



September 2018 Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<p>OUTINGS FOR SEPTEMBER:</p> <ul style="list-style-type: none"> 6th - Shopping Trip (9am-12pm) 10th - Dinner at Harmony (4pm) 12th - Trip to Ben & Jerry's Factory in Vermont - (Depart 9:20am) 17th - Dinner at Mcleans (4pm) 19th - Breakfast at Pleasant Corners (Depart 8am) 21st - Trip to Tupper Lake Wildlife Center (Depart 9am) 26th - Piano & Pasta Night at The Galley (Arrive 5:30pm) 28th - Shopping Trip (9am-12pm) 		<p>HAPPY BIRTHDAY GILBERT FOURNIER - (25th) CONNIE NAVESKY - (25th) THERESA LAFOUNTAIN - (29th)</p>		<p>MEALTIMES & ONE-ON-ONE:</p> <p>8:00-9:00am Breakfast 9:30-10:00am 1-on-1 Activity 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity 5:00-6:00pm Dinner</p>		<p>1 9:30-10am 1-on-1 Activity (Rm#311) 10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#312) 1:15-2:15pm Crossword Puzzle (ICP) 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hr: Wish Concert (DR) 6:15pm Movie or Evening Cafe</p>	<p>2 9:30-10am 1-on-1 Activity (Rm#313) 10am Strength Exercise (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#314) 1:15-2:15pm Indoor Horse Shoe (DR) 2:30-3:30pm Indoor Bowling (DR) 4-5pm Happy Hr: Jokes (DR) 6:15pm Movie or Evening Cafe</p>
<p>3 LABOR DAY 9:30-10am 1-on-1 Activity (Rm#315) 10am Strength Exercise (DR) 1:15-2:15pm Library Trip 2:30-3:30pm Name That Tune (DR) 4-5pm Happy Hr: Hits from the Past (DR) 6:15pm Movie or Evening Cafe</p>	<p>4 9:30-10am 1-on-1 Activity (Rm#317) 10am Cardio (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#318) 1:15-2:15pm Wheel of Fortune (ICP) 2:30-3:30pm Spa Day (Beauty Parlor) 4-5pm Happy Hr: Happiness Game (DR) 6:15pm Movie or Evening Cafe</p>	<p>5 9:30-10am 1-on-1 Activity (Rm#319) 10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#320) 1:15-2:15pm Goodwill Club (DRS) 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hr: Trivial Pursuit (DR) 6:15pm Movie or Evening Cafe</p>	<p>6 9:30-10am 1-on-1 Activity (Rm#321) 10am Strength Exercise (DR) 11am Catholic Communion (DR) 1-2:30pm 1-on-1 Activity (Rm#101) 1:15-2:15pm Musical Instrument Club (DR) 2:30-3:30pm Spa Day (Beauty Parlor) 4-5pm Happy Hr: Wish Concert (DR) 6:15pm Movie or Evening Cafe</p>	<p>7 9:30-10am 1-on-1 Activity (Rm#102) 10am Cardio (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#103) 1:15-2:15pm Library Trip 2:30-3:30pm Live Music w/ Buggy (DR) 4-5pm Happy Hr: Jokes (DR) 6:15pm Movie or Evening Cafe</p>	<p>8 9:30-10am 1-on-1 Activity (Rm#104) 10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#105) 1:15-2:15pm Uno (DRS) 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hr: Hits from the Past (DR) 6:15pm Movie or Evening Cafe</p>	<p>9 9:30-10am 1-on-1 Activity (Rm#106) 10am Strength Exercise (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#107) 1:15-2:15pm Internet Instruction (ICP) 2:30-3:30pm Indoor Bowling (DR) 4-5pm Happy Hr: Happiness Game (DR) 6:15pm Movie or Evening Cafe</p>	
<p>10 9:30-10am 1-on-1 Activity (Rm#108) 10am Strength Exercise (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#109) 1:15-2:15pm Rummikub (DRS) 2:30-3:30pm Music w/ Mel F (DR) 4-5pm Happy Hr: Trivial Pursuit (DR) 6:15pm Movie or Evening Cafe</p>	<p>11 9:30-10am 1-on-1 Activity (Rm#110) 10am Cardio (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#111) 1:15-2:15pm Flower Arranging (DR) 2:30-3:30pm Spa Day (Beauty Parlor) 4-5pm Happy Hr: Wish Concert (DR) 6:15pm Movie or Evening Cafe</p>	<p>12 9:30-10am 1-on-1 Activity (Rm#310) 10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#311) 1:15-2:15pm Trail Hike 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hr: Jokes (DR) 6:15pm Movie or Evening Cafe</p>	<p>13 9:30-10am 1-on-1 Activity (Rm#312) 10am Strength Exercise (DR) 11am Catholic Communion (DR) 1-2:30pm 1-on-1 Activity (Rm#313) 1:15-2:15pm Black Jack (DRS) 2:30-3:30pm Spa Day (Beauty Parlor) 4-5pm Happy Hr: Hits from the Past (DR) 6:15pm Movie or Evening Cafe</p>	<p>14 9:30-10am 1-on-1 Activity (Rm#314) 10am Cardio (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#315) 1:15-2:15pm Jeopardy (ICP) 2:30-3:30pm Live Music (DR) 4-5pm Happy Hr: Happiness Game (DR) 6:15pm Movie or Evening Cafe</p>	<p>15 9:30-10am 1-on-1 Activity (Rm#316) 10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#317) 1:15-2:15pm Crossword Puzzle (ICP) 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hr: Trivial Pursuit (DR) 6:15pm Movie or Evening Cafe</p>	<p>16 9:30-10am 1-on-1 Activity (Rm#318) 10am Strength Exercise (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#319) 1:15-2:15pm Indoor Horse Shoe (DR) 2:30-3:30pm Indoor Bowling (DR) 4-5pm Happy Hr: Wish Concert (DR) 6:15pm Movie or Evening Cafe</p>	
<p>17 9:30-10am 1-on-1 Activity (Rm#320) 10am Strength Exercise (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#321) 1:15-2:15pm Library Trip 2:30-3:30pm Name That Tune (DR) 4-5pm Happy Hr: Jokes (DR) 6:15pm Movie or Evening Cafe</p>	<p>18 9:30-10am 1-on-1 Activity (Rm#101) 10am Cardio (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#102) 1:15-2:15pm Wheel of Fortune (ICP) 2:30-3:30pm Spa Day (Beauty Parlor) 4-5pm Happy Hr: Hits from the Past (DR) 6:15pm Movie or Evening Cafe</p>	<p>19 9:30-10am 1-on-1 Activity (Rm#103) 10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#104) 1:15-2:15pm Goodwill Club (DRS) 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hr: Happiness Game (DR) 6:15pm Movie or Evening Cafe</p>	<p>20 9:30-10am 1-on-1 Activity (Rm#105) 10am Strength Exercise (DR) 11am Catholic Communion (DR) 1-2:30pm 1-on-1 Activity (Rm#106) 1:15-2:15pm Musical Instrument Club (DR) 2:30-3:30pm Spa Day (Beauty Parlor) 4-5pm Happy Hr: Trivial Pursuit (DR) 6:15pm Movie or Evening Cafe</p>	<p>21 9:30-10am 1-on-1 Activity (Rm#107) 10am Cardio (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#108) 1:15-2:15pm Library Trip 2:30-3:30pm Live Music (DR) 4-5pm Happy Hr: Wish Concert (DR) 6:15pm Movie or Evening Cafe</p>	<p>22 9:30-10am 1-on-1 Activity (Rm#109) 10am Balance/Walking (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#110) 1:15-2:15pm Uno (DRS) 2:30-3:30pm Prize Bingo (DR) 4-5pm Happy Hr: Jokes (DR) 6:15pm Movie or Evening Cafe</p>	<p>23 9:30-10am 1-on-1 Activity (Rm#111) 10am Strength Exercise (DR) 12:00-1:00pm Lunch 1-2:30pm 1-on-1 Activity (Rm#310) 1:15-2:15pm Internet Instruction (ICP) 2:30-3:30pm Indoor Bowling (DR) 4-5pm Happy Hr: Hits from the Past (DR) 6:15pm Movie or Evening Cafe</p>	
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ROOM & FLOOR KEY

- 3BB:** Balcony, Floor 3B
- 3LR:** Living Room, Floor 3
- DR:** Dining Room, Floor 2B
- DRL:** Dining Room Lounge, Floor 2B
- DRS:** Dining Room Stage, Floor 2
- DRTV:** Dining Room TV, Floor 2B
- ICP:** Ice Cream Parlor, Floor 1

EVENING, SATURDAY AND SUNDAY ACTIVITIES WILL BE LEAD BY RCA'S UNLESS OTHERWISE NOTED. DOCUMENTATION OF ACTIVITIES IS REQUIRED. ALL SUPPLIES AND DIRECTION WILL BE PROVIDED.

Support is available by contacting Britney Aldrich at
 (518) 817-9108 ext 407 or at britney@champlainassistedliving.com