

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

September 2023

Memory Care

National Assisted Living Week 9.10 - 9.16

Happy Birthday

Sharon Lusk 9.13

Mary Nesmith 9.17 Lois Peele 9.26

3
9:45 Church of the Highlands-Activity Room
11:00 Exercise Class- Activity Room
2:30 Afternoon Matinee: Steel Magnolias- Activity Room
3:30 Happy Hour - Activity Room
6:30 Magazines - Activity Room

Labor Day 4
9:30 Morning Stretch - Activity Room
10:30 Labor Day Crafts- Activity Room
2:00 Kevin Atkin's Music Concert - Theater
3:30 Happy Hour - Activity Room

5
9:30 Get Moving - Activity Room
11:00 Walker Wright's Drum Circle - Activity Room
2:00 Grocery Game - Activity Room
3:30 Happy Hour - Activity Room
6:30 Relaxation Coloring - Activity Room

Beauty Salon Open 6
9:30 Sittercise - Activity Room
10:30 Grocery Game - Activity Room
11:00 Walking Club - Courtyard Room
2:00 Nail Polishing - Activity Room
3:30 Happy Hour - Activity Room

7
9:30 Chair Exercise - Activity Room
10:30 Relaxation Coloring - Activity Room
2:00 Arts & Crafts - Activity Room
3:30 Happy Hour - Activity Room
6:30 Magazines - Activity Room

8
9:30 Chair Aerobics - Activity Room
10:00 Bus Tour of Lakeshore
2:00 Friday Matinee: Grease - Activity Room
3:30 Happy Hour - Activity Room

9
9:30 Exercise - Activity Room
10:30 IN2L Trivia- Activity Room
11:00 Relaxing Tunes - Activity Room
2:00 Afternoon Matinee: Grumpy Old Men
6:00 AL vs TX - Activity Room

Happy Grandparents Day 10
9:45 Church of the Highlands-Activity Room
11:00 Exercise Class- Activity Room
2:30 Afternoon Matinee: Daddy Day Care- Activity Room
3:30 Happy Hour - Activity Room
6:30 Magazines - Activity Room

Patriot Day 11
9:30 Morning Stretch - Activity Room
10:30 Parachute Exercise - Activity Room
1:30 First Responders Gift Basket Packing - Café
3:30 Happy Hour - Activity Room

12
9:30 Get Moving - Activity Room
10:30 Abstract Painting - Activity Room
2:00 Caleb Rowe Music Concert - Theater
3:30 Happy Hour - Activity Room

Beauty Salon Open 13
9:30 First Responders Gift Basket Delivery
10:00 Puzzles & Jazz - Activity Room
11:00 Walking Club - Courtyard
2:00 Nail Polishing - Activity Room
3:30 Happy Hour - Activity Room

14
9:30 Chair Exercise - Activity Room
10:30 Conversation Starters - Activity Room
11:00 Balloon Tennis - Activity Room
1:30 Giving Back: Humane Society Blankets & Dog Biscuits - Art Studio
3:30 Happy Hour - Activity Room
6:30 Puzzles - Activity Room

15
9:30 Audiology On the Go - Café
9:30 Rise & Shine-Activity Room
10:00 Staff & Resident NALW Cornhole Tournament
2:00 Friday Matinee: Grease - Activity Room
3:30 Happy Hour -Activity Room

16
9:30 Exercise - Activity Room
10:30 Mind Joggers - Activity Room
11:00 Balloon Ball- Activity Room
2:30 AL vs South FL - Theater
6:00 AU vs Samford - Theater

17
9:45 Church of the Highlands-Activity Room
11:00 Exercise Class- Activity Room
2:30 Afternoon Matinee: Benji-Activity Room
3:30 Happy Hour - Activity Room
6:30 Magazines - Activity Room

18
9:30 Morning Stretch - Activity Room
10:30 Moving to Music with Jackie - Activity Room
1:30 Sunflower Wreath Craft - Art Studio
3:30 Happy Hour -Activity Room

19
9:30 Get Moving - Activity Room
10:30 Arts & Crafts-Activity Room
2:00 Grocery Game - Activity Room
6:30 Relaxation Coloring - Activity Room

Beauty Salon Open 20
9:30 Chair Exercise - Activity Room
10:30 Grocery Game - Activity Room
11:00 Balloon Tennis - Activity Room
2:00 Nail Polishing - Activity Room
3:30 Happy Hour - Activity Room

21
9:30 Chair Exercise - Activity Room
10:30 Relaxation Coloring - Activity Room
11:00 Jan Plays Piano -Activity Room
2:00 Finish the Phrase
3:30 Happy Hour - Activity Room
6:30 Table Top Games - Activity Room

22
9:30 Chair Aerobics - Activity Room
9:30 Birmingham Sight Seeing & Ice Cream
11:00 Relaxation Coloring - Activity Room
2:00 Friday Matinee: Bye Bye Birdie - Activity Room
3:30 Happy Hour - Activity Room

First Day of Fall 23
AL vs Ole Miss
Texas A&M vs AU
9:30 Exercise - Activity Room
11:00 Relaxation Coloring - Activity Room
2:00 Movie Matinee: Cheaper by the Dozen - Activity Room

24
9:45 Church of the Highlands-Activity Room
11:00 Exercise Class- Activity Room
2:30 Afternoon Matinee: The Wizard of Oz - Activity Room
3:30 Happy Hour - Activity Room
6:30 Magazines - Activity Room

25
9:30 Morning Stretch -Activity Room
10:30 Parachute Exercise - Activity Room
1:30 Fall Canvas Painting - Art Studio
3:30 Happy Hour - Activity Room

Podiatry Visit 26
9:30 Get Moving - Activity Room
10:30 Arts & Crafts - Activity Room
2:00 Bingo - Activity Room
3:30 Happy Hour - Activity Room
6:30 Table Top Games - Activity Room

Beauty Salon Open 27
9:30 Sittercise - Activity Room
10:30 Balloon Tennis - Activity Room
11:00 Walking Club - Courtyard
2:00 Nail Polishing - Activity Room
3:30 Happy Hour - Activity Room

28
9:30 Chair Exercise - Activity Room
10:30 Conversation Starters - Activity Room
2:00 Lisa West Singing - Activity Room
3:30 Happy Hour - Activity Room
6:30 Table Top Games - Activity Room

29
9:30 Chair Yoga - Activity Room
2:00 Afternoon Matinee: There's No Business like Show Business - Activity Room
3:00 Family Feud - Activity Room
4:00 Puzzles - Activity Room

MS State vs AL 30
AU vs GA
9:30 Exercise - Activity Room
11:00 Relaxation Coloring - Activity Room
2:00 Movie Matinee: Bye Bye Birdie - Activity Room