

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>“When summer opens, I see how fast it matures and fear it will be short; but after the heats of July and August, I am reconciled, like one who has had his swing, to the cool of autumn.” -Ralph Waldo Emerson.</p>		<p>9:00 am Sing-a-Long 9:00 am Coffee Chat 9:30 am Sitting Aerobics 9:35 am Outdoor Walk 10:15 pm Sitting Yoga 10:45 am Putting Green 1:15 pm Nickel Bingo 1:45 pm Balloon Volleyball w/Myra 2:15 pm Nickel Bingo 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sing-a-Long 9:20 am Coffee Chat 9:30 am Parachute 10:20 am Outdoor Walk 10:30 am Corn Hole 12:45 pm Bingo 1:15 pm Nickel Bingo 1:45 pm Bingo w/Myra 2:30 pm Nickel Bingo 2:45 pm Brain Work 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sing-a-Long 9:30 am Sitting Aerobics 9:35 am Exercise w/ Kathy 10:15 am Peg Stacker game 10:30 am Ring Toss 12:45 am Beverly Hillbillies 1:30 pm Nickle Bingo 1:45 pm Myra’s Choice 2:30 pm Nickle Bingo 3:15 pm Bingo 3:45 pm Balloon Volleyball</p>	<p><b>NAT MACADEMIA NUT DAY</b> 9:20 am Coffee Chat 9:30 am Parachute 10:15 am Sitting Whoga 10:20 am Outdoor Walk 10:50 am Mind Joggers 12:45 pm Color Creations 1:15 pm Nickel Bingo 1:45 pm Trivia 2:30 pm Nickel Bingo 3:45 pm Balloon Volleyball</p>	<p><b>NAT CHEESE PIZZA DAY</b> 9:00 am Golden Girls 9:30 am Coffee Chat 10:15 am Sitting Aerobics 10:20 am Outdoor Walk 12:20 pm Ring Toss 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:30 pm Golden Girls 3:45 pm Balloon Volleyball</p>	
<p><b>READ A BOOK DAY</b> 9:00 am Bingo 9:30 am Coffee Chat 10:15 am Sitting Aerobics 10:20 am Outdoor Walk 10:45 am Putting Green 12:20 pm Bowling 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:45 pm Balloon Volleyball</p>	<p>9:00 am PS Walking Club 9:20 am Coffee Chat 10:20 am Outdoor Walk 10:45 am Wii Bowling 12:45 pm I Love Lucy 1:15 pm Nickel Bingo 1:45 pm Memory Game w/Myra 2:30 pm Nickel Bingo 2:45 pm Brain Work 3:30 pm Beverly Hillbillies 3:45 pm Balloon Volleyball <small>Labor Day</small></p>	<p>9:00 am Sitting Yoga 9:00 am Coffee Chat 9:35 am Outdoor Walk 10:30 am Ring Toss 12:45 pm Sing-a-long 1:15 pm Nickel Bingo 1:45 pm Balloon Volleyball w/Myra 2:30 pm Nickel Bingo 2:45 pm Mental Stimulation 3:30 pm Bingo 3:45 pm Balloon Volleyball</p>	<p><b>TEDDY BEAR DAY</b> 9:00 am Sing-a-Long 9:20 am Coffee Chat 9:30 am Parachute 10:20 am Outdoor Walk 10:30 am Corn Hole 1:15 pm Nickel Bingo 1:45 pm Balloon Volleyball w/Myra 2:30 pm Nickel Bingo 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sing-a-Long 9:30 am Sitting Aerobics 9:35 am Exercise w/ Kathy 10:20 am Color Creations 10:30 am This and That Trivia 12:45 pm Balloon Volleyball 1:15 pm Nickel Bingo 1:45 pm Ring Toss w/Myra 2:30 pm Nickel Bingo 2:45 pm Mental Stimulation 3:45 pm Balloon Volleyball</p>	<p><b>PATRIOT DAY</b> 9:20 am Coffee Chat 9:30 am Parachute 10:15 am <u>Fall Craft</u> 10:20 am Outdoor Walk 10:50 am Mind Joggers 1:15 pm Nickel Bingo 1:45 pm Brain Work 2:30 pm Nickel Bingo 2:45 pm Balloon Volleyball 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sitting Aerobics 9:30 am Coffee Chat 10:15 am Sitting Yoga 10:20 am Outdoor Walk 12:20 pm Ring Toss 1:15 pm Nickel Bingo 1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo 2:45 pm Color Creations 3:30 pm Bonanza 3:45 pm Balloon Volleyball</p>	
<p><b>NAT PEANUT DAY</b> 9:00 am Sitting Aerobics 9:30 am Coffee Chat 9:30 am Juice Chat 10:20 am Outdoor Walk 11:00 pm Hangman 12:20 pm Easy-Does-It Trivia 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Bingo 3:45 pm Balloon Volleyball <small>Grandparents Day</small></p>	<p>9:00 am PS Walking Club 9:20 am Juice Chat 9:20 am Coffee Chat 10:20 am Outdoor Walk 10:45 am Wii Bowling 1:15 pm Nickel Bingo 1:45 pm Trivia w/Myra 2:30 pm Nickel Bingo 2:45 pm Mental Stimulation 3:30 pm I Love Lucy 3:45 pm Balloon Volleyball</p>	<p><b>NAT LINGUINE DAY</b> 9:00 am Sitting Yoga 9:00 am Coffee Chat 9:35 am Outdoor Walk 11:00 am <u>TOWNHALL MEETING W/ SIOBHAN</u> 1:15 pm Nickel Bingo 1:45 pm Ring Toss w/Myra 2:30 pm Nickel Bingo 2:45 pm Mind Work 3:45 pm Balloon Volleyball</p>	<p><b>CINNAMON RAISIN BREAD DAY</b> 9:00 am Sing-a-Long 9:20 am Coffee Chat 10:20 am Outdoor Walk 10:30 am Putting Green 12:45 pm I Love Lucy 1:15 pm Nickel Bingo 1:45 pm Bingo w/Myra 2:30 pm Nickel Bingo 2:45 pm Brain Work 3:45 pm Balloon Volleyball</p>	<p>9:30 am Sitting Aerobics 9:35 am Exercise w/ Kathy 10:20 am Color Creations 10:30 am Ring Toss 12:45 pm Sing-a-Long 1:15 pm Nickel Bingo 1:45 pm Trivia w/Myra 2:30 pm Nickel Bingo 2:45 pm Mind Work 3:30 pm Bingo 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sitting Yoga 9:20 am Coffee Chat 9:30 am Parachute 10:15 am <u>Fall Craft</u> 10:20 am Outdoor Walk 10:50 am Mind Joggers 1:15 pm Nickel Bingo 1:45 pm Mental Stimulation 2:30 pm Nickel Bingo 3:30 pm Golden Girls 3:45 pm Balloon Volleyball <small>Rosh Hashanah Begins</small></p>	<p><b>TALK LIKE A PIRATE DAY</b> 9:00 am Sitting Aerobics 9:30 am Coffee Chat 10:20 am Outdoor Walk 12:20 pm Ring Toss 1:15 pm Nickel Bingo 1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo 2:45 pm Color Creations 3:30 pm Sing-a-Long 3:45 pm Balloon Volleyball <small>Oktoberfest Begins</small></p>	
<p>9:00 am Bingo 9:30 am Coffee Chat 10:20 am Outdoor Walk 11:00 am September Trivia 12:20 pm Ring Toss 1:15 pm Nickel Bingo 1:45 pm Sing-a-Long 2:30 pm Nickel Bingo 2:45 pm Ozzie and Harriet 3:30 pm Sitting Aerobics 3:45 pm Balloon Volleyball</p>	<p><b>INTERNATIONAL FLOWER DAY</b> 9:00 am PS Walking Club 9:20 am Coffee Chat 10:20 am Outdoor Walk 10:45 am Wii Bowling 1:15 pm Nickel Bingo 1:45 pm <u>Fall Craft w/Myra</u> 2:30 pm Nickel Bingo 3:00 pm Mental Stimulation 3:30 pm Balloon Volleyball 3:45 pm Balloon Volleyball</p>	<p><b>NAT CENTENARIANS’ DAY</b> 9:00 am Coffee Chat 9:00 am Sitting Aerobics 9:35 am Outdoor Walk 10:20 am Parachute 10:45 am Wii Bowling 12:45 pm I Love Lucy 1:15 pm Nickel Bingo 1:45 pm Memory Game w/Myra 2:30 pm Nickel Bingo 3:45 pm Balloon Volleyball <small>Autumn Begins</small></p>	<p>9:00 am Sing-a-long 9:20 am Coffee Chat 10:15 am Corn Hole 10:20 am Outdoor Walk 12:45 pm Puzzles 1:15 pm Nickel Bingo 1:45 pm Myra’s Choice 2:30 pm Nickel Bingo 2:45 pm Trivia 3:30 pm Sitting Yoga 3:45 pm Balloon Volleyball</p>	<p><b>NAT PUNCTUATION DAY</b> 9:35 am Exercise w/ Kathy 9:30 am Sitting Aerobics 10:45 am Putting Green 12:45 am Beverly Hillbillies 1:30 pm Nickle Bingo 1:45 pm Memory Game w/Myra 2:30 pm Nickle Bingo 2:45 pm Mental Stimulation 3:30 pm Sitting Aerobics 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sitting Aerobics 9:20 am Juice Chat 9:30 am Coffee Chat 10:15 am Sitting Whoga 10:20 am Outdoor Walk 12:20 pm Sing-a-Long 1:15 pm Nickel Bingo 1:45 pm Mental Stimulation 2:30 pm Nickel Bingo 2:45 pm Peg Stacker game 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sitting Aerobics 9:30 am Coffee Chat 10:15 am Sitting Aerobics 10:20 am Outdoor Walk 12:20 pm Balloon Volleyball 1:15 pm Nickel Bingo 1:45 pm I Love Lucy 2:30 pm Nickel Bingo 2:45 pm Color Creations 3:30 pm Sitting Yoga 3:45 pm Balloon Volleyball</p>	
<p>9:00 am Mental Stimulation 9:30 am Coffee Chat 9:30 am Juice Chat 10:20 am Outdoor Walk 11:00 am Ring Toss 12:20 pm Balloon Volleyball 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 2:45 pm Peg Stacker game 3:30 pm Bowling 3:45 pm Balloon Volleyball <small>Yom Kippur Begins</small></p>	<p>9:00 am PS Walking Club 9:00 am Color Creations 9:20 am Coffee Chat 10:20 am Outdoor Walk 10:30 am <u>CHEF CHAT W/ TONY</u> 12:45 pm Sing-a-Long 1:15 pm Nickel Bingo 1:45 pm Myra’s Choice 2:30 pm Nickel Bingo 2:45 pm Brain Work 3:45 pm Balloon Volleyball</p>	<p>9:00 am Sitting Aerobics 9:00 am Coffee Chat 9:35 am Outdoor Walk 10:15 am Balloon Volleyball 10:30 am <u>RESIDENT COUNCIL MEETING</u> 1:15 pm Nickel Bingo 1:45 pm Ring Toss w/ Myra 2:30 pm Nickel Bingo 2:45 pm Mental Stimulation 3:45 pm Balloon Volleyball</p>	<p><b>NAT GOOSE DAY</b> 9:00 am Sing-a-Long 9:20 am Coffee Chat 10:20 am Outdoor Walk 10:30 am Putting Green 12:45 pm Sing-a-Long 1:15 pm Nickel Bingo 1:45 pm Bingo w/Myra 2:30 pm Nickel Bingo 2:45 pm Brain Work 3:45 pm Balloon Volleyball</p>	<p><b>September 2020</b></p> <p><b>PARAMOUNT HOUSE SENIOR LIVING</b></p>			

ACTIVITIES SUBJECT TO CHANGE