

September 2023

2nd Floor Monthly Activity Calendar



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|---|--|
| <div></div> | <div> Excursions</div> <div> Physical</div> <div> Special Events</div> | <div>Van Departures-- Please meet in the lobby 15 minutes prior to all van departures.</div> | <div>All activities are subject to change.</div> | | <div>National College Colors Day1</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Tai Chi & Hydration</div> <div>2:00 Beautiful You Nail Painting</div> <div>3:00 Outdoor Cruising</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Tailgating Day2</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Game - Floor Darts</div> <div>3:00 Movie Matinee</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> |
| <div>National Cinema Day3</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Game - Horse Shoe Toss</div> <div>3:00 Movie Matinee</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Labor Day4</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Tai Chi & Hydration</div> <div>2:00 Game - Ring Toss</div> <div>3:00 Jeopardy Hour!</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Cheese Pizza Day5</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:30 Holy Communion with Patricia Ho (30 min) [T]</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Game - Corn Hole Toss</div> <div>3:00 Trivia - Words that start with</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Coffee Ice Cream Day6</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:30 Educational/Travel Show</div> <div>10:40 Holoholo Ride</div> <div>10:40 Current Events & What's on the Menu</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Tai Chi & Hydration</div> <div>2:00 Arts & Crafts</div> <div>3:00 Local Sing Along</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Salami Day7</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 All Staff Meeting</div> <div>2:00 Game - Target Toss</div> <div>3:00 Jeopardy Hour!</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Star Trek Day8</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Tai Chi & Hydration</div> <div>2:00 Game - Bean Bag Toss</div> <div>3:00 Outdoor Cruising</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Teddy Bear Day9</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Game - Ring Toss</div> <div>3:00 Movie Matinee</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> |
| <div>National Grandparent's Day10</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Arts & Crafts- Sunflower Art</div> <div>3:00 Movie Matinee</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>Assisted Living Week Dress-Up Day: Pajama Day11</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Tai Chi & Hydration</div> <div>2:00 Game- Bowling</div> <div>3:00 Game- Hangman</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>Assisted Living Week Dress-Up Day: Tacky Tourist Tuesday12</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Flu Shot Clinic 1-3 PM [T]</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Hank the Singing Dutchman [A]</div> <div>2:00 Sing Along Serenading</div> <div>3:00 Movie Matinee</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>Assisted Living Week Dress-Up Day: Sports Jersey Day13</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:30 Educational/Travel Show</div> <div>10:30 Holoholo Ride</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Tai Chi & Hydration</div> <div>2:00 Game- Floor Darts</div> <div>2:00 Roy Hamada Performance [A]</div> <div>3:00 Game- Bean Bag Toss</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>Assisted Living Week Dress-Up Day: Throwback Thursday14</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Game- Balloon Volleyball</div> <div>3:00 Movie Matinee</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>Assisted Living Week Dress-Up Day: Community Colors Day - MOA Blue15</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Tai Chi & Hydration</div> <div>2:00 Game- Bean Bag Toss</div> <div>2:00 Seated Hula - Karen Choate</div> <div>3:00 Movie Matinee</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>Assisted Living Week Dress-Up Day: Music Day- Wear Your Favorite Band or Artist T-shirt16</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Arts & Crafts- Watercoloring</div> <div>3:00 Beautiful YOU Nail Painting</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> |
| <div>National Dance Day17</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Trivia- Words that start with</div> <div>3:00 Movie Matinee</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Cheeseburger Day18</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Tai Chi & Hydration</div> <div>2:00 Local Song Sing Along</div> <div>2:00 Resident Council Meeting</div> <div>3:00 Game- Bean Bag Toss</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Talk Like A Pirate Day19</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Game- Mahjong</div> <div>3:00 Arts & Crafts- Stone Painting</div> <div>3:00 Trivia- Words that start with</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Fried Rice Day20</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:30 Educational/Travel Show</div> <div>10:30 Holoholo Ride</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Tai Chi & Hydration</div> <div>2:00 Game- Tabletop Soccer</div> <div>3:00 Movie Matinee</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Chai Day21</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Game- Cornhole</div> <div>3:00 Arts & Crafts- Friendship Bracelet making</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Centenarian's Day22</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Tai Chi & Hydration</div> <div>2:00 Jeopardy Hour!</div> <div>3:00 Movie Matinee</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Snack Stick Day23</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Game- Horseshoe</div> <div>3:00 Movie Matinee</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> |
| <div>National Cherries Jubilee Day24</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Beautiful YOU nail painting</div> <div>3:00 Movie Matinee</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Quesadilla Day25</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Tai Chi & Hydration</div> <div>2:00 Sing Along Serenading</div> <div>3:00 Jeopardy Hour!</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Dumpling Day26</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Game- Bowling</div> <div>3:00 Trivia- Words that start with</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Corned Beef Hash Day27</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:30 Educational/Travel Show</div> <div>10:30 Holoholo Ride</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Tai Chi & Hydration</div> <div>2:00 Game- Bean Bag Toss</div> <div>3:00 Movie Matinee</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Strawberry Cream Pie Day28</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Game- Corn Hole Toss</div> <div>3:00 Game- Mahjong</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Coffee Day29</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Tai Chi & Hydration</div> <div>2:00 Trivia- Words that start with</div> <div>3:00 Sing Along Serenading</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> | <div>National Orange Shirt Dress-Up Day30</div> <div>9:30 Morning Exercise & Hydration</div> <div>10:20 Outdoor Stroll</div> <div>10:40 Current Events & What's on the Menu?</div> <div>11:15 Wash Up & Clean</div> <div>11:30 Lunch Time</div> <div>1:00 Seated Zumba & Hydration</div> <div>2:00 Game- Ring Toss</div> <div>3:00 Movie Matinee</div> <div>4:00 Clean-Up & Bathroom Break</div> <div>4:30 Dinner Time</div> |