









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p>10:15-10:30 Seated Exercises 10:30-11 Sunday Morning Worship Songs Playlist (YT) 11-11:45 BINGO 2:30 Worship Service (AUD) or in-house channel 591</p>	<p><b>2</b></p> <p><b>10:30-11:30 Sunshine Patio Club and Lite Hits of the 60's</b> 2:15-3:15 BINGO 3:15-3:45 Six Big Band Singers Reminisce (Part 1-Tomorrow Show, 1977) 4-4:30 Guess the Profession</p> <p> Labor Day</p>	<p><b>3</b></p> <p>10:15-10:30 Dance Workout: Silver Sneakers 10:30-11:00 Guided Meditation on the IN2L <u>11-11:45 Artistic Expressions: Foam Owl Ornament</u> 2:30 Worship &amp; Communion Service (AUD) 4-4:30 Smithsonian Natural History Museum Tour (YT)</p>	<p><b>4</b></p> <p>10:15-10:30 Exercise: Priority One-Getting Started 112 10:20-10:50 Pet therapy with Carol and Maylee (on unit) 10:30-11:45 Autumn Sensory Spa <b>2:30-3:30 Entertainment by Lenny Taylor (C-Lounge)</b> 4-4:30 Famous Composers Facts and Trivia</p>	<p><b>5</b></p> <p>10:15-10:30 Seated Exercises with Paul Eugene (YT) 10:45-11:20 Chaplain Time 11:20-11:45 The Best Zucchini Pancakes Ever with Chef Jean-Pierre 2:15-3:15 BINGO 3:15-3:45 Word Puzzles 4-4:30 Name 30 Items Found in a Classroom (on the whiteboard)</p>	<p><b>6</b></p> <p><b>10:15-11:30 Grandma's Kitchen: Caramel Peach Upside Down Cake</b> <b>2:15-3:30 Lemonade on the patio and Oldies but Goodies Songs (weather permitting)</b> 4-4:30 Music by Decade (IN2L)</p>	<p><b>7</b></p> <p>10:15-10:30 Chair Yoga Dance Recital-Part 1 with Sherry Zak Morris 10:30-11:30 BINGO 11:30-11:45 Songs of Gene Summers 2:15 Family Feud (IN2L) 3-3:45 "Kenny Rogers-Live by Request" (YT)</p>
<p><b>8</b></p> <p>10:15-10:30 Disco dancing! 10:30-11:00 The Gospel Church, "Bluegrass Hymns" EP 44.5 (YT) 11:00-11:15 Adorable Animals (YT) 11:15-11:45 Tastiest Desserts in Every State 2:30 Worship Service (AUD) or in-house channel 591</p> <p><small>Grandparents Day</small></p>	<p><b>9</b></p> <p><b>10:30-11:30 Sunshine Patio Club and Steel Drum Music</b> <b>2:15-3 Spanish Club: "21 Best Places to Visit in South America"</b> 3:15-3:45 Yesteryear Songs Quiz 4-4:30 Broadway Musical Videos on the IN2L</p>	<p><b>10</b></p> <p>10:15-10:30 Fitness Fun <u>10:30-11:30 Artistic Expressions: Smiley Face Tied Pillow</u> 11:15-11:45 Name That 1960s Tune 2:30 Worship Service (AUD) 4-4:30 Conversation Cards</p>	<p><b>11</b></p> <p>10:15-10:30 Noodle Fitness 10:20-10:50 Pet therapy with Carol and Maylee (on unit) 10:30-11:20 Spin the Wheel Game 2:15 Karaoke on the IN2L 4-4:30 Julie Andrews and Christopher Plummer: A Reminiscence (2005)-YT</p>	<p><b>12</b></p> <p>10:15-10:30 Balloon Volley 10:45-11:20 Chaplain Time 11:20-11:45 Down Memory Lane: Old Classic Movies 2:15-3:15 BINGO 3:15-3:45 Kids say the Darndest things video (YT) 4-4:30 Bible Trivia on the IN2L</p>	<p><b>13</b></p> <p><b>10:15-11:30 Grandma's Kitchen: Apple Cinnamon Crumb Muffin</b> <b>2:30-3:30 September Birthday Party with Marybeth (AUD)</b> 4-4:30 Scattergories on the whiteboard</p> <p></p>	<p><b>14</b></p> <p>10:15-10:30 Morning Stretch 10:30-11:00 Name 5 Game 11:00-11:45 Who/What Am I game 2:15-3:15 BINGO 3:15 Travelogue: Rick Steves Germany (YT)</p>
<p><b>15</b></p> <p>10:15-10:30 Chair Exercise with Sharon 10:30-11:00 Christian Gospel Songs 2024 11:00-11:45 Lucky Strike Bowling (Sunroom) 2:30 Worship Service (AUD) or in-house channel 591</p>	<p><b>16</b></p> <p>10:15-10:30 Exercising to Music from the 50's, 60s and 70s 10:30 Autumn Sensory Spa 11:30 Travel Guide: Cape Cod and Nantucket 2:15-3:15 BINGO 3:15-3:45 Scotty Moore and Carl Perkins Reminisce 4-4:30 Movie Titles with Colors in Them</p>	<p><b>17</b></p> <p>10:15-10:30 Zumba Gold Fitness with Michelle Thimas 10:30-11 Toss &amp; Talk Ball <u>11-11:45 Artistic Expressions: Apple Tissue Paper Sign</u> 2:30 Worship Service (AUD) 4-4:30 IN2L Travel: Postcards</p>	<p><b>18</b></p> <p>10:15-10:30 Noodle Fitness 10:20-10:50 Pet therapy with Carol and Maylee (on unit) 10:30-11:30 BINGO <b>2:30-3:30 Live Musical Entertainment by Neil (C-Lounge)</b> 4-4:30 Higher or Lower Game</p> <p></p>	<p><b>19</b></p> <p>10:15-10:30 Chair Exercises to Swing Music 10:45-11:20 Chaplain Time 11:30-11:45 Powerful "I Am" Affirmations (YT) 2:15-3:15 BINGO 3:15-3:45 Name that 50's Tune 4-4:30 Pasta Grannies (IN2L)</p>	<p><b>20</b></p> <p><b>10:15-11:30 Grandma's Kitchen: Gingersnap Cookies</b> 2:15 Bocce Ball 3-3:45 Crooners of the 50s &amp; 60s 4-4:30 Supermarket Sweep</p> <p></p>	<p><b>21</b></p> <p>10:15-10:30 Chair Yoga Dance Recital-Part 2 with Sherry Zak Morris 10:30-11:30 Creative Coloring to Classical Serenades 11:30-11:45 Long Forgotten Car Features (YT) 2:15-3:15 BINGO 3:15-3:45 Show tunes (IN2L)</p> <p><small>Oktoberfest Begins</small></p>
<p><b>22</b></p> <p>10:15-10:30 In-Home Metro Active/Silver Sneakers: Motown Hits <u>10:30-11:30 Making Your Own Fall Harvest Corn and Pumpkin Field</u> 11:30 Peaceful Autumn Scenes for Tranquil Moments 2:30 Worship Service (AUD) or in-house channel 591</p> <p><small>Autumn Begins</small></p> <p></p>	<p><b>23</b></p> <p>10:15-11:15 BINGO 11:15-11:45 Cake Decorating Compilation Videos <b>2:30-3:30 Antiques Roadshow (AUD)</b> 4-4:30 Autumn Words Within</p> <p></p>	<p><b>24</b></p> <p>10:15-10:30 Dance Workout: Silver Sneakers 10:30-11:30 Autumn Sensory Spa with shoulder massages 2:30 Worship Service (AUD) 4-4:30 Table Topics</p>	<p><b>25</b></p> <p>10:15-10:30 Noodle Fitness 10:20-10:50 Pet therapy with Carol and Maylee (on unit) 10:30-11:30 BINGO 2:30 Catholic Mass (AUD) 4-4:30 Would You Rather</p>	<p><b>26</b></p> <p>10:15-10:30 Parachute Exercise 10:45-11:20 Chaplain Time 11:30-11:45 Words Within on the whiteboard 2:15-3:15 BINGO 3:15-3:45 Karaoke (IN2L) 4-4:30 Person, Place or Thing?</p>	<p><b>27</b></p> <p><b>10:15-11:30 Grandma's Kitchen: Black Forest Cake</b> <b>2:15-3:15 Welcome Autumn Social!</b> 4-4:30 Music with Mary Sue on the IN2L</p> <p></p>	<p><b>28</b></p> <p>10:15-10:30 Morning Stretch 10:30-11:30 BINGO 11:30-11:45 Children of the Sun: Wild Bees (YT) <b>2:30-3:30 Anointing Service with St. Elizabeth's (AUD)</b></p> <p></p>

(AUD) = De Young Auditorium (YT) = YouTube \*\*Activities subject to change\*\*

# September 2024

## Southgate Special Care Main Lounge