

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2022

## ASSISTED LIVING UNIT

Breakfast: 8am-9am | Lunch: 12pm-1pm | Dinner: 5pm-6pm | Night Owl Movie: 8pm Nightly (2B: TV)

For activity support & information contact 518-817-9108

\*Sign Up Required | Activities are subject to change

<p><b>September 2022</b></p> <p><b>ASSISTED LIVING UNIT</b></p> <p>Breakfast: 8am-9am   Lunch: 12pm-1pm   Dinner: 5pm-6pm   Night Owl Movie: 8pm Nightly (2B: TV)</p> <p>For activity support &amp; information contact 518-817-9108</p> <p>*Sign Up Required   Activities are subject to change</p>				1	2	3
				<p>10am: Seated Exercise (2B) 11am: Catholic Service (1) 1:30pm: River Walk (1) 3pm: Ice Cream Social(1) 4pm: Video Calls to Family 6pm: Cooking Show (2BTV)</p>	<p>915am: Coffee&amp;News 2BTV 10am: Seated Exercise (2B) 11am: Nail Care (2) 1:30pm: Bingo (2) 3pm: Adult Coloring (2) 4pm: Video Calls to Family 6pm: Western Movie (2BTV)</p>	<p><u>Happy Birthday James R!</u> 915am: Meaningful 1 on 1s 10am: Seated Exercise (2B) 10:30am: Matinee (2B:TV) 1:30pm: Creative Writing(2) 3:30pm: Play Rummikub (2) 6pm: Game Show Night (2BTV)</p>
4	5	6	7	8	9	10
<p><u>Labor Day</u> 9:15am: Watch Sunday Service (2B:TV) 10am: Seated Exercise (2B) 11am: Scenic Drive (1) 1:15pm: Video Calls to Fam 1:30pm: Prize Bingo (2) 3pm: Video Calls to Family 3:15pm: Meaningful 1 on 1s 6pm: "I Love Lucy" (2BTV)</p>	<p>915am: Coffee&amp;News 2BTV 10am: Seated Exercise (2B) 10:30am: Matinee (2BTV) 1:30pm: Live Music (2B) 3:30pm: Happy Hour- Wine &amp; Cheese (2B) 6pm: Action Movie (2BTV)</p>	<p>10am: Seated Exercise (2B) 11am: Sunshine Social (1) 1:30pm: Crafts (2) 2:30pm: Crosswords (2) 3pm: Video Calls to Family 6pm: Chick Flick Movie (2BTV)</p>	<p>915am: Coffee&amp;News 2BTV 10am: Seated Exercise (2B) 11am: Protestant Service (2BTV) 1:30pm: Pedicures (1) 3:30pm: Wine Wed. (2B) 6pm: Historical Movie(2BTV)</p>	<p><u>Hair Salon Open @ 9am</u> 10am: Seated Exercise (2B) 11am: Catholic Service (1) 1:30pm: River Walk (1) 3pm: Ice Cream Social(1) 4pm: Video Calls to Family 6pm: Comedy Movie (2BTV)</p>	<p>915am: Coffee&amp;News 2BTV 10am: Seated Exercise (2B) 11am: Nail Care (2) 1:30pm: Pattern Bingo (2) 3pm: Puzzles (2) 4pm: Video Calls to Family 6pm: Classic TV (2BTV)</p>	<p><u>National Day of Prayer and Remembrance</u> 915am: Meaningful 1 on 1s 10am: Seated Exercise (2B) 10:30am: Matinee (2B:TV) 1:30pm: Knitting Group (2) 3:30pm: Play Five Crown (2) 6pm: Sports Movie (2BTV)</p>
11	12	13	14	15	16	17
<p><u>Patriot Day &amp; Grandparents Day</u> 9:15am: Watch Sunday Service (2B:TV) 10am: Seated Exercise (2B) 11am: Scenic Drive (1) 1:15pm: Video Calls to Fam 1:30pm: Prize Bingo (2) 3pm: Video Calls to Family 4:30pm: Live Dinner Music 6pm: Family Movie (2BTV)</p>	<p>915am: Coffee&amp;News 2BTV 10am: Seated Exercise (2B) 10:30am: Matinee (2BTV) 1:30pm: Word Games (2) 3:30pm: Happy Hour- Name that Tune (2B) 6pm: Western Movie (2BTV)</p>	<p>10am: Seated Exercise (2B) 11am: Sunshine Social (1) 1:15pm: Meaningful 1 on 1s 2pm: Live Music (2B) 3pm: Video Calls to Family 6pm: "Gilmore Girls" (2BTV)</p>	<p>915am: Coffee&amp;News 2BTV 10am: Seated Exercise (2B) 11am: Protestant Service(1) 1:30pm: Cornhole (2) 3:30pm: Wine Wed. (2B) 6pm: Stand-Up Comedy(2BTV)</p>	<p>10am: Seated Exercise (2B) 11am: Catholic Service (1) 130pm: Flower Arranging(1) 3pm: Ice Cream Social(1) 4pm: Video Calls to Family 6pm: Classic TV (2BTV)</p>	<p><u>National POW/MIA Recognition Day</u> 915am: Coffee&amp;News 2BTV 10am: Seated Exercise (2B) 11am: Nail Care (2) 2pm: Live Music (2B) 3:30pm: Crosswords (2) 4pm: Video Calls to Family 6pm: Musical Movie (2BTV)</p>	<p>915am: Meaningful 1 on 1s 10am: Seated Exercise (2B) 10:30am: Matinee (2B:TV) 1:30pm: Creative Writing(2) 3:30pm: Play Yahtzee (2) 6pm: Chick Flick Movie (2BTV)</p>
18	19	20	21	22	23	24
<p>9:15am: Watch Sunday Service (2B:TV) 10am: Seated Exercise (2B) 11am: Scenic Drive (1) 1:15pm: Video Calls to Fam 1:30pm: Charity Bingo (2) 3pm: Video Calls to Family 3:15pm: Meaningful 1 on 1s 6pm: "60 Minutes" (2BTV)</p>	<p>915am: Coffee&amp;News 2BTV 10am: Seated Exercise (2B) 10:30am: Matinee (2BTV) 1:30pm: Bowling (2) 3:30pm: Happy Hour- Hors d'oeuvres (2B) 6pm: Sports Movie (2BTV)</p>	<p>10am: Seated Exercise (2B) 11am: Sunshine Social (1) 1:30pm: Card Games (2) 2:30pm: Crosswords (2) 3pm: Video Calls to Family 6pm: Comedy Movie (2BTV)</p>	<p><u>Meeting Day</u> 915am: Coffee&amp;News 2BTV 10am: Seated Exercise (2B) 11am: Protestant Service(1) 1:30pm: Pedicures (1) 3:30pm: Wine Wed. (2B) 6pm: Cooking Show (2BTV)</p>	<p><u>Autumn Equinox Hair Salon Open @ 9am</u> 10am: Seated Exercise (2B) 11am: Catholic Service (1) 1:30pm: River Walk (1) 3pm: Ice Cream Social(1) 4pm: Video Calls to Family 6pm: Game Show Night (2BTV)</p>	<p>915am: Coffee&amp;News 2BTV 10am: Seated Exercise (2B) 11am: Nail Care (2) 1:30pm: Charity Bingo (2) 3pm: Adult Coloring (2) 4pm: Video Calls to Family 6pm: Action Movie (2BTV)</p>	<p>915am: Meaningful 1-on-1s 10am: Seated Exercise (2B) 10:30am: Matinee (2B:TV) 1:30pm: Knitting Group (2) 3:30pm: Play "Chinese Checkers" (2) 6pm: "Gilmore Girls" (2BTV)</p>
25	26	27	28	29	30	
<p><u>Rosh Hashanah Begins</u> 9:15am: Watch Sunday Service (2B:TV) 10am: Seated Exercise (2B) 11am: Scenic Drive (1) 1:15pm: Video Calls to Fam 1:30pm: Pattern Bingo (2) 3pm: Video Calls to Family 3:15pm: Meaningful 1 on 1s 6pm: "Carol Burnett" (2BTV)</p>	<p>915am: Coffee&amp;News 2BTV 10am: Seated Exercise (2B) 10:30am: Matinee (2BTV) 1:30pm: Putting (2) 3:30pm: Happy Hour- Special Shakes (2B) 6pm: Classic TV (2BTV)</p>	<p>10am: Seated Exercise (2B) 11am: Sunshine Social (1) 1:30pm: Crafts (2) 2:30pm: Crosswords (2) 3pm: Video Calls to Family 6pm: Historical Movie(2BTV)</p>	<p>915am: Coffee&amp;News 2BTV 10am: Seated Exercise (2B) 11am: Protestant Service(1) 2pm: Live Music (2B) 3:30pm: Wine Wed. (2B) 6pm: Musical Movie (2BTV)</p>	<p><u>Happy Birthday Theresa L!</u> 10am: Seated Exercise (2B) 11am: Catholic Service (1) 1:30pm: River Walk (1) 3pm: Ice Cream Social(1) 4pm: Video Calls to Family 6pm: Family Movie (2BTV)</p>	<p><u>Happy Birthday Ruth S!</u> 915am: Coffee&amp;News 2BTV 10am: Seated Exercise (2B) 11am: Flower Arranging (2) 1:30pm: Pattern Bingo (2) 3pm: Crosswords (2) 4pm: Video Calls to Family 6pm: "I Love Lucy" (2BTV)</p>	



CHAMPLAIN VALLEY  
SENIOR COMMUNITY