4:00</p> <p>2:00 Game Time, CR</p> <p>3:00 Bible Study, MR</p> <p>6:00 Evening Stroll, SN</p>	<p>4</p> <p>Morning Motivation 10:00-12:00</p> <p>9:00 Coffee & Chat W/ Sharry, SN</p> <p>10:15 Morning Fitness with John, FR</p> <p>11:00 Jeopardy, MR</p> <p>Afternoon Delight 1:30-3:30</p> <p>2:00 Ice Cream Social, CR</p> <p>3:30 German Beer Tasting, CR</p>	<p>5</p> <p>Morning Motivation 10:00-12:00</p> <p>9:45 Donuts, Coffee, & Chat on the patio, CRP</p> <p>10:15 Sit & Stretch, FR</p> <p>11:00 Heartis Helpers, AR</p> <p>Midday Bliss 2:00-4:00</p> <p>2:30 Thirsty Thursday & German Trivia W/ Trish, CR</p> <p>6:00 Neighborhood Stroll, SN</p>	<p>6</p> <p>Morning Motivation 10:00-12:00</p> <p>9:15 Morning Stroll, SN</p> <p>10:15 Morning Stretch, FR</p> <p>Afternoon Delight 1:00-3:00</p> <p>1:15 Friday Farkle Fun, CR</p> <p>3:00 Catholic Communion, MR</p> <p>4:00 Creative Coloring & Current Events, AR</p> <p>6:30 Movie & Popcorn, MR</p>	<p>7</p> <p>Morning Motivation 10:00-12:00</p> <p>9:30 Morning Coffee Chat, CR</p> <p>10:30 Card Making with Lisa, AR</p> <p>Community Connection 1:00-3:00</p> <p>1:30 Bingo Bonanza, CR</p> <p>3:00 Music W/Oasis Church, CR</p> <p>4:00 Afternoon Stroll, SN</p>
<p>8</p> <p>Morning Motivation 10:00-12:00</p> <p>10:00 Morning Stroll, SN</p> <p>11:00 Morning Coffee Chat, DH</p> <p>Community Connection 1:00-3:00</p> <p>1:30 Church Service, MR</p> <p>3:00 Grandparents Day w/ the Girl Scouts, CR</p> <p>6:30 Sunday Night Movie Series, MR</p>	<p>9</p> <p>Morning Motivation 9:30-11:30</p> <p>9:30 Boots the Therapy Dog Visits, SN</p> <p>10:15 Fit 4 Life, FR</p> <p>11:00 Wheel of Fortune, MR</p> <p>Afternoon Delight 1:00-3:00</p> <p>1:15 Shopping at Walmart, LY</p> <p>3:30 German Chocolate tasting, CR</p>	<p>10</p> <p>Morning Motivation 9:00-11:00</p> <p>9:15 Morning Stroll, SN</p> <p>9:00 Blood Pressure Clinic, SR</p> <p>10:15 Morning Stretch, FR</p> <p>Midday Bliss 2:00-4:00</p> <p>2:00 Game Time, CR</p> <p>3:00 Bible Study, MR</p> <p>6:00 Town Hall Meeting, CR</p>	<p>11</p> <p>Morning Motivation 10:00-12:00</p> <p>9:00 Coffee & Chat W/ Sharry, SN</p> <p>10:15 Morning Fitness with John, FR</p> <p>11:00 Jeopardy, MR</p> <p>Afternoon Delight 1:30-3:30</p> <p>1:30 Food Committee Meeting, AR</p> <p>3:00 German soda and snack tasting, CR</p>	<p>12</p> <p>Morning Motivation 10:00-12:00</p> <p>9:45 Donuts, Coffee, & Chat on the patio, CRP</p> <p>10:15 Sit & Stretch, FR</p> <p>11:00 Heartis Helpers, AR</p> <p>Midday Bliss 2:00-4:00</p> <p>2:30 Thirsty Thursday & German Trivia, CR</p> <p>6:00 Neighborhood Stroll, SN</p>	<p>13</p> <p>Morning Motivation 10:00-12:00</p> <p>9:15 Morning Stroll, SN</p> <p>10:15 Morning Stretch, FR</p> <p>Afternoon Delight 1:00-3:00</p> <p>1:00 Mike the Accordion player, CR</p> <p>3:00 Catholic Communion, MR</p> <p>4:00 Creative Coloring & Current Events, AR</p> <p>6:30 Movie & Popcorn, MR</p>	<p>14</p> <p>Morning Motivation 10:00-12:00</p> <p>9:30 Morning Coffee Chat, CR</p> <p>10:30 Resident Choice, CR</p> <p>Community Connection 1:00-3:00</p> <p>1:30 Bingo Bonanza, CR</p> <p>4:00 Afternoon Stroll, SN</p>
<p>15</p> <p>Morning Motivation 10:00-12:00</p> <p>10:00 Morning Stroll, SN</p> <p>11:00 Morning Coffee Chat, DH</p> <p>Community Connection 1:00-3:00</p> <p>1:30 Church Service, MR</p> <p>3:00 Game Club, CR</p> <p>6:30 Sunday Night Movie Series, MR</p>	<p>16</p> <p>Morning Motivation 9:30-11:30</p> <p>9:30 Boots the Therapy Dog Visits, SN</p> <p>10:15 Strength w/weights, FR</p> <p>11:00 Wheel of Fortune, MR</p> <p>Afternoon Delight 1:00-3:00</p> <p>1:15 Shopping at Hobby Lobby, LY</p> <p>3:30 German wine tasting, CR</p>	<p>17</p> <p>Morning Motivation 9:00-11:00</p> <p>9:15 Morning Stroll, SN</p> <p>10:15 Morning Stretch, FR</p> <p>10:30 Silver Steppers Dance Show, DH</p> <p>11:00 Jeopardy, MR</p> <p>Afternoon Delight 1:30-3:30</p> <p>1:00 Fitness W/John, FR</p> <p>2:00 Resident Council, MR</p> <p>3:30 Activity Committee Meeting, AR</p>	<p>18</p> <p>Morning Motivation 10:00-12:00</p> <p>9:00 Coffee & Chat W/ Sharry, SN</p> <p>10:30 Silver Steppers Dance Show, DH</p> <p>11:00 Jeopardy, MR</p> <p>Afternoon Delight 1:30-3:30</p> <p>1:00 Fitness W/John, FR</p> <p>2:00 Resident Council, MR</p> <p>3:30 Activity Committee Meeting, AR</p>	<p>19</p> <p>Morning Motivation 10:00-12:00</p> <p>10:00 German Kolaches & German coffee, CR</p> <p>11:00 Heartis Helpers, AR</p> <p>Midday Bliss 2:00-4:00</p> <p>2:30 Thirsty Thursday & German Trivia W/ Trish, CR</p> <p>6:00 Neighborhood Stroll, SN</p>	<p>20</p> <p>Morning Motivation 10:00-12:00</p> <p>9:15 Morning Stroll, SN</p> <p>10:15 Morning Stretch, FR</p> <p>Afternoon Delight 1:00-3:00</p> <p>1:15 Friday Farkle Fun, CR</p> <p>3:00 Catholic Communion, MR</p> <p>6:30 Movie & Popcorn, MR</p>	<p>21</p> <p>Morning Motivation 10:00-12:00</p> <p>9:30 Morning Coffee Chat, CR</p> <p>10:30 Card Making with Lisa, AR</p> <p>Community Connection 1:00-3:00</p> <p>1:30 Bingo Bonanza, CR</p> <p>4:00 Afternoon Stroll, SN</p>
<p>22</p> <p>Morning Motivation 10:00-12:00</p> <p>10:00 Morning Stroll, SN</p> <p>11:00 Morning Coffee Chat, DH</p> <p>Community Connection 1:00-3:00</p> <p>1:30 Church Service, MR</p> <p>3:00 Game Club, CR</p> <p>6:30 Sunday Night Movie Series, MR</p>	<p>23</p> <p>Morning Motivation 9:30-11:30</p> <p>9:30 Boots the Therapy Dog Visits, SN</p> <p>10:15 Fit 4 Life, FR</p> <p>11:00 Wheel of Fortune, MR</p> <p>Afternoon Delight 1:00-3:00</p> <p>1:15 Shopping at Walmart, LY</p> <p>3:30 German Gummy Tasting, CR</p>	<p>24</p> <p>Morning Motivation 9:00-11:00</p> <p>9:15 Morning Stroll, SN</p> <p>10:15 Morning Stretch, FR</p> <p>Midday Bliss 2:00-4:00</p> <p>2:00 Game Time, CR</p> <p>3:00 Bible Study, MR</p> <p>6:00 Evening Stroll, SN</p>	<p>25</p> <p>Morning Motivation 10:00-12:00</p> <p>9:00 Coffee & Chat W/ Sharry, SN</p> <p>10:15 Morning Fitness w/ John, FR</p> <p>11:00 Jeopardy, MR</p> <p>Afternoon Delight 1:30-3:30</p> <p>2:30 Monthly Birthday Celebration W/ Paul & Helen, CR</p> <p>5:00 Family German Meal, DH</p>	<p>26</p> <p>Morning Motivation 10:00-12:00</p> <p>9:45 Donuts, Coffee, & Chat on the patio, CRP</p> <p>10:15 Sit & Stretch, FR</p> <p>11:00 Heartis Helpers, AR</p> <p>Midday Bliss 2:00-4:00</p> <p>1:30 Health Talk with Trish, AR</p> <p>2:30 Thirsty Thursday & German trivia, CR</p>	<p>27</p> <p>Morning Motivation 10:00-12:00</p> <p>9:15 Morning Stroll, SN</p> <p>10:15 Morning Stretch, FR</p> <p>10:30 Out to eat at Little Germany, LY</p> <p>Afternoon Delight 1:00-3:00</p> <p>3:00 Catholic Communion, MR</p> <p>6:30 Movie & Popcorn, MR</p>	<p>28</p> <p>Morning Motivation 10:00-12:00</p> <p>9:30 Morning Coffee Chat, CR</p> <p>10:30 Resident Choice, CR</p> <p>Community Connection 1:00-3:00</p> <p>1:30 Bingo Bonanza, CR</p> <p>4:00 Afternoon Stroll, SN</p>
<p>29</p> <p>Morning Motivation 10:00-12:00</p> <p>10:00 Sunday fun day w/ The Creek Church, CR</p> <p>11:00 Morning Coffee Chat, DH</p> <p>Community Connection 1:00-3:00</p> <p>1:30 Church Service, MR</p> <p>3:00 Game Club, CR</p> <p>6:30 Sunday Night Movie Series, MR</p>	<p>30</p> <p>Morning Motivation 9:30-11:30</p> <p>9:30 Boots the Therapy Dog Visits, SN</p> <p>10:15 Strength w/weights, FR</p> <p>11:00 Wheel of Fortune, MR</p> <p>Afternoon Delight 1:00-3:00</p> <p>1:15 Shopping at Kroger, LY</p> <p>3:30 German pretzel tasting, CR</p>	<p>Birthdays</p> <p>Mary Armstrong 9-3 Fran Wise 9-7 Nancy Norcross 9-25</p> <p>All activities are subject to change without notice</p>	<p>September is a travel time month. We will be exploring Germany and experiencing some of their culture.</p>	<p></p>	<p>MEETING PLACES</p> <p>SN - Salus Neighborhood DH - Dining Hall MR - Media Room CR - Card Room FR - Fitness Room LY - Lobby CRP - Card Room Patio AR - Activities Room SR - Sun Room</p>	<p>DIMENSIONS OF WELLNESS</p> <p>Physical Social Spiritual Intellectual </p>