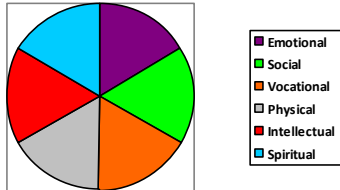


SEPTEMBER 2020



Our Daily Wellness Path.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning 6 10:00 Channel 3 Feature Popular Hymns Playlist Wake Up 10:30 Canvas Church TV Service & Lattes Hymn Sing</p> <p>Afternoon Cherry Turnovers & Coffee Chatting 3:00 Church Service with Pastor Al Singalong with Mary Sue Bible Stories Puzzles & Sketching 1:00 & 6:30 Channel 3 Sunday Devotion</p> <p>Evening Aromatherapy & Massage</p> 	<p>Labor Day 7 Morning Wake Up Our Daily Bread Devotions Hymn singing What nots & Snack 11:00 Speaker Series Working Staff</p> <p>Afternoon Body's in Motion Golf Ball Toss Karaoke Singalong Hand Massage</p> <p>Evening Aromatherapy & Back Massage</p>	<p>Morning 8 Wake Up Hand spa Our Daily Bread Devotions Singalong 10:45 Yoga with Ashley What nots & Snack Memory Jogging: White Board Games</p> <p>Afternoon Courtyard Flowers Watering & Walks Jingo Body's in Motion Table Bowling Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 9 Wake Up Hand spa Our Daily Bread Devotions Singalong Music & Motion What nots & Snack Memory Jogging: 10:00 Individual Window Music with Kiersten Kitchen Creation Apple Crisp</p> <p>Afternoon 1:45 Fitness Class with Todd 2:30 Bible Study With Pastor Al Body's in Motion Tennis Bounce Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 10 Wake Up Hand spa Our Daily Bread Devotions Hymns singalong Arm Chair Exercise What nots & Snack Memory Jogging with Memory Ball</p> <p>Afternoon Courtyard Flowers Watering & Walks Body's in Motion Nail Glamor</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 11 Wake Up Hand spa Our Daily Bread Devotions Oldies & Goodies Singalong What nots & Snack Memory Jogging Trivia</p> <p>Afternoon Body's in Motion Wii Golf Artistic Passions Creative writing Postcard to family Independent Projects</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 12 Wake Up Our Daily Bread Devotions Puzzle & Cluster Groups What nots & Snack</p> <p>Afternoon Courtyard Flowers Watering & Walks Honey & Tea Break Book Club Fairy Tales By Fireplace Independent Projects Movie Matinee: The Bee Movie</p> <p>Evening Aromatherapy & Hand</p>

SEPTEMBER 2020



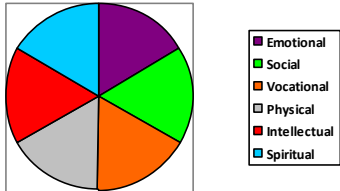
Our Daily Wellness Path.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Grandparents Day 13</p> <p>Morning 10:00 Channel 3 Feature Popular Hymns Playlist Wake Up 10:30 Canvas Church TV Service & Lattes Hymn Sing</p> <p>12:00 Grandparents Day Brunch</p> <p>Afternoon Singalong with Mary Sue 3:00 Church Service with Pastor Al Bible Stories Puzzles & Sketching 1:00 & 6:30 Channel 3 Sunday Devotion</p> <p>Evening Aromatherapy & Massage</p> 	<p>14</p> <p>Morning Wake Up Our Daily Bread Devotions Hymn singing What nots & Snack 11:00 Speaker Series Working Staff</p> <p>Afternoon Artistic Passions Patriotic Centerpieces Body's in Motion Table ball Karaoke Singalong Hand Massage</p> <p>Evening Aromatherapy & Back Massage</p>	<p>15</p> <p>Morning Wake Up Hand spa Our Daily Bread Devotions Singalong 10:45 Yoga with Ashley What nots & Snack Memory Jogging: White Board Games</p> <p>12:00 Burger King Whoppers</p> <p>Afternoon Courtyard Flowers Watering & Walks Jingo Body's in Motion Kick Ball Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>16</p> <p>Morning Wake Up Hand spa Our Daily Bread Devotions Singalong Music & Motion What nots & Snack Memory Jogging: 10:00 Individual Window Music with Kiersten</p> <p>Afternoon 1:45 Fitness Class with Todd 2:30 Bible Study With Pastor Al Kitchen Creation Warm Cookies Body's in Motion Football Toss Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>17</p> <p>Morning Wake Up Hand spa Our Daily Bread Devotions Hymns singalong Arm Chair Exercise What nots & Snack Memory Jogging with Memory Ball</p> <p>Afternoon Courtyard Flowers Watering & Walks Line Dancing Body's in Motion Dart Toss Nail Glamor</p> <p>Evening Aromatherapy & Hand</p>	<p>18</p> <p>Morning Wake Up Hand spa Our Daily Bread Devotions Oldies & Goodies Singalong What nots & Snack Memory Jogging Trivia</p> <p>Afternoon 2:00 Animals out to play Circus Party Body's in Motion Independent Projects</p> <p>Evening Aromatherapy & Hand</p>	<p>19</p> <p>Morning Wake Up Our Daily Bread Devotions Puzzle & Cluster Groups What nots & Snack</p> <p>Afternoon Courtyard Flowers Watering & Walks Book Club Bible Stories By Fireplace Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>

SEPTEMBER 2020



Our Daily Wellness Path.

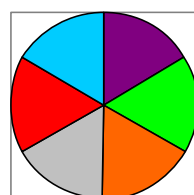
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning 20 10:00 Channel 3 Feature Popular Hymns Playlist Wake Up 10:30 Canvas Church TV Service & Lattes Hymn Sing</p> <p>Afternoon 1:00 & 6:30 Channel 3 Sunday Devotion Singalong with Mary Sue 3:00 Church Service with Pastor Al Bible Stories Puzzles & Sketching</p> <p>Evening Aromatherapy & Massage</p> 	<p>Morning 21 Wake Up Our Daily Bread Devotions Hymn singing What nots & Snack 11:00 Speaker Series Working Staff</p> <p>Afternoon Kitchen Creation Root beer float cookies Body's in Motion Baseball Toss & Catch Karaoke Singalong Hand Massage</p> <p>Evening Aromatherapy & Back Massage</p>	<p>Morning 22 Wake Up Hand spa Our Daily Bread Devotions Singalong Y10:45 Yoga with Ashley What nots & Snack Memory Jogging: White Board Games</p> <p>Afternoon Courtyard Flowers Watering & Walks Jingo Body's in Motion Tin Can Shoot Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 23 Wake Up Hand spa Our Daily Bread Devotions Singalong Music & Motion What nots & Snack Memory Jogging: 10:00 Individual Window Music with Kiersten</p> <p>Afternoon 1:45 Fitness Class with Todd 2:30 Bible Study With Pastor Al Artistic Passions Flower Arranging Body's in Motion Pumpkin Ring Toss Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 24 Wake Up Hand spa Our Daily Bread Devotions Hymns singalong Arm Chair Exercise What nots & Snack Memory Jogging with Memory Ball</p> <p>Afternoon Courtyard Flowers Watering & Walks Body's in Motion Nail Glamor Bingo & Apple Martini Social</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 25 Wake Up Hand spa Our Daily Bread Devotions Oldies & Goodies Singalong What nots & Snack Memory Jogging Trivia</p> <p>Afternoon Autumn Afternoon Social Artistic Passions: Apple Prints Body's in Motion Apple Toss & Corn Shucking Contest Apple Cider & Apple Dessert Independent Projects</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 26 Wake Up Our Daily Bread Devotions Puzzle & Cluster Groups What nots & Snack</p> <p>Afternoon Courtyard Flowers Watering & Walks Book Club Poetry By Fireplace Independent Projects</p> <p>Evening 5:30 Outdoor Courtyard Movie Matinee Night</p>

SEPTEMBER 2020

OCTOBER 2020

Our Daily Wellness Path.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning 27 10:00 Channel 3 Feature Popular Hymns Playlist Wake Up 10:30 Canvas Church TV Service & Lattes Hymn Sing</p> <p>Afternoon 1:00 & 6:30 Channel 3 Sunday Devotion Singalong with Mary Sue 3:00 Church Service with Pastor Al Bible Stories Puzzles & Sketching</p> <p>Evening Aromatherapy & Massage</p>	<p>Morning 28 Wake Up Our Daily Bread Devotions Hymn singing What nots & Snack 11:00 Speaker Series Working Staff</p> <p>Afternoon Artistic Passions Jungle Prints Body's in Motion Baseball toss and Catch Karaoke Singalong Hand Massage</p> <p>Evening Aromatherapy & Back Massage</p>	<p>Morning 29 Wake Up Hand spa Our Daily Bread Devotions Singalong 10:45 Yoga with Ashley What nots & Snack Memory Jogging: White Board Games</p> <p>Afternoon Courtyard Flowers Watering & Walks Honey & Biscuits Social Jingo Body's in Motion Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 30 Wake Up Hand spa Our Daily Bread Devotions Singalong Music & Motion What nots & Snack Memory Jogging: 10:00 Individual Window Music with Kiersten</p> <p>Afternoon 1:45 Fitness Class with Todd 2:30 Bible Study With Pastor Al Hat Fashion show & Pie Tasting Social</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>	<p>Morning 1 Wake Up Hand spa Our Daily Bread Devotions Hymns singalong Arm Chair Exercise What nots & Snack Memory Jogging with Memory Ball</p> <p>Afternoon Courtyard Flowers Watering & Walks Body's in Motion Nail Glamor</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 2 Wake Up Hand spa Our Daily Bread Devotions Oldies & Goodies Singalong What nots & Snack Memory Jogging Trivia</p> <p>Afternoon Artistic Passions Edible Ants on a Log Nut Tasting Quiz Body's in Motion Independent Projects</p> <p>Evening Aromatherapy & Hand</p>	<p>Morning 3 Wake Up Our Daily Bread Devotions Puzzle & Cluster Groups What nots & Snack</p> <p>Afternoon Courtyard Flowers Watering & Walks Book Club Reader Digest By Fireplace Independent Projects</p> <p>Evening Aromatherapy & Reminisce By the Fireplace</p>



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