September 2017 Cottages Activities Calendar

lic: 197607149/197607155

The month of September is

Baby Safety Month
Back-to-school Month
Better Breakfast Month
Cholesterol Education Month
Classical Music Month
Fall Hat Month
Go4Life® Month
Happy Cat Month
Healthy Aging® Month
Jazz Month
Library Card Sign-Up Month
National Chicken Month
National Honey Month
National Piano Month
National Senior Center Month
Pain Awareness Month
Southern Gospel Music Month
Square Dance Month

Month of September

Birthstone: Sapphire
(Love & Clear Thinking)
Flowers:
Aster (Alt. Morning Glory)
Colors:
Brown

SNACKS
After every scheduled activity and at 8:00 p.m. for those who wish it

This calendar is subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:30 Balance Exercise 11:30 Bingo! 1:30 Mind Crunch w/Mary 3:00 Walking Club 4:00 Sing Along 6:00 Show: "Love Lucy"	**2** 9:30 Saddleback Church Services 11:30 Walking Club 1:00 Piano Recital w/Dallas 2:30 Walk it Up! 3:30 Sing Along 6:00 Documentary Movie
3 9:00 Catholic Mass 10:00 Healthy Joints w/ Cesar 11:30 Words Game 1:00 Mike & Mandy Country Concert 2:30 Bingo! 6:00 Discovery Channel	*Labor Day* **4** 10:00 Yoga w/Marline 11:30 Words Game 12:00 Labor Day BBQ 1:30 Brain Fitness w/Mary 2:30 In/Outdoor Walking 6:00 Labor Day Movie	Beauty Salon **5** 10:00 Cardiocise 11:30 Hands Massage 1:00 Fancy Nails 2:30 Walking Club 3:30 Sing Along 6:00 Documentary: *"Andrea Bocelli Sacred Arias"*	**6** 10:00 Balance Exercise 11:30 Bingo! 2:00 Cooking Fun 1:30 Nurturing Soul: Parenting Hour 2:00 Cooking Fun 2:30 Hand in hand walking 3:30 Oldies But Goodies 6:00 Show: *Victor Borge*	**7** 10:30 Sit & Be Fit 11:30 You be the Judge! 1:00 Painting w/Yolly 2:30 Afternoon Walk 3:30 Sing Along 6:00 Netflix: *"Coming to America"*	**8** 10:00 Theraband Exercise 11:30 Bingo! 1:30 Mind Crunch w/Mary 3:00 Afternoon Walk 4:00 Oldies But Goodies 6:00 Concert *"Frank Sinatra"*	**9** 9:30 Saddleback Church Services 11:30 Walk it Up! 1:00 Harp Performance w/Katrina 2:30 Hand in Hand Walk 3:30 Sing Along 6:00 Concert: *"Andrei Reu"*
Grandparents Day **10** 9:00 Catholic Mass 10:00 Healthy Joints w/ Cesar 1:00 Concert w/Yolly 2:30 Bingo! 3:30 Oldies But Goodies 6:00 Documentary *"The Cutest Animals"*	**11** 10:00 Yoga w/Marline 10:30 Word Searches 1:30 Brain Fitness w/Mary 2:30 Walking Club 3:30 Sing Along 6:00 Documentary *"Rom"*	Beauty Salon **12** 10:00 Chairobics 11:30 Touch Therapy 1:00 Pampered Nails 2:30 Crosswords & Puzzles 3:30 Sing Along 6:00 Classical Music "Shopen"	**13** 10:00 Exercise w/Yolly 11:30 Bingo! 1:30 Nurturing Soul: Parenting Hour 2:30 Ball Game 3:30 Sing Along 6:00 "Blue Planet" Season 1	**14** 10:00 Music Appreciation w/Rose-Marie 11:30 Parachute Game 1:00 Article Review 2:30 Music Around the World 3:30 Sing Along 6:00 Evening News	**15** 10:00 Chairobics 11:30 Bingo! 1:30 Mind Crunch w/Mary 3:00 Indoor/Outdoor Walking 4:00 Sing Along 6:00 Concert: El Divo	**16** 9:30 Saddleback Church Services 11:30 Poinsettia Stroll 1:00 Piano Concert w/Mathew 2:30 Walking Club 3:30 Oldies But Goodies 6:00 TV Show: Friends
17 9:00 Catholic Mass 10:00 Healthy Joints w/ Cesar 1:00 Piano Concert w/Larysa 2:30 Bingo! 3:30 Sing Along 6:00 Concert: *"Mozart"*	**18** 10:00 Yoga w/Marline 11:30 Banana Grams 1:30 Brain Fitness w/Mary 2:00 Documentary Movie 6:00 American Funniest Video Show	Beauty Salon **19** 10:00 Move with Music 11:30 Angel's Touch 1:00 Nail's Art 2:30 Words Game 6:00 Concert: "A Night w/the Ten Tenors"	*Rosh Hashanah (begins at sunset)* **20** 10:00 Chairobics 11:30 Bingo! 1:30 Nurturing Soul: Parenting Hour 2:30 Walking Club 3:30 Oldies But Goodies 6:00 "Stranger Than Fiction"	**21** 10:00 Move w/Music 11:30 "100" Words Game 1:00 Art Class w/Yolly 2:30 Hand in Hand Walking 4:00 Sing Along 6:00 Movie: *"The Journey to Golda's Balcony"*	**22** 10:30 Balance Exercise 11:30 Bingo! 12:30 Resident Birthday! 2:30 Mind Crunch w/Mary 3:00 Nature Walk 4:00 Sing Along 6:00 Discovery Channel	**23** 9:30 Saddleback Church Services 11:30 Walk It Up! 1:00 Spanish Guitar w/Stan 2:30 Nature Walk 3:30 Sing Along 6:00 TED Talk
24 9:00 Catholic Mass 10:00 Healthy Joints w/ Cesar 1:00 Rock-n-Roll Concert w/Irby 2:30 Bingo! 3:30 Oldies But Goodies 6:00 Movie: *"Three Coins in the Fountain"*	**25** 10:00 Yoga w/Marline 11:30 Words Game 1:30 Brain Fitness w/Mary 2:30 Short Walk 3:30 Sing Along 6:00 Movie: *"Mrs. Doubtfire"*	Beauty Salon **26** 10:00 Sit & Be Fit 11:30 Aromatherapy & Massage 1:00 Fancy Nails 2:30 Indoor/Outdoor Stroll 3:30 Oldies But Goodies 6:00 Movie: *"My Big Fat Greek Wedding"*	**27** 10:00 Cardio Work Out 11:30 Bingo! 1:30 Nurturing Soul: Parenting Hour 1:30 Nature Walk 2:30 Sing Along 6:00 Evening TV Concert "Andrea Bocelli"	**28** 10:00 Ball Exercise 11:30 Banana Grams 1:00 Resident/Family Council Meeting 2:00 Art Class w/Yolly 3:30 Oldies But Goodies 6:00 Documentary: "Elvis"	*Yom Kippur (begins at sunset)* **29** 10:00 Move w/Music 11:30 Bingo! 1:30 Mind Crunch w/Mary 3:30 Sound Healing w/Jahrazhen 6:00 Movie: *"Maid in Manhattan"*	**30** 9:30 Saddleback Church Services 11:30 Walking Club 1:00 Concert w/Michael 2:30 Walk it Up! 3:30 Sing Along Netflix *"American Funniest Videos"*