



SEPTEMBER 2019 MASON WRIGHT REFLECTION CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:45 Morning Fitness 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Feed the birds 2:45 Nails and Chit Chat 3:30 Old Classic Comedy Show 6:00 Bingo	2 Labor Day 9:45 Morning Fitness 10:15 Bean Bag Toss 12:30 Relax w/ music 1:30 Time for a stroll 2:00 You be the Judge 3:00 Sensory Room 6:00 Coloring for relaxation	3 9:45 Kick Boxing 10:15 Fit & Fab 12:30 Relax w/ music 1:30 Time for a stroll 2:30 Bingo 3:00 Styled by Fatou 6:00 Pampering	4 9:45 Zumba Silver w/ Fatou 10:15 Sing Out! 11:15 Lunch trip 12:30 Housekeeping/relax w/ music 1:00 Coloring for relaxation 2:00 Sing Along w/ Frank : SR 3:30 Chit Chat w/ Fatou 6:00 Bingo	5 9:45 Kick Boxing 10:15 Circle of Friends: Memory Ball 12:30 Housekeeping/ Relax w/ music 1:30 Nails and Chit Chat 2:30 Easy Listening 3:30 Book Club 6:00 Movie & Popcorn	6 9:45 Morning Fitness 10:30 Circle of Friends: Spin & Solve 12:30 Relax w/ magazines 1:30 Bible Study w/ Christine: C 2:30 Time for a Stroll 3:30 Trivia 6:00 Evening Gathering	7 Happy Birthday Kazue 9:45 Morning Fitness Kiosk 10:15 Chair Yoga 10:45 Jackie & Friends 12:30 Relax with music 1:00 Revival Time: SR 2:30 Time for a Stroll 3:30 Current Events 6:00 Bingo
8 9:45 Morning Fitness 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:45 Memory Ball 3:30 Sunday Matinee 3:30 Sensory Room 6:00 Evening Gathering	9 Happy Birthday Marjorie 9:45 Morning Fitness 10:15 Chair Yoga 12:30 Relax w/ music 1:30 Word Search 2:15 Time for a Stroll 3:30 Book Club 6:00 Coloring for relaxation	10 9:45 Kick Boxing 10:15 Circle of Friends: Spin & Solve 12:30 Relax w/ music 1:30 Time for a stroll 2:00 Current Events 3:00 Sensory Room 6:00 Bingo	11 Happy Birthday Dorothy 9:45 Zumba Silver w/ Fatou 10:15 Circle of Friends: Physio Ball 12:30 Relax w/ magazines 1:30 Word Search 2:30 Time for a Stroll 3:30 Connect Four 6:00 Coloring for relaxation	12 9:45 Kick Boxing 10:30 Hakuna Matata 12:30 Relax w/ magazines 1:30 Cooking w/ Fatou 3:30 Trivia 6:00 Pampering	13 9:45 Morning Fitness 10:15 Circle of Friends: Memory Ball 12:00 Tailgate BBQ 2:30 Happy Hour w/ Gary Jones 6:00 Bingo	14 9:45 Morning Fitness 10:15 Life Center Ministry: C 12:30 Relax with magazines 1:30 Time for a stroll 2:30 Gabbin w/ Melissa 3:30 Coloring for relaxation 6:00 Evening Gathering
15 Alzheimer's Walk 9:45 Morning Fitness: Kiosk 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:45 Connect Four 3:30 Old Classic Comedy Show 6:00 Bingo	16 Mexico Independence Day 9:45 Morning Fitness 10:15 Viability Visit 12:30 Relax w/ music 1:30 Coloring for relaxation 2:30 Trivia 3:30 I got it! 6:00 Evening Gathering	17 9:45 Kick Boxing 10:15 Circle of Friends: Memory Ball 12:30 Relax w/ magazines 1:30 Sing Out w/ Liz 2:30 Catholic Mass: C 3:30 Funny Bone 6:00 Coloring for relaxation	18 9:45 Zumba Silver w/ Fatou 10:15 Music Club w/ Sarah: SR 12:30 Relax w/ magazines 1:30 Easy Listening 3:30 Book Club 2:45 Afternoon Stretching 6:00 Pampering	19 9:45 Kick Boxing 10:15 Circle of Friends: Ring Toss 12:30 Relax w/ magazines 1:30 Nails & Chit Chat 2:15 Coloring for relaxation 3:30 You be the Judge 6:00 Bingo	20 9:45 Morning Fitness 10:30 Circle of Friends: Football Toss 12:30 Housekeeping/ Relax w/ music 1:15 Spiritual Moment 2:30 Trivia 3:30 Sensory Room 6:00 Evening Gathering	21 Peace Day 9:45 Morning Fitness 10:15 Chair Yoga 10:30 Lighthouse Ministry: SR 12:30 Relax w/ music 1:30 Time for a Stroll 2:30 Conversation Cards 3:30 Easy Listening 6:00 Bingo
22 9:45 Morning Fitness 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Let's make Milkshakes 3:30 Sunday Matinee 3:30 Sensory Room 6:00 Evening Gathering	23 Autumn Begins 9:45 Morning Fitness 10:15 Chair Yoga 12:30 Relax w/ music 1:30 Time for a Stroll 2:30 Creative Corner 6:00 Pampering	24 9:45 Kick Boxing 10:15 Circle of Friends: Bake a Cake 12:30 Housekeeping/relax w/ music 1:30 Time for a stroll 2:30 Birthday Party 3:00 Sing w/ Marvin 6:00 Evening Gathering	25 9:45 Zumba Silver w/ Fatou 10:15 Sing Out! 12:30 Housekeeping/relax w/ music 1:30 Coloring for relaxation 2:00 Classic Comedy Shows 3:30 Easy Listening 6:00 Bingo	26 9:45 Kick Boxing 10:30 Let's Bowl! 12:30 Housekeeping/ Relax w/ music 1:30 Time for a Stroll 2:30 Word Search 3:30 Sensory Room 6:00 Movie & Popcorn	27 9:45 Morning Fitness 10:30 Circle of Friends: Spin & Solve 12:00 Harvest BBQ 2:30 Autumn Happy Hour w/ Sandy & Sandy 3:30 Coloring for relaxation 6:00 Bingo	28 9:45 Morning Fitness 10:00 Life Center Ministry: 4th FL 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:30 Bingo 3:30 Coloring for relaxation 6:00 Evening Gathering
29 Rosh Hashanah Begins 9:45 Morning Fitness 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a Stroll 3:30 Sunday Matinee 6:00 Bingo	30 9:45 Morning Fitness 10:15 Football Toss 12:30 Relax w/ music 1:30 Classic Comedy Show 2:00 Birthday Bash: D 3:30 Word Search 6:00 Evening Gathering	Morning Meeting: Every weekday at 8:30 in Christie's office, to go over the day's schedule. One RCA each morning is encouraged to attend whenever possible.	SEPTEMBER BIRTHDAYS Marjorie Billings, 9/6, Kazue Bazley, 9/7, Dorothy Tobias, 9/11,		Keeping Busy Ideas: There is a notebook/binder of things to do with residents when there are lulls in activity. It's kept in the kitchen cabinets. Please feel free to add ideas to the binder, or to suggest them to Life Enrichment staff.	SALON: Lower Level, Mondays, 9:30-4:00 by appointment. Sets, haircuts, shampoos, color, perms, manicures, and other services. Book appointments at Front Desk.