



SEPTEMBER ACTIVITIES—LUNCH IS SERVED DAILY AT 11:30 AM

MONDAY	TUESDAY	WEDNESDAY
1 CLOSED NO MEALS	2 Volley ball	3 Bingo
	9:00 Socialization 10:30 Let's Move 12:30 Volley ball	9:00 Socialization 9:30 Music Therapy 10:30 Let's Move 12:30 Bingo
8 Bookclub	9 Honorable way Presentation	10 COFFEE W/ THE LAW
7:45 Morning Yoga 9:00 Socialization 10:00 Book Club 10:30 Let's Move 12:30 Games	9:00 Socialization 10:30 Let's Move 12:30 Bud Mackey The Honorable way Presentation	9:00 Socialization 9:30 Coffee with the Law 10:30 Let's Move 11:30 Lunch out @ Roxanne's
15 Yoga	16 Movie Day	17 BINGO
7:45 Morning Yoga 9:00 Socialization 10:30 Let's Move 12:30 Games	9:00 Socialization 10:30 Let's Move 12:30 Movie Day	9:00 Socialization 9:30 Music Therapy 10:30 Let's Move 12:30 Bingo
22 Community Awareness	23 Eyes and Ears	24 Exercise & Impacts
7:45 Morning Yoga 9:00 Socialization 10:30 Let's Move 12:00 Saving Clair Active Aging Wellness center	9:00 Socialization 10:30 Let's Move 12:00 Safety and Awareness Dearborn Senior Collab	9:00 Socialization 10:30 Let's Move 12:00 Exercise & impacts Parkville Living Center
29 Yoga	30 Family Feud	
7:45 Morning Yoga 9:00 Socialization 10:30 Let's Move 12:30 Games	9:00 Socialization 10:30 Let's Move 12:30 Family Feud	



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THURSDAY	FRIDAY
4 Birthdays	5 Yoga
9:00 Socialization 10:30 Let's Move 12:30 Birthday's	7:45 Morning Yoga 9:00 Socialization 10:30 Let's Move 11:45 Walmart Trip
11 Balloon Volleyball	12 Yoga
9:00 Socialization 10:30 Let's Move 12:00 Balloon Volleyball	7:45 Morning Yoga 9:00 Watercolor Painting 10:30 Let's Move 12:30 Games
18 Red Barn Farm	19 Yoga
Trip to Red Barn Farm	7:45 Morning Yoga 9:00 Socialization 10:30 Let's Move 11:45 Walmart Trip
25 Medication Effects	26 Home Repairs
9:00 Socialization 10:30 Let's Move 12:00 Medication Effects Weston Senior Collaborative	7:45 Morning Yoga 9:00 Watercolor Painting 10:30 Let's Move 12:00 Home Safety & Repairs Platte Senior Services

Mon- Wed- Fri
7:45 Yoga

2nd Monday
10:00 Book Club

Every Wednesday
12:30 Bingo

1st or 2nd
Wednesday
Lunch out

1st & 3rd
Wednesday
9:00 Music
Therapy

2nd Wednesday
9:00 Coffee w/the
Law

1st Thursday
12:00 Celebration of
monthly birthdays

2nd & 4th
Thursday
12:00 Line Dancing

3rd Thursday
12:30 Sharon Austin
Gospel Singalongs