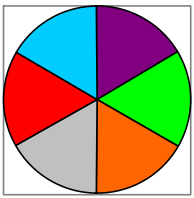


# SEPTEMBER 2019

## Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Morning 1</b>  <b>Our Day in History</b>  <b>Independent Pleasures</b>            10:30 Canvas Church TV Service &amp; Lattes  <b>Puzzles &amp; Sketching</b>  <b>Courtyard Pleasures</b></p> <p><b>Afternoon</b>  <b>Courtyard Pleasures</b>            2:00 Soda Shop Fun            3:00 Church Service</p> <p><b>Evening</b>  <b>Movie Matinee &amp; Popcorn</b>  <b>Aromatherapy &amp; Massage</b></p>  <ul style="list-style-type: none"> <li>■ Emotional</li> <li>■ Social</li> <li>■ Vocational</li> <li>■ Physical</li> <li>■ Intellectual</li> <li>■ Spiritual</li> </ul>	<p><b>Labor Day 2</b>  <b>Morning</b>  <b>Wake Up</b>  <b>Our Daily Bread Devotions</b>  <b>Hymn singing</b>  <b>Arm Chair Movements</b>  <b>What nots &amp; Snack</b></p> <p>12:00 Labor day Picnic</p> <p><b>Afternoon</b>  <b>Kitchen Capers Apple &amp; Dips</b>  <b>Jingo</b>  <b>Body's in Motion</b>  <b>Trivia Reminisce</b></p> <p><b>Evening</b>  <b>SHAKE A Memory Loose</b>  <b>Aromatherapy &amp; Back Massage</b></p>	<p><b>Morning 3</b>  <b>Wake Up</b>  <b>Our Daily Bread Devotions</b>  <b>Hymn sing Bingo</b>  <b>Music &amp; Motion</b>  <b>What nots &amp; Snack</b>  <b>Memory Jogging:</b>  <b>Kick Ball</b></p> <p><b>Afternoon</b>  <b>Artistic Passions</b>  <b>Woodshop Class</b>  <b>Body's in Motion</b>  <b>Corn Hole Toss</b>  <b>Reminiscing About Butterscotch</b></p> <p><b>Evening</b>  <b>Classic TV Shows &amp; Popcorn</b>  <b>Andy Griffith</b>  <b>Aromatherapy &amp; Reminisce By the Fireplace</b></p>	<p><b>Morning 4</b>  <b>Wake Up</b>  <b>Our Daily Bread Devotions</b>  <b>Bible Bingo</b>            11:15 Yoga With Ashley  <b>What nots &amp; Snack</b>  <b>Memory Jogging:</b>  <b>Trivia</b>  <b>Table ball</b></p> <p><b>Afternoon</b>            1:30 Stretching with Todd  <b>Oldies &amp; Goodies Singalong</b>  <b>Coloring Corner</b>  <b>Movie &amp; Popcorn</b></p> <p><b>Evening</b>  <b>Aromatherapy &amp; Hand Massage</b></p>	<p><b>Morning 5</b>  <b>Wake Up</b>  <b>Our Daily Bread Devotions</b>  <b>Hymn singing</b>  <b>Arm Chair Movements &amp; What nots &amp; Snack</b>  <b>Memory Jogging:</b></p> <p><b>Afternoon</b>  <b>Nail Glamor</b>  <b>Book Club</b>  <b>Snack and Chat</b>  <b>Body's in Motion</b></p> <p><b>Evening</b>  <b>Animal Video</b>  <b>Aromatherapy &amp; Hand Massage</b></p>	<p><b>Morning 6</b>  <b>Wake Up</b>  <b>Our Daily Bread Devotions</b>  <b>Hymn singing</b>  <b>Arm Chair Movements &amp; What nots &amp; Snack</b>  <b>Kick ball</b>  <b>Memory Jogging:</b>  <b>Puzzles/Spelling Bee</b></p> <p><b>Afternoon of School Days</b>  <b>Home Economics class</b>  <b>Mathematics Class</b>  <b>English Literature Class</b>  <b>Spelling Class</b>  <b>Lunch Time</b>  <b>P.E Class</b></p> <p><b>Evening</b>  <b>Animal Video</b>  <b>Aromatherapy &amp; Hand</b></p>	<p><b>Morning 7</b>  <b>Wake Up</b>  <b>Oldies &amp; Goodies Singalong</b>  <b>Refreshments</b>  <b>Puzzle Club/ Cluster Groups</b>  <b>Independent Activity Stations</b>  <b>Walking Club</b></p> <p><b>Afternoon</b>  <b>Garden Club: Making Salsa</b>  <b>Chicken Soup for the Soul by the Fireplace</b></p> <p><b>Evening</b>  <b>6:00 Lawrence Welk (16)</b>  <b>Aromatherapy &amp; Back rubs</b></p>

# SEPTEMBER 2019

## Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Grandparents Day 8</b></p> <p><b>Morning</b>                      Wake Up                      Our Day in History                      Salt dough                      Ornaments                      Independent Pleasures                      10:30 Canvas Church TV Service &amp; Lattes                      Puzzles &amp; Sketching                      Courtyard Pleasures</p> <p><b>Afternoon</b>                      Courtyard Pleasures                      2:00 Ice Cream cones with Grandma &amp; Grandpa                      3:00 Church Service</p> <p><b>Evening</b>                      Movie Matinee &amp; Popcorn                      Aromatherapy &amp; Massage</p>	<p><b>9</b></p> <p><b>Morning</b>                      Wake Up                      Our Daily Bread                      Devotions                      Hymn singing                      Arm Chair Movements                      What nots &amp; Snack</p> <p><b>Afternoon</b>                      1:30 Wild Wings to visits                      Trivia Reminisce                      3:00 Bible Study with Pastor Larry                      3:30 Catholic Service</p> <p><b>Evening</b>                      SHAKE A Memory                      Loose                      Aromatherapy &amp; Back Massage</p>	<p><b>10</b></p> <p><b>Morning</b>                      Wake Up                      Our Daily Bread                      Devotions                      Hymn sing Bingo                      Music &amp; Motion                      What nots &amp; Snack                      Memory Jogging: Math Flashcards                      Kick Ball</p> <p><b>Afternoon</b>                      Artistic Passions                      Hot Tea Honey &amp; Trivia                      Body's in Motion Toss the Peanut</p> <p><b>Evening</b>                      Classic TV Shows &amp; Popcorn                      Andy Griffith                      Aromatherapy &amp; Reminisce By the Fireplace</p>	<p><b>11</b></p> <p><b>Morning</b>                      Wake Up                      Our Daily Bread                      Devotions                      Bible Bingo                      11:15 Yoga With Ashley                      What nots &amp; Snack                      Memory Jogging: Trivia                      Table ball</p> <p><b>Afternoon</b>                      1:30 Balance Class with Todd                      2:00 Guitar Singalong with Deb                      Oldies &amp; Goodies Singalong                      Coloring Corner                      Movie &amp; Popcorn</p> <p><b>Evening</b>                      Aromatherapy &amp; Hand Massage</p>	<p><b>12</b></p> <p><b>Morning</b>                      Wake Up                      Our Daily Bread                      Devotions                      Hymn singing                      Arm Chair Movements &amp; What nots &amp; Snack                      Memory Jogging:</p> <p><b>Afternoon</b>                      Nail Glamor                      Book Club                      Snack and Chat                      Body's in Motion</p> <p><b>Evening</b>                      5:30 Courtyard Concert with The Snow's                      Animal Video                      Aromatherapy &amp; Hand Massage</p>	<p><b>13</b></p> <p><b>Morning</b>                      Wake Up                      Our Daily Bread                      Devotions                      Hymn singing                      Arm Chair Movements &amp; What nots &amp; Snack                      Kick ball                      Memory Jogging: Puzzles/Spelling Bee                      11:00 Field trip Picnic at Swan Lake</p> <p><b>Afternoon</b>                      Sensory Butter                      Body's in Motion Shaking                      Reading Club Little House on the Prairie                      Independent Projects</p> <p><b>Evening</b>                      Animal Video                      Aromatherapy &amp; Hand</p>	<p><b>14</b></p> <p><b>Morning</b>                      Wake Up                      Oldies &amp; Goodies Singalong                      Refreshments                      Puzzle Club/ Cluster Groups                      Independent Activity Stations                      Walking Club</p> <p><b>Afternoon</b>                      Afternoon Strolls &amp; Nature Bingo                      Chicken Soup for the Soul by the Fireplace                      Mystery's at the Museum                      Documentary</p> <p><b>Evening</b>                      6:00 Lawrence Welk (16)                      Aromatherapy &amp; Back rubs</p>



- Emotional
- Social
- Vocational
- Physical
- Intellectual
- Spiritual

# SEPTEMBER 2019

## Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Morning 15</b>  <b>Our Day in History</b>                      Independent Pleasures                      10:30 Canvas Church TV Service &amp; Lattes  <b>Puzzles &amp; Sketching</b>                      Courtyard Pleasures</p> <p><b>Afternoon</b>                      Courtyard Pleasures                      2:00 Soda Shop Fun                      3:00 Church Service</p> <p><b>Evening</b>                      Movie Matinee &amp; Popcorn                      Aromatherapy &amp; Massage</p>	<p><b>Morning 16</b>  <b>Wake Up</b>                      Our Daily Bread Devotions                      Hymn singing                      Arm Chair Movements                      What nots &amp; Snack</p> <p><b>Afternoon</b>                      Kitchen Creations                      Guacamole Mass                      Body's in Motion  <b>Trivia Reminisce</b>                      3:00 Bible Study with Pastor Larry                      3:30 Catholic Service</p> <p><b>Evening</b>                      SHAKE A Memory Loose                      Aromatherapy &amp; Back Massage</p>	<p><b>Morning 17</b>  <b>Wake Up</b>                      Our Daily Bread Devotions                      Hymn sing Bingo                      Music &amp; Motion                      What nots &amp; Snack  <b>Memory Jogging: Spelling Bee</b>                      Kick Ball</p> <p><b>Afternoon</b>                      Kitchen Capers                      Homemade Biscuits  <b>History Refresher: Lewis &amp; Clark</b>                      Body's in Motion</p> <p><b>Evening</b>                      Classic TV Shows &amp; Popcorn Andy Griffith                      Aromatherapy &amp; Reminisce By the Fireplace</p>	<p><b>Morning 18</b>  <b>Wake Up</b>                      Our Daily Bread Devotions                      Bible Bingo                      11:15 Yoga With Ashley                      What nots &amp; Snack  <b>Memory Jogging: Trivia</b>                      Table ball</p> <p><b>Afternoon</b>                      1:30 Balance Class with Todd                      Oldies &amp; Goodies Singalong                      Coloring Corner                      Movie &amp; Popcorn</p> <p><b>Evening</b>                      Aromatherapy &amp; Hand Massage</p>	<p><b>Morning 19</b>  <b>Wake Up</b>                      Our Daily Bread Devotions                      Hymn singing                      Arm Chair Movements &amp; What nots &amp; Snack  <b>Memory Jogging:</b></p> <p><b>Afternoon</b>                      1:30 Music with Calamity Singers                      Body's in Motion                      Dancing                      2:30 Nail Glamor                      Snack and Chat</p> <p><b>Evening</b>                      Animal Video                      Aromatherapy &amp; Hand Massage</p>	<p><b>Morning 20</b>  <b>Wake Up</b>                      Our Daily Bread Devotions                      Hymn singing                      Arm Chair Movements &amp; What nots &amp; Snack                      Kick ball  <b>Memory Jogging: Puzzles/Spelling Bee</b></p> <p><b>Afternoon</b>                      1:30 Afternoon at the Country Courtyard Fair</p> <p><b>Evening</b>                      Animal Video                      Aromatherapy &amp; Hand</p>	<p><b>Morning 21</b>  <b>Wake Up</b>                      Oldies &amp; Goodies Singalong                      Refreshments  <b>Puzzle Club/ Cluster Groups</b>  <b>Independent Activity Stations</b>                      Walking Club</p> <p><b>Afternoon</b>  <b>Autumn Theme Let's Talk About Apples</b>  <b>Spelling Bee</b>                      Chicken Soup for the Soul by the Fireplace  <b>Mystery's at the Museum</b>  <b>Documentary</b></p> <p><b>Evening</b>                      6:00 Lawrence Welk (16)                      Aromatherapy &amp; Back rubs</p>

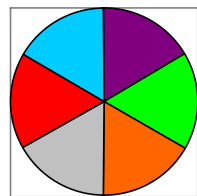


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# SEPTEMBER 2019

## Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Morning 22</b>  <b>Our Day in History</b>                      Independent Pleasures                      10:30 Canvas Church TV Service &amp; Lattes  <b>Puzzles &amp; Sketching</b>                      Courtyard Pleasures</p> <p><b>Afternoon</b>                      Courtyard Pleasures                      2:00 Soda Shop Fun                      3:00 Church Service</p> <p><b>Evening</b>                      Movie Matinee &amp; Popcorn                      Aromatherapy &amp; Massage</p>	<p><b>Morning 23</b>  <b>Wake Up</b>                      Our Daily Bread Devotions                      Hymn singing                      Arm Chair Movements                      What nots &amp; Snack</p> <p><b>Afternoon</b>                      Kitchen Capers                      Avocado Toast                      Body's in Motion                      Tennis Bounce  <b>Trivia Reminisce</b>                      3:00 Bible Study with Pastor Larry                      3:30 Catholic Service</p> <p><b>Evening</b>                      SHAKE A Memory Loose                      Aromatherapy &amp; Back Massage</p>	<p><b>Morning 24</b>  <b>Wake Up</b>                      Our Daily Bread Devotions                      Hymn sing Bingo                      Music &amp; Motion                      What nots &amp; Snack  <b>Memory Jogging:</b>                      Kick Ball</p> <p><b>Afternoon</b>                      Body's in Motion                      2:30 Fun with Kid                      Kare Twinkie Bees</p> <p><b>Evening</b>                      Classic TV Shows &amp; Popcorn Andy Griffith                      Aromatherapy &amp; Reminisce By the Fireplace</p>	<p><b>Morning 25</b>  <b>Wake Up</b>                      Our Daily Bread Devotions                      Bible Bingo                      11:15 Yoga With Ashley                      What nots &amp; Snack  <b>Memory Jogging:</b>                      Trivia                      Table ball</p> <p><b>Afternoon</b>                      1:30 Balance Class with Todd                      Oldies &amp; Goodies                      Singalong                      Coloring Corner                      Movie &amp; Popcorn</p> <p><b>Evening</b>                      Aromatherapy &amp; Hand Massage</p>	<p><b>Morning 26</b>  <b>Wake Up</b>                      Our Daily Bread Devotions                      Hymn singing                      Arm Chair Movements &amp;                      What nots &amp; Snack  <b>Memory Jogging:</b></p> <p><b>Afternoon</b>                      1:30 Singalong with The Creston Crooners                      2:30 Nail Glamor                      Snack and Chat</p> <p><b>Evening</b>                      Animal Video                      Aromatherapy &amp; Hand Massage</p>	<p><b>Morning 27</b>  <b>Wake Up</b>                      Our Daily Bread Devotions                      Hymn singing                      Arm Chair Movements &amp;                      What nots &amp; Snack                      Kick ball  <b>Memory Jogging:</b>                      Puzzles/Spelling Bee</p> <p><b>Afternoon</b>                      1:30 Field Trip Scenic Drive &amp; Treats                      Body's in Motion  <b>Current Events &amp; Coffee</b>                      Independent Projects</p> <p><b>Evening</b>                      Animal Video                      Aromatherapy &amp; Hand</p>	<p><b>Morning 28</b>  <b>Wake Up</b>                      Oldies &amp; Goodies                      Singalong                      Refreshments  <b>Puzzle Club/ Cluster Groups</b>                      Independent Activity Stations                      Walking Club</p> <p><b>Afternoon</b>                      Saturday Hat Social                      Chicken Soup for the Soul by the Fireplace  <b>Mystery's at the Museum</b>  <b>Documentary</b></p> <p><b>Evening</b>                      6:00 Lawrence Welk (16)                      Aromatherapy &amp; Back rubs</p>



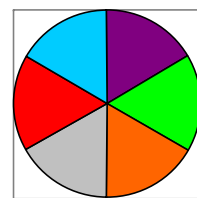
- Emotional
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- Physical
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- Spiritual

# SEPTEMBER 2019

# OCTOBER 2019

## Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Morning 29</b>  <b>Our Day in History</b>                      Independent Pleasures                      10:30 Canvas Church TV Service &amp; Lattes  <b>Puzzles &amp; Sketching</b>                      Courtyard Pleasures</p> <p><b>Afternoon</b>                      Courtyard Pleasures                      2:00 Soda Shop Fun                      3:00 Church Service</p> <p><b>Evening</b>                      Movie Matinee &amp; Popcorn                      Aromatherapy &amp; Massage</p>	<p><b>Morning 30</b>  <b>Wake Up</b>                      Our Daily Bread Devotions                      Hymn singing                      Arm Chair Movements                      What nots &amp; Snack</p> <p><b>Afternoon</b>                      Kitchen Capers Apple Monkey bread                      Body's in Motion  <b>Trivia Reminisce</b>                      3:00 Bible Study with Pastor Larry                      3:30 Catholic Service</p> <p><b>Evening</b>                      SHAKE A Memory Loose                      Aromatherapy &amp; Back Massage</p>	<p><b>Morning 1</b>  <b>Wake Up</b>                      Our Daily Bread Devotions                      Hymn sing Bingo                      Music &amp; Motion                      What nots &amp; Snack  <b>Memory Jogging:</b>                      Kick Ball</p> <p><b>Afternoon</b>                      Artistic Passions                      Apple Stamping  <b>Autumn Fun Let's talk about apples</b>                      Body's in Motion</p> <p><b>Evening</b>                      Classic TV Shows &amp; Popcorn                      Andy Griffith                      Aromatherapy &amp; Reminisce By the Fireplace</p>	<p><b>Morning 2</b>  <b>Wake Up</b>                      Our Daily Bread Devotions                      Bible Bingo                      11:15 Yoga With Ashley                      What nots &amp; Snack  <b>Memory Jogging:</b>                      Trivia                      Table ball</p> <p><b>Afternoon</b>                      1:30 Balance Class with Todd                      Oldies &amp; Goodies Singalong                      Coloring Corner</p> <p><b>Movie &amp; Popcorn</b></p> <p><b>Evening</b>                      Aromatherapy &amp; Hand Massage</p>	<p><b>Morning 3</b>  <b>Wake Up</b>                      Our Daily Bread Devotions                      Hymn singing                      Arm Chair Movements &amp; What nots &amp; Snack  <b>Memory Jogging:</b></p> <p><b>Afternoon</b>                      Nail Glamor  <b>Book Club</b>                      Snack and Chat                      Body's in Motion</p> <p><b>Evening</b>                      Animal Video                      Aromatherapy &amp; Hand Massage</p>	<p><b>Morning 4</b>  <b>Wake Up</b>                      Our Daily Bread Devotions                      Hymn singing                      Arm Chair Movements &amp; What nots &amp; Snack                      Kick ball  <b>Memory Jogging:</b>                      Puzzles/Spelling Bee</p> <p><b>Afternoon</b>                      Artistic Passions Leaf Collage                      Decorating Leaf                      Cookies                      Apple Cider &amp; Cookies                      Body's in Motion                      Independent Projects</p> <p><b>Evening</b>                      Animal Video                      Aromatherapy &amp; Hand</p>	<p><b>Morning 5</b>  <b>Wake Up</b>                      Oldies &amp; Goodies Singalong                      Refreshments  <b>Puzzle Club/ Cluster Groups</b>  <b>Independent Activity Stations</b>                      Walking Club</p> <p><b>Afternoon</b>                      Chicken Soup for the Soul by the Fireplace  <b>Mystery's at the Museum</b>  <b>Documentary</b></p> <p><b>Evening</b>                      6:00 Lawrence Welk (16)                      Aromatherapy &amp; Back rubs</p>



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