

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:00 Visits/Chronicles 1 10:00 Sunday Stretch 1 10:45 Sunday Stretch 2 1:30 Classic Country Sing-along 1 2:45 Classic Country Sing-along 2	9:30-10:00 Visits/Chronicles 1,2 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Connect 4 Game and Labor Day Finishing Lines 1 2:45 Connect 4 Game and Labor Day Finishing Lines 2 <i>Labor Day</i>	9:30-10:00 Visits/Chronicles 1,2 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Music Bingo 1 2:45 Music Bingo 2	9:30 Visit and Chronicles 1,2 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 2:00 Dale Cinski Guitar Concert , Auditorium 3:15 Music Trivia 1 3:45 Music Trivia 2 6:00 Evening Movie with popcorn 1,2	9:30-10:00 Visits/Chronicles 1,2 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Penny Ante Game 1 2:45 Penny Ante Game 2	10:00 Friday Fitness 1 10:45 Friday Fitness 2 2:00 Music with Roberta 1 2:45 Music with Roberta 2	9:15-10:00 Visits/Chronicles 1,2 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 2:00 Afternoon Movie 1,2 Car Cruise 1-4pm Upper parking lot
9:30 Visit and Chronicles 1,2 10:00 Sunday Stretch and Daily News Story 1 10:45 Sunday Stretch and Daily News Story 2 2:00 Musical: And Montessori Activities 1 2:00 Musical: And Montessori Activities 2 <i>Grandparents Day</i>	9:15-10:00 Visits/Chronicles 1,2 10:00 ABC Fitness 1 10:45 ABC Fitness 2 1:30 Back to School Days 1 2:45 Back to School Days 2 6-7:15 Aromatherapy Massages with Jan (requests and in room)	9:15-10:00 Visits/Chronicles 10 10:00 Tuesday Tone-Ups 1 10:45 Tuesday Tone-Ups 2 1:30 Table Golf and Arnold Palmer Drinks 1 2:45 Who Am I Game? 2 5:30 Melodic Melodies 1 6:00 Melodic Melodies 2	9:15-10:00 Visits/Chronicles 11 10:00 Pool Noodle Exercise 1 10:45 Pool Noodle Exercise 2 1:30 Reminiscing: Old Time TV Shows 1 2:45 Reminiscing: Old Time TV Shows 2 5:30 Pet Visit with Tex 1 6:00 Pet Visit with Tex 2	9:15-10:00 Visits/Chronicles 12 10:00 Thursday Workout 1 10:45 Thursday Workout 2 1:30 Chuck a Duck Game 1 2:45 Chuck a Duck Game 2 All OG residents welcome to both activities 6:00 Evening Movie with popcorn	9:15-10:00 Visits/Chronicles 13 10:00 Chair Chi Fitness 1 10:45 Chair Chi Fitness 2 1:30 Roald Dahl and Chocolate Tasting 1 2:45 Roald Dahl and Chocolate Tasting 2	9:30 Visit and Chronicles 1,2 10:00 Saturday Stretch and Share a Story 1 10:45 Saturday Stretch and Share a Story 2 2:00 Musical: And Montessori Activities 1 2:00 Musical: And Montessori Activities 2
9:30 Visit and Chronicles 1,2 10:00 Sunday Stretch and Daily News Story 1 10:45 Sunday Stretch and Daily News Story 2 1:30 Sing-along with Roberta 1 2:15 Sing-along with Roberta 2	9:15-10:00 Visits/Chronicles 16 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Music Appreciation: BB King 1 2:45 Music Appreciation: BB King 2	9:15-10:00 Visits/Chronicles 17 10:00 Tuesday Tone-Ups 1 10:45 Tuesday Tone-Ups 2 1:30 Songwriting 1 2:45 ABC Word Game 2 All OG residents welcome to both activities 5:30 Evening Trivia 1 6:00 Evening Trivia 2	9:15-10:00 Visits/Chronicles 18 10:00 Balloon Volley Exercise 1 10:45 Balloon Volley Exercise 2 1:30 Chromatography Flowers 1 2:45 Chromatography Flowers 2 6:00 Evening Movie with popcorn 1,2	9:15-10:00 Visits/Chronicles 19 10:00 Thursday Workout 1 10:45 Thursday Workout 2 1:30 No Sixes Dice Game 1 2:45 Music Brain Games 2 All OG residents welcome to both activities 5:30 Finishing Lines 1 6:00 Finishing Lines 2	9:30-10:00 Visits/Chronicles 20 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Down Memory Lane: Finish the Song 1 2:45 Down Memory Lane: Finish the Song 2	9:15-10:00 Visits/Chronicles 21 10:00 Saturday Warm-Ups 1 10:45 Saturday Warm-Ups 2 1:30 The History of Dance 1 2:45 The History of Dance 2 <i>Oktoberfest Begins</i>
9:15-10:00 Visits/Chronicles 22 10:00 Sunday Stretch 1 10:45 Sunday Stretch 2 1:30 Hymn Sing 1 2:45 Hymn Sing 2 <i>Autumn Begins</i>	9:30-10:00 Visits/Chronicles 23 10:00 Fun and Fitness 1 10:45 Fun and Fitness 2 1:30 Craft Corner with Nancy 1 2:45 Craft Corner with Nancy 2 6-7:15 Aromatherapy Massages with Jan (requests and in room)	9:15-10:00 Visits/Chronicles 24 10:00 Tuesday Tone-Ups 1 10:45 Tuesday Tone-Ups 2 2:00 Oktoberfest: Music with Kevin, Cranberry Lake Grill All OG residents welcome! 3:15 Conversation Corner 1 3:45 Conversation Corner 2 5:30 Stretch and Sing 1 6:00 Stretch and Sing 2	9:15-10:00 Visits/Chronicles 25 10:00 Rhythm Stick Exercise 1 10:45 Rhythm Stick Exercise 2 1:30 Sound of Music Sing-along 1 2:45 Sound of Music Sing-along 2 6:00 Evening Movie with popcorn 1,2	9:15-10:00 Visits/Chronicles 26 10:00 Thursday Workout 1 10:45 Thursday Workout 2 1:30 Photographic Storytelling 1 2:45 Ring Toss Game 2 All OG residents welcome to both activities 3:00 Protestant Communion 1 3:15 Protestant Communion 2 5:30 Pet Visit with Tex 1 6:00 Pet Visit with Tex 2	9:15-10:00 Visits/Chronicles 27 10:00 Chair Yoga 1 10:45 Chair Yoga 2 1:30 Mandalas and Music 1 2:45 Mandalas and Music 2	10:00 Morning Matinee 1,2 1:30 Conversation Catch 1 2:00 Conversation Catch 2
9:30 Visit and Chronicles 1,2 10:00 Sunday Stretch and Daily News Story 1 10:45 Sunday Stretch and Daily News Story 2 2:00 Musical: And Montessori Activities 1 2:00 Musical: And Montessori Activities 2	9:15-10:00 Visits/Chronicles 30 10:00 Fun and Fitness – Music with Colors 1 10:45 Fun and Fitness- Music with Colors 2 2:00 Funnel Cakes and Fall Sensory 1 3:00 Funnel Cakes and Fall Sensory 2	<h1>September 2024</h1> <h2>Sherwood Oaks Oak Grove</h2>				

Activities are subject to change.