



September 2019 Cottages Activities Calendar

lic: 197607149/197607155

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Catholic Mass 10:00 Chair Aerobics 11:00 Whiteboard Quiz 11:30 Move to the Music 1:30 - 4:30 Individualized Activity 6:00 Men's Movie Night <i>Groundhog's Day</i>	2 <i>Labor Day</i> 9:30 Chair Exercise 10:00 The Longest Word 11:00 Labor Day Trivia 11:30 Bubble Tennis 12:30 Labor Day BBQ 1:00 - 4:30 Individualized Activity 6:00 Classic Series <i>The Golden Girls</i>	3 <i>Beauty & Nail Salon</i> 9:30 Chair Exercise 10:00 Word Scramble 11:00 Name That Tune 11:30 Paper Plate Target Toss 1:00 - 4:30 Individualized Activity 6:00 Ladies Movie Night <i>Now and Then</i>	4 9:30 Chair Exercise 10:00 Trivia 11:30 Snack 11:00 Bingo 1:00 Happy Hour <i>w/Diane Lewis</i> 2:00 - 4:30 Individualized Activity 6:00 Movie Night <i>Resident's Choice</i>	5 <i>Beauty Salon</i> 9:30 Exercise w/Cesar 11:00 Focus Stretch 11:30 Nursery Rhyme Challenge 1:00 - 4:30 Individualized Activity 6:00 Docuseries <i>The Seventies</i>	6 9:30 Lower Body Workout 10:00 Brain Fitness 11:00 Food Trivia 11:30 Low Leg Stretch 1:00 - 4:30 Individualized Activity 6:00 Friday Night Classic <i>The In-Laws</i>	7 9:30 Saddleback Church Services 10:00 Field Day 11:00 Hangman 11:30 Cranium Crunch 1:00 The Golden Years w/Dylan 2:00 - 4:30 Individualized Activity 6:00 Netflix Docuseries <i>One Strange Rock</i>
8 <i>Grandparent's Day</i> 9:30 Catholic Mass 10:00 Chair Dance w/Dawn 11:00 "Grand" Words & Phrases 11:30 Grandparents Day Spelling Bee 1:30 Pet Therapy w/Limor Ness 3:00 - 4:30 Individualized Activity 6:00 Men's Movie Night <i>Raiders of the Lost Ark</i>	9 9:30 Chair Exercise 10:00 The Longest Word 11:00 Compound Words 11:30 Bubble Tennis 1:00 Exercise w/Cesar 2:00 - 4:30 Individualized Activity 6:00 Classic Series <i>The Golden Girls</i>	10 <i>Beauty & Nail Salon</i> 9:30 Chair Exercise 10:00 Word Scramble 11:00 True or False? 11:30 Kickball 1:00 - 4:30 Individualized Activity 6:00 Ladies Movie Night <i>Gone with the Wind</i>	11 <i>Patriot Day</i> 9:30 Chair Exercise 10:00 Trivia 11:00 Walking Club 11:30 One w/Nature 1:00 - 4:30 Individualized Activity 6:00 Movie Night <i>Resident's Choice</i>	12 <i>Beauty Salon</i> 9:30 Exercise w/Cesar 11:00 Scarf Dancing 11:30 Words of Wisdom 1:00 - 4:30 Individualized Activity 3:00 Chocolate Milkshake Social 6:00 Docuseries <i>The Seventies</i>	13 9:30 Stretch Circuit 10:00 Brain Fitness 11:00 Name the Body Parts 11:30 Balloon Toss 1:00 - 4:30 Individualized Activity 6:00 Friday Night Classic <i>Little Women</i>	14 9:30 Saddleback Church Services 10:00 Chair Stretch Circuit 11:00 Wacky Wordies 11:30 Hot Potato 1:00 R&B w/Danni Shannan 2:00 - 4:30 Individualized Activity 6:00 Netflix Docuseries <i>Blue Planet II</i>
15 9:30 Catholic Mass 10:00 Chair Exercise 11:00 The Price is Right 11:30 Mindful Wellness: Hands and Feet 1:00 - 4:30 Individualized Activity 6:00 Men's Movie Night <i>6 Days</i>	16 9:30 Chair Yoga 10:00 Rhyme Time 11:00 Brain Workout 11:30 Pre-Lunch Pump Up 1:00 Exercise w/Cesar 2:00 - 4:30 Individualized Activity 6:00 Classic Series <i>The Golden Girls</i>	17 <i>Beauty & Nail Salon</i> 9:30 Morning Exercise 10:00 Fun Trivia 11:00 Sing Along 1:00 - 4:30 Individualized Activity 6:00 Ladies Movie Night <i>13 Going on 30</i>	18 9:30 Healthy Joints Club 10:00 Trivia 11:00 Bingo 11:30 Ring Toss 1:00 Violin Concert w/Yasha 2:00 - 4:30 Individualized Activity 6:00 Movie Night <i>Resident's Choice</i>	19 <i>Beauty Salon</i> 9:30 Exercise w/Cesar 11:00 Finish the Proverb 11:30 Basketball 1:00 - 4:30 Individualized Activity 6:00 Docuseries <i>The Seventies</i>	20 9:30 Chair Simon Says 10:00 Brain Fitness 11:00 Finish the Lyrics 11:30 Mindful Wellness Hands & Feet 1:00 - 4:30 Individualized Activity 6:00 Friday Night Classic <i>Monty Python & the Holy Grail</i>	21 9:30 Saddleback Church Services 10:00 Flexibility Exercise 11:00 The Longest Word 11:30 Energizing Stretch 1:00 Jazz w/Mark Bosserman 2:00 - 4:30 Individualized Activity 6:00 Netflix Docuseries <i>You vs. Wild</i>
22 9:30 Catholic Mass 10:00 Chair Dance w/Dan 11:00 Sing Along 1:00 - 4:30 Individualized Activity 6:00 Men's Movie Night <i>Stand By Me</i>	23 9:30 Core Exercises 10:00 Hangman 11:00 Scattergories 11:30 Bocce Ball 1:00 Exercise w/Cesar 1:30 Drums 2 Learn w/Richard 2:00 - 4:30 Individualized Activity 6:00 Classic Series <i>The Golden Girls</i>	24 <i>Beauty & Nail Salon</i> 9:30 Morning Exercise 10:00 Wacky Wordies 11:00 What Am I? 11:30 Beach Ball Volleyball 1:00 - 4:30 Individualized Activity 6:00 Ladies Movie Night <i>Mama Mia!</i>	25 9:30 Healthy Joints Club 10:00 Rhyme Time 11:00 Whiteboard Challenge 11:30 Purposeful Movement 1:00 - 4:30 Individualized Activity 6:00 Movie Night <i>Resident's Choice</i>	26 <i>Beauty Salon</i> 9:30 Exercise w/Cesar 11:00 Basketball 11:30 Name That Tune 1:00 - 4:30 Individualized Activity 6:00 Docuseries <i>The Seventies</i>	27 9:30 Cardio Workout 10:00 Brain Fitness 11:00 Random Trivia 11:30 Balloon Tennis 1:00 - 4:30 Individualized Activity 6:00 Friday Night Classic <i>The Third Man</i>	28 9:30 Saddleback Church Services 10:00 Chair Yoga 11:00 Name 10 11:30 Focus Stretch 1:00 Rock & Rock w/Greg 2:00 - 4:30 Individualized Activity 6:00 Netflix Docuseries <i>BBC Earth: Life</i>
29 <i>Rosh Hashanah</i> <i>(begins at sundown)</i> 9:30 Catholic Mass 10:00 Chair Aerobics 11:00 Jeopardy! 11:30 Ball Toss 1:30 Pet Therapy w/Limor Ness 2:00 - 4:30 Individualized Activity 6:00 Men's Movie Night <i>Top Gun</i>	30 10:00 Random Trivia 11:00 Down Memory Lane 11:30 Noodle Ball 1:00 Exercise w/Cesar 2:00 - 4:30 Individualized Activity 6:00 Classic Series <i>The Golden Girls</i>	SNACKS Snacks are available after 8:00 p.m. for those who wish it This calendar is subject to change.			September Days to Note... 03 Skyscraper Day 05 Be Late for Something Day 05 Cheese Pizza Day 06 Fight Procrastination Day 07 Neither Rain Nor Snow Day 08 Pardon Day 10 Swap Ideas Day 11 No News is Good News Day 13 Defy Superstition Day 13 Fortune Cookie Day 13 Friday the 13th 15 Wife Appreciation Day 16 Mayflower Day 16 Working Parents Day 17 Citizenship Day 21 International Peace Day 22 Elephant Appreciation Day 23 Dog in Politics Day 28 National Good Neighbor Day 29 Confucius Day	
						Month of September Birthstone: Sapphire Flowers: Forget-me-not, Morning Glory and Aster Colors: Brown, Deep Blue