

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2023

Breakfast: 8:30 AM

Lunch: 12:30 PM

Dinner: 5:30 PM

|   |   |  |   |   |  |  |
|---|---|--|---|---|--|--|
| <p><b>Activity Boxes</b> 3</p> <p>One on One Conversations</p> <p>Puzzles</p> <p>2:00 – Church Service (Blue Ridge First Baptist)</p>                                     | <p><b>Activity Boxes</b> 4</p> <p>One on One Conversations</p> <p><u>Movie Night (Residents Choice)</u></p> <p>Labor Day</p>  | <p>9:45–Aromatherapy/Chicken Soup for the Soul</p> <p>10:00–Zumba</p> <p>10:45–Guess the Translation?*</p> <p>11:30–Snackitivity</p> <p>1:30–Math Shapes*</p> <p>2:00–Fingerprint Pineapples*</p> <p>3:00–Foodie Recipe (Chocolate Covered Pretzels)</p> | <p>9:45–Aromatherapy/ Poetry</p> <p>10:00–Chair Yoga</p> <p>10:45–Table Manners: True or False*</p> <p>11:00–Pet Therapy with Charlie</p> <p>11:30–Snackitivity</p> <p>1:30–Ever Been on a Motorcycle?*</p> <p>2:00–Pinetree Art*</p> <p>3:00–Outside Stroll</p>                    | <p>9:45–Aromatherapy/Newsflash</p> <p>10:00–Cardiocise</p> <p>10:45–Guess the Signature?*</p> <p>11:30–Snackitivity</p> <p>1:30–Where Were You When?*</p> <p>2:00–Tie-Dye Seashells*</p> <p>3:00–Foodie Recipe (Strawberry Shortcakes)</p>                | <p>9:45–Aromatherapy/Chicken Soup for the Soul</p> <p>10:00–Cardio Drumming</p> <p>10:45–Do You Remember When Your Grandkids Were Born?*</p> <p>11:30–Snackitivity</p> <p>1:30–Meaning of Royal Titles*</p> <p>2:00–Pipe Cleaner Cacti*</p> <p>3:00–Button Twister</p>                               | <p><b>Activity Boxes</b> 2</p> <p>One on One Conversations</p> <p><u>Movie Night (Residents Choice)</u></p>                            |
| <p><b>Activity Boxes</b> 10</p> <p>One on One Conversations</p> <p>Puzzles</p> <p>2:00 – Church Service (Hipps Chapel Church)</p> <p>Grandparents Day</p>                 | <p>9:45–Aromatherapy/Newsflash</p> <p>10:00–Cardio Drumming</p> <p>10:45–BINGO</p> <p>11:30–Snackitivity</p> <p>1:30–Best Places You Liked to Shop at?*</p> <p>2:00–Beach Rock Art*</p> <p>3:00–Pool Noodle Hockey</p>                | <p>9:45–Aromatherapy/Chicken Soup for the Soul</p> <p>10:00–Zumba</p> <p>10:45–The First Dollar Earned*</p> <p>11:30–Snackitivity</p> <p>1:30–Heart Paper Clips*</p> <p>2:00–String Painting*</p> <p>3:00–Foodie Recipe (Cupcake Decorating)</p>         | <p>9:45–Aromatherapy/ Poetry</p> <p>10:00–Chair Yoga</p> <p>10:45–Remember Those Kitchen Gadgets?*</p> <p>11:00–Pet Therapy with Charlie</p> <p>11:30–Snackitivity</p> <p>1:30–Favorite Elvis Song?*</p> <p>2:00–Lemon Fruit Stamping*</p> <p>3:00–Indoor Bowling</p>               | <p>9:45–Aromatherapy/Newsflash</p> <p>10:00–Cardiocise</p> <p>10:45–Ever Been to the White House?*</p> <p>11:30–Snackitivity</p> <p>1:30–My Family’s First T.V.*</p> <p>2:00–Dip-Dyed Marshmallow*</p> <p>3:00–Foodie Recipe (Dirt Cake)</p>              | <p>9:45–Aromatherapy/Chicken Soup for the Soul</p> <p>10:00–Zumba</p> <p>10:45–What Did Your Room Look Like as a Kid?*</p> <p>11:30–Snackitivity</p> <p>1:30–Remember Oprah?*</p> <p>2:00–Movie Matinee</p> <p>3:00–Scenic Bus Ride</p> <p>Rosh Hashanah Begins</p>                                  | <p><b>Activity Boxes</b> 16</p> <p>One on One Conversations</p> <p><u>Movie Night (Residents Choice)</u></p> <p>Octoberfest Begins</p> |
| <p><b>Activity Boxes</b> 17</p> <p>One on One Conversations</p> <p>Puzzles</p> <p>2:00 – Church Service (Blue Ridge Church of Christ)</p>                                 | <p>9:45–Aromatherapy/Newsflash</p> <p>10:00–Cardio Drumming</p> <p>10:45–BINGO</p> <p>11:30–Snackitivity</p> <p>1:30–Have You Ever Been on Stage?*</p> <p>2:00–Sand Art Crosses*</p> <p>3:00–Outside Stroll</p>                       | <p>9:45–Aromatherapy/Chicken Soup for the Soul</p> <p>10:00–Zumba</p> <p>10:45–Who Taught You How to Swim?*</p> <p>11:30–Snackitivity</p> <p>1:30–Heads or Tails?*</p> <p>2:00–Sunset Wall Art*</p> <p>3:00–Foodie Recipe (Fruit Kabobs)</p>             | <p>9:45–Aromatherapy/ Poetry</p> <p>10:00–Chair Yoga</p> <p>10:45–How to Deal with Bad Neighbors?*</p> <p>11:00–Pet Therapy with Charlie</p> <p>11:30–Snackitivity</p> <p>1:30–Best Thing to Buy at a Garage Sale?*</p> <p>2:00–Wall Art with Bling*</p> <p>3:00–Outside Stroll</p> | <p>9:45–Aromatherapy/Newsflash</p> <p>10:00–Cardiocise</p> <p>10:45–Boy Have Times Changed?*</p> <p>11:30–Snackitivity</p> <p>1:30–Hollywood Couples*</p> <p>2:00–DIY Kitten Shirts*</p> <p>3:00–Foodie Recipe (Cookies)</p>                              | <p>9:45–Aromatherapy/Chicken Soup for the Soul</p> <p>10:00–Chair Yoga</p> <p>10:45–Which Game Show Did You Want to go on?*</p> <p>11:30–Snackitivity</p> <p>1:30–First National Park Ever Visited?*</p> <p>2:00–Starfish Art*</p> <p>3:00–Bean Bag Toss</p> <p>Autumn Begins</p>                    | <p><b>Activity Boxes</b> 23</p> <p>One on One Conversations</p> <p><u>Movie Night (Residents Choice)</u></p> <p>Autumn Begins</p>      |
| <p><b>Activity Boxes</b> 24</p> <p>One on One Conversations</p> <p>Puzzles</p> <p>2:00 – Church Service (Blue Ridge United Methodist Church)</p> <p>Yom Kippur Begins</p> | <p>9:45–Aromatherapy/ Newsflash</p> <p>10:00–Cardio Drumming</p> <p>10:45–BINGO</p> <p>11:30–Snackitivity</p> <p>1:30–What Was Your Favorite Thing Grandma Used to Make?*</p> <p>2:00–Paper Plate Sand Dollars*</p> <p>3:00–Jenga</p> | <p>9:45–Aromatherapy/Chicken Soup for the Soul</p> <p>10:00–Zumba</p> <p>10:45–Let’s Visit L.A.*</p> <p>11:30–Snackitivity</p> <p>1:30–Do You Read Your Horoscope?*</p> <p>2:00–Lime Tree Art*</p> <p>3:00–Foodie Recipe (Ice Cream Sandwiches)</p>      | <p>9:45–Aromatherapy/ Poetry</p> <p>10:00–Chair Yoga</p> <p>10:45–Favorite Autumn Memories?*</p> <p>11:00–Pet Therapy with Charlie</p> <p>11:30–Snackitivity</p> <p>1:30–Sticker Canvas Art*</p> <p>2:00–Resident Birthday Celebration</p> <p>3:00–Balloon Volleyball</p>           | <p>9:45–Aromatherapy/Newsflash</p> <p>10:00–Cardiocise</p> <p>10:45–Best T.V. Dinners?*</p> <p>11:30–Snackitivity</p> <p>1:30–Friends of the 1960’s*</p> <p>2:00–Fingerprint Tree*</p> <p>3:00–Foodie Recipe (Chocolate Covered Strawberries/Bananas)</p> | <p>9:45–Aromatherapy/Chicken Soup for the Soul</p> <p>10:00–Cardio Drumming</p> <p>10:45–What if a Woman Ran the White House?*</p> <p>11:30–Snackitivity</p> <p>1:30–What Was Your First Grown Up Furniture You Got?*</p> <p>2:00–Movie Matinee</p> <p>3:00–Scenic Bus Ride</p> <p>Sukkot Begins</p> | <p><b>Activity Boxes</b> 30</p> <p>One on One Conversations</p> <p><u>Movie Night (Residents Choice)</u></p>                           |

Sunday

Monday

Tuesday

Wednesday





Thursday

Friday

Saturday

# September 2023

## Assisted Living Calendar

|  |   |   |   |   |  |  |
|--|---|---|---|---|--|--|
| <p>10:00-<b>Church Service</b> (Streamed to Channel 3) (100)</p> <p>2:00-<b>Church Service</b> (Blue Ridge First Baptist) (Main Living Room)</p>                                | <p>10:00-<b>Resident Led Board Games</b> (Bistro)</p> <p>10:30-<b>Pray the Rosary</b> with Denise (Main Living Room)</p> <p>2:00-<b>Movie Matinee</b> (100)</p> <p>3:30-<b>Dominoes</b> (Main Living Room)</p> <p>7:00-<b>Movie Night</b> (100)</p> <p>Labor Day</p>  | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>11:00-<b>A-Z Word Game</b> (200)</p> <p>2:00-<b>Chinese Checkers</b> (Main Living Room)</p> <p>3:00-<b>Craft Corner</b> (200)</p> <p>7:00-<b>Movie Night</b> (100)</p>                                    | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>10:30-<b>Pet Therapy with Charlie</b></p> <p>11:00-<b>Words Within a Word</b> (200)</p> <p>2:00-<b>BINGO</b> (Bistro)</p> <p>3:00-<b>Bible Study</b> with Delmar (200)</p> <p>7:00-<b>Movie Night</b> (100)</p>   | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>11:00-<b>SCRABBLE</b></p> <p>2:30-<b>BINGO Learning Class</b> (Bistro)</p> <p>3:30-<b>Dominoes</b> (Main Living Room)</p> <p>7:00-<b>Movie Night</b> (100)</p>  | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>11:00-<b>Hangman</b> (200)</p> <p>2:00-<b>BINGO</b> (Bistro)</p> <p>3:30-<b>Puzzle Time</b> (Main Living Room)</p> <p>7:00-<b>Movie Night</b> (100)</p>                                      | <p>10:00-<b>Resident Led Card Games</b> (Main Living Room)</p> <p>11:00-<b>Group Word Searches</b> (200)</p> <p>3:15-<b>Movie Matinee</b> (100)</p>  |
| <p>10:00-<b>Church Service</b> (Streamed to Channel 3) (100)</p> <p>2:00-<b>Church Service</b> (Hippis Chapel Church) (Main Living Room)</p>  <p>Grandparents Day</p>         | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>10:30-<b>Pray the Rosary</b> with Denise (Main Living Room)</p> <p>11:00-<b>Balloon Toss with Jim</b> (200)</p> <p>2:30-<b>Snack Social</b> (Bistro)</p> <p>3:00-<b>Music with Wesley Crider</b> (200)</p> <p>7:00-<b>Movie Night</b> (100)</p>       | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>11:00-<b>A-Z Word Game</b> (200)</p> <p>2:00-<b>Trip to Walmart</b></p> <p>2:00-<b>Chinese Checkers</b> (Main Living Room)</p> <p>3:00-<b>Craft Corner</b> (200)</p> <p>7:00-<b>Movie Night</b> (100)</p> | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>10:30-<b>Pet Therapy with Charlie</b></p> <p>11:00-<b>Words Within a Word</b> (200)</p> <p>2:00-<b>BINGO</b> (Bistro)</p> <p>3:00-<b>Bible Study</b> with Delmar (200)</p> <p>7:00-<b>Movie Night</b> (100)</p>   | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>11:00-<b>Pass It Game</b> (200)</p> <p>2:00-<b>Wild West Shoot Out</b> (200)</p> <p>3:30-<b>Dominoes</b> (Main Living Room)</p> <p>6:45-<b>Trip to Community Theater</b></p> <p>7:00-<b>Movie Night</b> (100)</p> | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>11:00-<b>Words Categories</b> (200)</p> <p>2:00-<b>BINGO</b> (Bistro)</p> <p>3:30-<b>Puzzle Time</b> (Main Living Room)</p> <p>7:00-<b>Movie Night</b> (100)</p> <p>Rosh Hashanah Begins</p> | <p>10:00-<b>Resident Led Card Games</b> (Main Living Room)</p> <p>11:00-<b>Group Word Searches</b> (200)</p> <p>2:00-<b>Church Service</b> (McCaysville Triumphant Holiness Church) (Main Living Room)</p> <p>Oktoberfest Begins</p> |
| <p>10:00-<b>Church Service</b> (Streamed to Channel 3) (100)</p> <p>2:00-<b>Church Service</b> (Blue Ridge Church of Christ) (Main Living Room)</p>                           | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>10:30-<b>Pray the Rosary</b> with Denise (Main Living Room)</p> <p>11:00-<b>Balloon Toss with Jim</b> (200)</p> <p>2:30-<b>Snack Social</b> (Bistro)</p> <p>3:30-<b>GIANT JENGA</b> (200)</p> <p>7:00-<b>Movie Night</b> (100)</p>                    | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>11:00-<b>A-Z Word Game</b> (200)</p> <p>2:00-<b>Trip to TJ Maxx</b></p> <p>2:00-<b>Chinese Checkers</b> (Main Living Room)</p> <p>3:00-<b>Craft Corner</b> (200)</p> <p>7:00-<b>Movie Night</b> (100)</p> | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>10:30-<b>Pet Therapy with Charlie</b></p> <p>11:00-<b>Words Within a Word</b> (200)</p> <p>2:00-<b>BINGO</b> (Bistro)</p> <p>3:00-<b>Bible Study</b> with Delmar (200)</p> <p>7:00-<b>Movie Night</b> (100)</p>   | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>11:00-<b>Lunch Outing to Julies Place</b></p> <p>3:30-<b>BINGO Learning Class</b> (Bistro)</p> <p>3:30-<b>Dominoes</b> (Main Living Room)</p> <p>7:00-<b>Movie Night</b> (100)</p>                                | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>11:00-<b>Hangman</b> (200)</p> <p>2:00-<b>BINGO</b> (Bistro)</p> <p>3:30-<b>Puzzle Time</b> (Main Living Room)</p> <p>7:00-<b>Movie Night</b> (100)</p>                                      | <p>10:00-<b>Resident Led Board Games</b> (Main Living Room)</p> <p>11:00-<b>Group Word Searches</b> (200)</p> <p>3:15-<b>Movie Matinee</b> (100)</p> <p>Autumn Begins</p>  |
| <p>10:00-<b>Church Service</b> (Streamed to Channel 3) (100)</p> <p>2:00-<b>Church Service</b> (Blue Ridge United Methodist) (Main Living Room)</p>  <p>Yom Kippur Begins</p> | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>10:30-<b>Pray the Rosary</b> with Denise (Main Living Room)</p> <p>11:00-<b>Resident Council Meeting</b> (100)</p> <p>2:00-<b>Snack Social</b> (Bistro)</p> <p>3:30-<b>Music with Steven Chappelle</b> (200)</p> <p>7:00-<b>Movie Night</b> (100)</p> | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>11:00-<b>A-Z Word Game</b> (200)</p> <p>2:00-<b>Trip to Walmart</b></p> <p>2:00-<b>Chinese Checkers</b> (Main Living Room)</p> <p>3:00-<b>Craft Corner</b> (200)</p> <p>7:00-<b>Movie Night</b> (100)</p> | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>10:30-<b>Pet Therapy with Charlie</b></p> <p>11:00-<b>Words Within a Word</b> (200)</p> <p>2:00-<b>BINGO</b> (Bistro)</p> <p>3:00-<b>Bible Study</b> with Delmar (200)</p> <p>3:30-<b>Resident Birthday Party</b> (Bistro)</p> <p>7:00-<b>Movie Night</b> (100)</p> | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>11:00-<b>Pass It Game</b> (200)</p> <p>2:00-<b>Wild West Shoot Out</b> (200)</p> <p>3:30-<b>Dominoes</b> (Main Living Room)</p> <p>6:00-<b>Trip to Kiwanis BINGO</b></p> <p>7:00-<b>Movie Night</b> (100)</p>     | <p>10:00-Exercise (200)</p> <p>10:30-Morning Mingle/Daily News (200)</p> <p>11:00-<b>Words Categories</b> (200)</p> <p>2:00-<b>BINGO</b> (Bistro)</p> <p>3:30-<b>Puzzle Time</b> (Main Living Room)</p> <p>7:00-<b>Movie Night</b> (100)</p> <p>Sukkot Begins</p>        | <p>10:00-<b>Resident Led Card Games</b> (Main Living Room)</p> <p>11:00-<b>Group Word Searches</b> (200)</p> <p>3:15-<b>Movie Matinee</b> (100)</p>  |