

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2023

Primrose & Goldenrod Neighborhood

<p>3</p> <p>9:00 Garden Care (GR &amp; PR) 9:45 Sunday Worship (FH)</p>	<p>4</p> <p>9:45 Catholic Mass (FH)</p> <p>Labor Day</p>	<p>5</p> <p>9:00 Garden Care (GR &amp; PR) 9:00 Stretch and Strengthen (PR) 10:00 Terry's Time! (PR)</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 2:30 Baking Blueberry Zucchini Bread (GR)</p>	<p>6</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Exercise: Hand Weights (PR) 10:30 SingFit Music (GR)</p> <p>1:00 Chaplain Chats (PR) 1:45 Eldergrow Gardening (PR) 3:00 National Geographic: Path of the Panther (GR)</p>	<p>7</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Chair Yoga (PR) 9:30 To the Pond! 11:00 Lunch at the Waffle House (S/U) 2:30 Relaxation Hour: Calming Music with Hand Massages (GR) 3:00 Kickoff Day: Football Trivia (GR)</p>	<p>1</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Strength Training: MoveMor Boards (PR) 10:30 Bingo! (GR)</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 2:15 Dominoes (GR) 3:00 PB&amp;J Cocktail Happy Hour (GR)</p>	<p>2</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Coffee and Chats (GR) 10:30 Exercise with Octaband (GR)</p> <p>2:15 Saturday Matinee: Elvis (GR)</p>
<p>10</p> <p>9:00 Garden Care (GR &amp; PR) 9:45 Sunday Worship (FH)</p> <p>Grandparents Day</p>	<p>11</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Tai Chi with Don (PR) 10:30 Old Time Hymn Sing with Dory (GR)</p> <p>2:00 Music with Josh! (PR) 3:00 Chocolate Milkshake Day (GR Patio) (Bake Sale 1-3)</p>	<p>12</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Tai Chi with Don (PR) 10:30 Old Time Hymn Sing with Dory (GR)</p> <p>2:00 Music with Josh! (PR) 3:00 Chocolate Milkshake Day (GR Patio) (Bake Sale 1-3)</p>	<p>13</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Exercise with the Balls (PR) 10:30 Music with Calvin Weatherall: Johnny Cash Show (GR)</p> <p>1:00 Chaplain Chats (PR) 2:00 Cooking with the Chef (PR) 2:45 Music Therapy with Katie (GR)</p>	<p>14</p> <p>9:00 Garden Care (GR &amp; PR) 9:15 Chair Yoga (PR) 10:00 Walk to End Alzheimer's (Meet at Elevator)</p> <p>12:30 Joy Ride (S/U) 3:00 National Geographic: Aera 51, The CIA's Secret (GR)</p>	<p>8</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Exercise with Andrew (GR) 10:30 Bingo! (GR)</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 2:15 Dominoes (GR) 3:00 Arnauld Palmer Cocktail Happy Hour (GR)</p> <p><u>Happy Birthday Elizabeth A.!</u></p>	<p>9</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Coffee and Chats (GR) 10:30 Fitness with Lisa (GR)</p> <p>2:15 Saturday Matinee: Help! (GR)</p>
<p>17</p> <p>9:00 Garden Care (GR &amp; PR) 9:45 Sunday Worship (FH)</p> <p>Happy Birthday Sally P.!</p>	<p>18</p> <p>3:00 Birthday Party (FH)</p>	<p>19</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Fitness with Sophia (PR)</p> <p>2:30 Courtyard Music: The Gypsy Mandolin Trio (Courtyard)</p>	<p>20</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Fitness with Laura (PR)</p> <p>1:00 Chaplain Chats (PR) 1:45 Eldergrow Gardening (PR)</p>	<p>21</p> <p>9:00 Garden Care (GR &amp; PR) 9:15 Fitness with Lisa (PR)</p>	<p>15</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Strength Training: MoveMor Boards (PR) 10:30 Bingo! (GR)</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 2:15 Dominoes (GR) 3:00 Iced Chocolate Pumpkin Coffee Cocktail Happy Hour (GR)</p> <p>Rosh Hashanah Begins</p>	<p>16</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Coffee and Chats (GR) 10:30 Exercise with Octaband (GR)</p> <p>1:00 Grizzly Bears of Alaska Slide Show (PR) 2:15 Saturday Matinee: Free Willie (GR)</p> <p>Oktoberfest Begins</p>
<p>24</p> <p>9:00 Garden Care (GR &amp; PR) 9:45 Sunday Worship (FH)</p> <p>Yom Kippur Begins</p>	<p>25</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Tai Chi with Don (PR) 10:30 Old Time Hymn Sing with Dory (GR)</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 3:00 Making Dog Biscuits (GR)</p>	<p>26</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Tai Chi with Don (PR) 10:30 Old Time Hymn Sing with Dory (GR)</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 3:00 Making Dog Biscuits (GR)</p>	<p>27</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Exercise with the Balls (PR) 10:30 SingFit Music (GR)</p> <p>1:00 Chaplain Chats (PR) 2:00 Cooking with the Chef (PR) 2:45 Music Therapy with Katie (GR)</p>	<p>28</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Chair Yoga (PR) 10:00 Fall Colors Tour and Lunch (S/U) 3:00 Air Dry Clay Animals for the Garden (AS)</p>	<p>22</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Fitness with Andrew (PR) 10:30 Bingo! (GR)</p>	<p>23</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Coffee and Chats (GR) 10:30 Music with Lamont (FH)</p> <p>2:15 Saturday Matinee: Miracle of Midnight (GR)</p> <p>Autumn Begins</p>
<p>24</p> <p>9:00 Garden Care (GR &amp; PR) 9:45 Sunday Worship (FH)</p> <p>Yom Kippur Begins</p>	<p>25</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Tai Chi with Don (PR) 10:30 Old Time Hymn Sing with Dory (GR)</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 3:00 Making Dog Biscuits (GR)</p>	<p>26</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Tai Chi with Don (PR) 10:30 Old Time Hymn Sing with Dory (GR)</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 3:00 Making Dog Biscuits (GR)</p>	<p>27</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Exercise with the Balls (PR) 10:30 SingFit Music (GR)</p> <p>1:00 Chaplain Chats (PR) 2:00 Cooking with the Chef (PR) 2:45 Music Therapy with Katie (GR)</p>	<p>28</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Chair Yoga (PR) 10:00 Fall Colors Tour and Lunch (S/U) 3:00 Air Dry Clay Animals for the Garden (AS)</p>	<p>29</p> <p>9:00 Garden Care (GR &amp; PR) 9:00-11:00 Trishaw Rides</p> <p>12:45 Outdoor Stroll (Meet at Elevator) 2:15 Dominoes (GR) 3:00 Fall Punch Cocktail Happy Hour (GR)</p> <p>Sukkot Begins</p>	<p>30</p> <p>9:00 Garden Care (GR &amp; PR) 9:30 Coffee and Chats (GR) 10:30 Exercise with Octaband (GR)</p> <p>2:15 Saturday Matinee: The Journey of Natty Gann (GR)</p>