

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# SEPTEMBER 2023

## PARAMOUNT SENIOR HOUSE LIVING

<p>3 9:30 am Coffee Chat 10:10 am Sitting Aerobics 10:50 am Hangman 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 3:45 pm Church Service w/ Alfredo</p>	<p>4 9:00 am Coffee Chat 9:30 am Labor Day Trivia 10:15 am Nickle Bingo 1:00 pm Exercise w/Francisco 1:45 pm Putting Green 2:30 pm Nickel Bingo 3:45 Resident Council <small>Labor Day</small></p>	<p>5 <b>CHEESE PIZZA DAY</b> 9:00 am Coffee Chat 10:15 am Nickel Bingo 1:00 pm Corn Hole 2:00 pm Nickel Bingo 3:15 pm <b>HAPPY HOUR</b> w/KENDALL 3:30 pm Dominoes</p>	<p>6 9:00 am Coffee Chat 10:00 am Nickel Bingo 10:15 am <b>99 CENT STORE</b> 1:15 pm Tai – Chi w/Francisco 2:30 pm Nickel Bingo 2:30 pm <b>FOSTER'S FREEZE</b> 3:45 pm Floral Arrangements</p>	<p>7 9:15 am Catholic Communion 9:15 am Nickel Bingo 10:30 am Currents Events 10:30 am Bible Study w/Sheila 10:45 am Book Club 1:15 pm Sing-a-long w/Francisco 2:15 pm Nickel Bingo 3:20 pm Pretty Nails 3:30 pm Dominoes</p>	<p>8 <b>LAZY MOM'S DAY</b> 9:00 am Coffee Chat 9:30 am Labor Day Trivia 10:00 am Card Making w/Tara 10:15 pm Nickel Bingo 1:15 pm Stronger Seniors w/Francisco 1:45 pm Puzzles 2:30 pm Nickel Bingo</p>	<p>9 <b>WORLD COCONUT DAY</b> 9:30 am Coffee Chat 10:00 am Sitting Aerobics 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 3:45 pm Balloon Volleyball</p>
<p>10 9:30 am Coffee Chat 10:10 am Sitting Yoga 10:50 am September Trivia 12:45 pm Nickel Bingo 2:00 pm Nickel Bingo 3:15 pm New Hope Christian Fellowship Church <small>Grandparents Day</small></p>	<p>11 <b>SPORTS DAY</b> 9:00 am Coffee Chat 9:30 pm Nickel Bingo 10:30 am Lower Body exercise w/Brian 1:15 pm Hole in one w/Francisco 2:30 pm Nickel Bingo 3:45 pm Balloon Volleyball</p>	<p>12 <b>90's DAY</b> 9:00 am Coffee Chat 10:30 am Townhall w/Candice 12:45 pm Nickel Bingo 2:00 pm Nickel Bingo 3:15 pm <b>HAPPY HOUR</b> w/SWEET G'S 3:30 pm Dominoes</p>	<p>13 <b>DISNEY DAY</b> 9:00 am Coffee Chat 9:30 am Alphabet Trivia 11:00 am Catholic Mass 11:45 am <b>OLIVE GARDEN</b> 10:15 am Nickle Bingo 1:15 pm Wii Bowling 2:30 pm Nickle Bingo 3:45 pm Flower Arrangements 3:45 pm Dominoes</p>	<p>14 <b>EAT A HOGIE DAY HAWAIIN DAY</b> 9:15 am Penny Poker 10:00 pm Nickle Bingo 10:30 am Bible Study w/Sheila 12:45 pm Nickel Bingo 2:00 pm <b>LUAU</b></p>	<p>15 <b>WESTERN DAY</b> 9:00 am Coffee Chat 10:00 am Card Making w/Tara 10:15 am Nickel Bingo 1:15 pm Exercise w/Francisco 1:45 pm Puzzles 2:30 pm Nickel Bingo <small>Rosh Hashanah Begins</small></p>	<p>16 9:30 am Coffee Chat 10:00 am Sitting Yoga 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 3:45 pm Balloon Volleyball <small>Oktoberfest Begins</small></p>
<p>17 <b>WIFE APPRECIATION DAY</b> 9:30 am Coffee Chat 10:10 am Sitting Aerobics 10:50 am Hangman 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 3:45 pm Church Service w/Alfredo</p>	<p>18 9:00 am Coffee Chat 9:30 am Nickel Bingo 10:30 am Lower body stretching w/Brian 11:00 am Getting to Know Your Neighbor Lunch 1:15 pm Hot Rocks 2:30 pm Nickel Bingo 3:45 pm Balloon Volleyball</p>	<p>19 9:00 am Coffee Chat 10:15 am Nickle Bingo 1:15 pm Sing-a-long w/Francisco 2:00 pm Nickel Bingo 3:15 pm <b>MARY LOU'S ENGLISH BONE TEA CUP COLLECTION/TEA PARTY</b> 3:30 pm Dominoes</p>	<p>20 <b>NAT PEPPERONI PIZZA DAY</b> 9:00 am Coffee Chat 10:15 am <b>COMMISSARY</b> 10:15 am Nickel Bingo 1:00 pm Fall Festival by Empowerme 2:30 pm Nickel Bingo 3:45 pm Flower Arrangements 3:45 pm Dominoes</p>	<p>21 9:15 am Gratitude Practice 9:15 am Catholic Communion 10:00 am Nickel Bingo 10:30 am Bible Study w/Sheila 1:00 pm Inspirational Talk w/Bneeisha 2:15 pm Nickel Bingo 3:20 pm Pretty Nails 3:30 pm Dominoes</p>	<p>22 9:00 am Coffee Chat 9:30 am Mind Joggers 10:15 am Nickel Bingo 1:15 pm Chef Chat w/ Ryan 1:45 pm Corn Hole 2:30 pm Nickel Bingo 3:35 pm Fuzzy Art</p>	<p>23 9:30 am Coffee Chat 10:00 am Sitting Yoga 1:15 pm Nickel Bingo 2:30 pm Nickel Bingo 3:45 pm Balloon Volleyball <small>Autumn Begins</small></p>
<p>24 9:30 am Coffee Chat 10:10 am Sitting Yoga 10:50 am Sing-a-long w/Francisco 12:45 pm Nickel Bingo 2:00 pm Nickel Bingo 3:15 pm <b>SPIRITUAL MUSIC</b> w/SUZANNE <small>Yom Kippur Begins</small></p>	<p>25 9:00 am Coffee Chat 9:30 am Nickel Bingo 10:30 am Upper body stretching w/Brian 1:15 pm Fall Craft w/Meredith 3:45 pm Putting Green 2:15 pm Nickel Bingo</p>	<p>26 9:00 am Coffee Chat 10:00 am LAPS 12:45 pm Nickel Bingo 2:00 pm Nickle Bingo 3:15 pm <b>BIRTHDAY PARTY/ happy hour</b> w/SWEET G'S 3:30 pm Dominoes</p>	<p>27 9:00 am Coffee Chat 9:30 am Car Trivia 10:15 am Nickel Bingo 10:40 am <b>CHEVY'S</b> 1:15 pm Bunco 2:30 pm Nickel Bingo 3:45 pm Flower Arrangements 3:45 pm Dominoes</p>	<p>28 9:15 am Catholic Communion 10:00 am Nickel Bingo 10:30 am Bible Study w/Sheila 1:00 pm Current Events 1:15 pm Book Club 2:15 pm Nickel Bingo 3:20 pm Pretty Nails 3:30 pm Dominoes</p>	<p>29 9:00 am Coffee Chat 9:30 am Mind Joggers 10:15 am Nickel Bingo 1:15 pm Chef Chat w/ Ryan 2:00 pm Nickel Bingo 3:15 pm <b>ALVIN</b> <small>Sukkot Begins</small></p>	<p>30 <b>NAT LOVE PEOPLE DAY</b> 9:30 am Coffee Chat/Family Feud 10:00 am Sitting Whoga 12:45 pm Nickel Bingo 2:00 pm Nickel Bingo 3:15 pm <b>MUSIC W/DJ NOEL</b></p>

ACTIVITIES SUBJECT TO CHANGE

National Assisted Living Week is Sep 10-16

THEME: MONTH OF REFLECTIONS