

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2022

PARAMOUNT HOUSE SENIOR LIVING

<p>*9:00 am Church Services 9:30 am Coffee Chat 10:00 am Sitting Aerobics *10:20 am Outdoor Walk *12:35 pm Ring Toss *1:00 pm Mental Stimulation 1:15 pm Nickel Bingo *1:45 pm Color Creations *2:30 pm Puzzles 2:30 pm Nickel Bingo *3:45 pm Volleyball</p>	<p>NAT CHEESE PIZZA DAY 9:00 am PS Walking Club *9:00 am Hand Massages 9:20 am Coffee chat *9:45 am Outdoor Walk 10:15 am Wii Bowling *10:15 am Brain Work *12:45 pm Ring Toss 1:15 pm Nickel Bingo *1:45 pm Bingo 2:30 pm Nickel Bingo *3:15 pm Peg Stacker Game 3:35 pm Dominoes</p>	<p>READ A BOOK DAY *9:00 am Hand Massages 9:00 am Coffee Chat *9:35 am Exercise w/Kathy and Anahi 10:00 am Sitting Aerobics *10:15 am Bingo 10:30 am Cardio w/Kim 12:45 pm Nickel Bingo *1:00 pm SHARON & SPARKY 2:00 pm Nickel Bingo *2:30 pm Name Game *3:15 pm Color Creations</p>	<p>*9:00 am Sing-a-long 9:20 am Coffee Chat *9:30 am Outdoor Walk 10:15 am Putting Green 10:30 am 99 CENT STORE *12:45 pm Basketball 1:15 pm Nickel Bingo *1:30 pm Brain Work 2:30 pm Nickel Bingo *2:15 pm Bingo *3:30 pm Chicken Soup for the Soul 3:35 pm Dominoes</p>	<p>STAR TREK DAY *9:00 am Hand Massages 9:15 am Catholic Communion/Jay's Choice *9:45 am Outdoor Walk 10:30 am Bible Study w/Sheila *12:45 pm Balloon Volleyball 1:00 pm Nickel Bingo *1:45 pm Memory Game 2:15 pm Nickel Bingo *2:30 pm Color Creations 3:20 pm Pretty Nails/Dominos 3:30 pm Learn what Physical Therapy can do for you w/Kim</p>	<p>BRING YOUR MANNERS TO WORK *9:00 am Praise & Joy Sing-along 9:20 am Coffee Chat/Old Wives Tales *10:00 am Brain Power 10:30 am Mike's Choice *12:45 pm Balloon Volleyball 1:00 pm Nickel Bingo *1:45 pm Name Game 2:30 pm Nickel Bingo *2:45 pm Puzzles 3:35 pm Dominoes *3:35 pm Chicken Soup for the Soul</p>	<p>NAT HUMMINGBIRD DAY *9:00 am Daily Chronicle 9:30 am Coffee Chat/Family Feud *9:30 am Sitting Yoga 10:00 am Sitting Aerobics *10:20 am Outdoor Walk 10:50 am Word Mining *12:35 pm Easy Does it Trivia 1:15 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo 3:45 pm Volleyball</p>
<p>*9:00 am Church Services 9:30 am Coffee Chat 10:00 am Sitting Aerobics *10:20 am Outdoor Walk 10:45 am Grandparents-a special Bond activity *12:20 pm Balloon Volleyball 12:45 pm Nickel Bingo 2:00 pm Nickel Bingo 3:15 pm New Hope Christian Fellowship *3:45 pm Balloon Volleyball</p>	<p>NAT CHEESE PIZZA DAY 9:00 am PS Walking Club 9:20 am Coffee Chat *9:30 am Virtual Reality 10:00 am Brain Work 10:15 am Wii Bowling *10:35 am Outdoor Walk *12:45 pm Ring Toss 12:45 pm Nickel Bingo *1:45 pm Name Game 2:00 pm Nickel Bingo *2:45 pm Golden Girls 3:15 pm MUSIC W/ KENDALL 3:20 pm Dominoes</p>	<p>BALD IS BEAUTIFUL DAY *9:00 am Hand Massages 9:00 am Coffee Chat *9:35 am Exercise w/Anahi 10:30 am Balance class w/Kim *10:30 am Basketball *12:45 pm Mental Stimulation 12:45 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:00 pm Nickel Bingo *2:30 pm Chicken Soup for the Soul 3:15 pm SWEET G'S 3:35 pm Dominoes</p>	<p>NAT COLORING DAY *9:00 am Sing-a-long 9:15 am Country Ride 9:20 am Coffee Chat *10:15 am Brain Work 10:15 am Putting Green *10:15 am Bingo 10:30 am CASH CREEK CASINO *12:45 pm Mental Stimulation 1:15 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo 3:15 pm ALVIN</p>	<p>NAT LINGUINE DAY *9:00 am Hand Massages 9:15 am Catholic Communion 9:15 am Garden Club *9:45 am Outdoor Walk *10:00 am Bingo 10:30 am Bible Study w/Sheila *12:45 pm Basketball 12:45 pm Nickel Bingo *1:30 pm Pretty Nails w/Anahi 2:15 pm Nickel Bingo *2:45 pm Balloon Volleyball 3:20 pm Pretty Nails/Dominos</p>	<p>*9:00 am Praise & Joy Sing-along 9:20 am Coffee Chat/Old Wives Tales *10:00 am Card making w/Tara 10:30 am Aroma Therapy *12:45 pm Balloon Volleyball 1:00 pm Nickel Bingo 1:30 pm Aroma Therapy 2:30 pm Nickel Bingo *2:30 pm Puzzles *3:35 pm Chicken Soup for the Soul</p>	<p>CLEAN OUT YOUR GARAGE DAY 9:00 am Daily Chronicle 9:30 am Coffee Chat/Family Feud 10:00 am Sitting Yoga *10:20 pm Outdoor Walk 10:50 am Sep Trivia *12:35 pm Ring Toss 1:15 pm Nickel Bingo *1:30 pm Sitting Yoga 2:30 pm Nickel Bingo *2:30 pm Color Creations 3:45 pm Volleyball</p>
<p>US AIR FORCE BIRTHDAY *9:00 am Church Services 9:30 am Coffee Chat 10:00 am Sitting Aerobics *10:20 am Outdoor Walk 10:50 am Word Mining *12:35 pm Easy Does it Trivia 1:15 pm Nickel Bingo *2:00 pm Color Creations 2:30 pm Nickel Bingo *2:30 pm Puzzles *3:45 pm Volleyball</p>	<p>9:00 am PS Walking Club *9:00 am Hand Massages 9:20 am Coffee Chat 10:15 am Wii Bowling *10:35 am Chicken Soup for the Soul *12:45 pm Ring Toss 1:15 pm Nickel Bingo *1:45 pm Bingo 2:30 pm Nickel Bingo *3:15 pm MUSIC W/ KENDALL 3:35 pm Dominoes 3:45 pm Balloon Volleyball</p>	<p>*9:00 am Hand Massages 9:00 am Coffee Chat *9:35 am Exercise w/Anahi 10:30 am Professional Day of Reflection w/ Richie *12:45 pm Balloon Volleyball 1:15 pm Nickel Bingo *1:45 pm Trivia/Reminisce 2:30 pm Nickel Bingo *2:45 pm Chicken Soup for the Soul *3:30 pm Puzzles 3:35 pm Dominos</p>	<p>*9:00 am Sing-a-Long 9:20 am Coffee Chat *10:15 am Outdoor Walk 10:00 am Sitting Aerobics 10:15 am SAVERS *10:30 am Mental Stimulation 10:35 am Chat w/Jessica *12:45 pm Balloon Volleyball 1:15 pm Nickel Bingo *1:45 pm Peg Stacker Game 2:30 pm Nickel Bingo *3:30 pm Memory Game 3:35 pm Dominoes</p>	<p>DEAR DIARY DAY *9:00 am Hand Massages 9:15 am Catholic Communion 9:15 am Putting Green *9:45 am Outdoor Walk 10:00 am Sitting Aerobics 10:30 am Bible Study w/Sheila *12:45 pm Trivia/Reminisce 1:00 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:15 pm Nickel Bingo *2:45 pm Memory Game 3:20 pm Pretty Nails/Dominos</p>	<p>*9:00 am Praise & Joy Sing-along 9:20 am Coffee Chat 10:00 am Sitting Yoga *10:00 am Brain Work *10:30 am Walk w/Kim 10:30 am Nickel Bingo *12:45 pm Ring Toss 1:00 pm Nickel Bingo *1:45 pm Name Game 2:30 pm CARNIVAL</p>	<p>LOCATE AN OLD FRIEND DAY *9:00 am Daily Chronicle 9:30 am Coffee Chat *9:30 am Sitting Yoga 10:00 am Sitting Aerobics *10:00 am Garden Club *10:20 am Outdoor Walk 10:50 am Hangman *12:20 pm Mike's Choice 1:15 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo 3:45 pm Volleyball</p>
<p>*9:00 am Church Services 9:30 am Coffee Chat *9:30 am Sing-a-Long 10:00 am Sitting Aerobics *10:20 am Outdoor Walk *12:35 pm Basketball *1:00 pm Name Game 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo *2:45 pm Peg Stacker Game *3:45 pm Balloon Volleyball</p>	<p>9:00 am PS Walking Club *9:00 am Hand Massages 9:20 am Coffee Chat 10:15 am Wii Bowling *10:35 am Chicken Soup for the Soul *12:45 pm Basketball 1:15 pm Nickel Bingo *1:45 pm Fall Bingo 2:30 pm Nickel Bingo *3:30 pm Memory Game 3:35 pm Dominoes 3:45 pm Balloon Volleyball</p>	<p>*9:00 am Hand Massages 9:00 am Coffee Chat *9:35 am Exercise w/Anahi 10:00 am Putting Green *10:15 am Bingo 10:30 am Cardio w/Kim *12:45 pm Chicken Soup for the Soul 12:15 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:30 pm Nickel Bingo *2:30 pm Puzzles 3:15 pm BIRTHDAY PARTY W/ SWEET G'S</p>	<p>NAT GOOD NEIGHBOR DAY *9:00 am Sing-a-long 9:20 am Coffee Chat *9:30 am Outdoor Walk 10:15 am Country Ride 10:30 am Corn Hole 11:00 am CHILI'S *12:45 pm Basketball 12:45 pm Nickel Bingo *1:30 pm Brain Work 2:00 pm Nickel Bingo *2:15 pm Fall Bingo 3:25 pm Dominoes</p>	<p>*9:00 am Hand Massages 9:15 am Catholic Communion *9:30 am Outdoor Walk *10:15 am Trivia/Reminisce 10:30 am Bible Study w/Sheila *12:45 pm Balloon Volleyball 1:00 pm Nickel Bingo *1:45 pm Bingo 2:15 pm Nickel Bingo 3:20 pm Pretty Nails/Dominos *3:30 pm Anahi's Choice</p>	<p>*9:00 am Praise & Joy Sing-along 9:20 am Coffee Chat/Old Wives Tales *10:30 am Brain Power 10:30 am Mike's Choice *12:45 pm Balloon Volleyball 1:00 pm Nickel Bingo *1:45 pm Name Game 2:30 pm Nickel Bingo *2:45 pm Puzzles 3:35 pm Dominoes *3:35 pm Chicken Soup for the Soul</p>	<p>*9:00 am Daily Chronicle 9:30 am Coffee Chat/Old Wives Tales *9:30 am Sitting Yoga 10:00 am Sitting Aerobics *10:00 am Garden Club *10:20 am Outdoor Walk 10:50 am September Trivia *12:35 pm Easy Does it Trivia 12:45 pm Nickel Bingo *1:45 pm Balloon Volleyball 2:00 pm Nickel Bingo 3:15 pm DJ NOEL</p>

ACTIVITIES SUBJECT TO CHANGE

*MEMORY CARE

MEMORY MATTER SUPPORT GROUP MEETS EVERY SECOND TUESDAY AT 11:30 AM