


# September 2024

## Assisted Living Activities



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>  	<b>2</b> 10:30 Exercise 11:00 Learn About: Labor Day 2:30 Bags <b>Labor Day</b>	<b>3</b> 9:30 Lutheran Church 10:30 Exercise 1:30 Painting w/ Solon Public Library (NH)	<b>4</b> 10:30 Exercise 2:30 Lets Make: Your Own Dessert <b>National Eat an Extra            Dessert Day</b>	<b>5</b> 9:30 Catholic Mass & Donuts 10:00 Rosary 1:30 BINGO (NH) <b>6:30 Word Puzzles</b>	<b>6</b> 10:30 Exercise 11:00 Walking Club 1:30 Music w/ Gayle and Kirk 🎵🎵 <b>6:30 Movie Night</b>	<b>7</b>  <b><u>2:30 IOWA CORN            CY-HAWK SERIES</u></b> <b><u>Iowa VS Iowa State</u></b>
<b>8 HAPPY NATIONAL            ASSISTED LIVING            WEEK            SEPTEMBER 8-14</b>	<b>9</b> 10:30 Exercise 11:00 Daily News Up- date 2:30 Heyn's Ice Cream Trip in North Liberty	<b>10 9:00 Podiatrist/            Foot Doctor</b> 9:30 Methodist Church 2:30 Big Bingo Bash!	<b>11</b> 10:30 Exercise 11:00 Talk About: The Hero's of 9/11 1:30 Country Music w/ Wild Bill 🎵🎵	<b>12</b> 9:30 Catholic Mass & Donuts 10:00 Rosary 1:30 BINGO (NH) <b>6:30 Word Puzzles</b>	<b>13</b> 10:30 Exercise 11:00 Walking Club 1:00 Janet Lieb 🎵🎵 <b>6:30 Movie Night</b>	<b>14</b>  <b><u>3:00 HARVEST KICK-            OFF GOLD GAME</u></b> <b><u>Iowa VS Troy</u></b>
<b>15</b>  <b>6:30 TV Time</b>	<b>16</b> 10:30 Exercise 11:00 Learn About: Recycling Awareness 2:30 Bingo <b>Recycle Awareness Week</b>	<b>17</b> 9:30 Lutheran Church 10:30 Exercise 1:30 Music w/ John Krob 🎵🎵	<b>18</b> 10:30 Exercise 11:00 Trivia 2:30 'Bet' On the Horse Races Game <b>6:30 TV Time</b>	<b>19</b> 9:30 Catholic Mass & Donuts 10:00 Rosary 1:30 BINGO (NH) <b>6:30 Word Puzzles</b>	<b>20</b> 10:30 Exercise 11:00 Walking Club 2:30 First Day of Fall Craft <b>6:30 Movie Night</b>	<b>21</b>  <b><u>TBA: Iowa vs            Minnesota</u></b>
<b>22 Happy First            Day of Fall!</b> 	<b>23</b> 10:30 Exercise 2:30 Checkers Tournament <b>National Checkers            Day</b>	<b>24</b> 9:30 Methodist Church 10:30 Exercise 1:30 Poetry Reading w/ Mark Stellinga (NH)	<b>25</b> 10:30 Exercise 11:00 Brain Games 1:30 Accordion Music 🎵🎵 <b>6:30 TV Time</b>	<b>26</b> 9:30 Catholic Mass & Donuts 10:00 Rosary 1:30 BINGO (NH) <b>6:30 Word Puzzles</b>	<b>27 <u>10:30 Lunch            Outing</u></b> 1:30 Music w/ Sheets 🎵🎵 <b>6:30 Movie Night</b>	<b>28</b>  <b>6:00 Lawrence Welk</b>
<b>29</b>  <b>6:30 TV Time</b>	<b>30</b> 10:30 Exercise 11:00 Daily News Up- date 2:30 Kings Corner Card Game			