

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2022

## ATTERDAG ASSISTED LIVING ACTIVITIES CALENDAR

<p><b>8:45 Church Rides</b> <b>9:15 Bethania Church Live Stream</b> <b>12:45 Patio Party</b> <b>3:30 Game Show Hour</b></p>	<p><b>HAPPY LABOR DAY</b> <b>10:00 Exercise for ALL</b> <b>12:45 Adult Coloring</b> <b>1:00 Tai-Chi</b> <b>3:00 Armchair Travel</b> <small>Labor Day</small></p>	<p><b>8:00 Valley News</b> <b>9:30 Mass w/Father Peter</b> <b>10:00 Exercise for ALL</b> <b>11:30 Lunch &amp; Piano Bob</b> <b>2:00 Aquatics Class</b> <b>3:00 Bingo (IL LR)</b></p>	<p><b>9:30 Bible Study</b> <b>10:00 Exercise for All</b> <b>11:00 Conversations w/Pastor Chris</b> <b>1:00 Local Shopping</b> <b>2:00 Writing Class (IL LR)</b> <b>3:30 Happy Hour &amp; Brain Games</b></p>	<p><b>8:00 Horoscopes 1 and coffee</b> <b>10:00 Exercise for All</b> <b>1:30 Armchair Travel</b> <b>3:00 Family Feud (iN2L TV)</b></p>	<p><b>9:30 Buellton Shopping</b> <b>10:00 Exercise for All</b> <b>1:30 Country Ride</b> <b>2:00 Handwork Club</b> <b>3:00 Beer &amp; Bocce</b></p>	<p><b>8:30 Saturday Morning News</b> <b>10:00 Yoga</b> <b>11:00 Lunch Bunch @ Bobs well bread</b> <b>1:00 ALB BINGO</b> <b>3:00 Movie Matinee</b></p>
<p><b>8:45 Church Rides</b> <b>9:15 Bethania Church Live Stream</b> <b>12:45 Patio Party</b> <b>3:30 Game Show Hour</b></p>	<p><b>8:00 Coffee &amp; Chats</b> <b>10:00 Exercise for ALL</b> <b>12:45 Adult Coloring</b> <b>1:00 Tai-Chi</b> <b>3:00 Armchair Travel</b></p>	<p><b>8:00 Valley News</b> <b>9:30 Ebelskivers in the Activities Room</b> <b>10:00 Exercise for ALL</b> <b>11:30 Lunch &amp; Piano Bob</b> <b>12:45 Kringle Demonstration Olsen's Bakery</b> <b>3:00 Bingo (IL LR)</b></p>	<p><b>9:30 Local Shopping</b> <b>10:00 Exercise for All</b> <b>1:00 Documentary Hour "Denmark"</b> <b>2:00 Writing Class (IL LR)</b> <b>3:30 Danish Cookie Tasting &amp; Coffee</b></p>	<p><b>8:00 Coffee &amp; Chats</b> <b>10:00 Exercise for All</b> <b>12:45 Trolley Tour around Solvang</b> <b>3:00 Lemonade on the Patio</b></p>	<p><b>9:30 Buellton Shopping</b> <b>10:00 Exercise for All</b> <b>2:00 Handwork Club</b> <b>3:00 Beer &amp; Bocce</b></p>	<p><b>8:30 Saturday Morning News</b> <b>10:00 Yoga</b> <b>1:00 Nail Spa</b> <b>3:00 Movie Matinee</b></p>
<p><b>8:45 Church Rides</b> <b>9:15 Bethania Church Live Stream</b> <b>12:45 Patio Party</b> <b>2:30 ALB Bingo</b> <b>3:30 Game Show Hour</b> <small>Grandparents Day</small></p>	<p><b>8:00 Coffee &amp; Chats</b> <b>10:00 Exercise for ALL</b> <b>12:45 Adult Coloring</b> <b>1:00 Tai-Chi</b> <b>3:00 Armchair Travel</b></p>	<p><b>8:00 Valley News</b> <b>9:30 Ebelskivers in the Activities Room</b> <b>10:00 Exercise for ALL</b> <b>11:30 Lunch &amp; Piano Bob</b> <b>12:45 Kringle Demonstration Olsen's Bakery</b> <b>3:00 Bingo (IL LR)</b></p>	<p><b>9:30 Local Shopping</b> <b>10:00 Exercise for All</b> <b>1:00 Documentary Hour "Denmark"</b> <b>2:00 Writing Class (IL LR)</b> <b>3:30 Danish Cookie Tasting &amp; Coffee</b></p>	<p><b>8:00 Coffee &amp; Chats</b> <b>10:00 Exercise for All</b> <b>12:45 Trolley Tour around Solvang</b> <b>3:00 Lemonade on the Patio</b></p>	<p><b>Danish Days</b> <b>9:30 Buellton Shopping</b> <b>10:00 Exercise for All</b> <b>2:30 Danish Happy Hour. (Community Center)</b></p>	<p><b>8:30 Saturday Morning News</b> <b>10:00 Yoga</b> <b>1:15 Rides to Danish Days Parade</b> <b>3:00 Oktoberfest Documentary on You Tube</b> <small>Oktoberfest Begins</small></p>
<p><b>8:45 Church Rides</b> <b>9:15 Bethania Church Live Stream</b> <b>12:45 Patio Party</b> <b>2:30 ALB Bingo</b> <b>3:30 Game Show Hour</b></p>	<p><b>8:00 Coffee &amp; Chats</b> <b>10:00 Exercise for ALL</b> <b>12:45 Adult Coloring</b> <b>1:00 Tai-Chi</b> <b>3:00 Armchair Travel</b></p>	<p><b>8:00 Valley News</b> <b>10:00 Exercise for ALL</b> <b>11:30 Lunch &amp; Piano Bob</b> <b>12:45 Drumming Community Center</b> <b>2:00 Aquatics Class</b> <b>3:00 Bingo (IL LR)</b></p>	<p><b>9:30 Bible Study</b> <b>10:00 Exercise for All</b> <b>1:00 Local Shopping</b> <b>2:00 Writing Class (IL LR)</b> <b>3:30 Birthday Happy Hour music w/John Fiery</b> <b>4:30 Birthday Dinner</b></p>	<p><b>First Day of Fall</b> <b>8:00 Coffee &amp; Chats</b> <b>9:30 Fall Decorating w/Pumpkin Spice Treats</b> <b>10:00 Exercise for All</b> <b>1:30 Fall Trivia w/Prizes</b> <b>3:30 Reminisce</b></p>	<p><b>9:30 Buellton Shopping</b> <b>10:00 Exercise for All</b> <b>1:00 Tai-Chi</b> <b>2:00 Advance Care Planning Meeting</b> <b>3:00 Beer &amp; Bocce</b></p>	<p><b>8:30 Saturday Morning News</b> <b>10:00 Yoga</b> <b>11:00 Lunch Bunch @ Taco Bell</b> <b>1:00 Nail Spa</b> <b>3:00 Movie Matinee</b></p>
<p><b>8:45 Church Rides</b> <b>9:15 Bethania Church Live Stream</b> <b>12:45 Patio Party</b> <b>2:30 ALB Bingo Extravaganza!!</b> <b>3:00 Game Show Hour</b> <small>Rosh Hashanah Begins</small></p>	<p><b>8:00 Coffee &amp; Chats</b> <b>10:00 Exercise for ALL</b> <b>12:45 Adult Coloring</b> <b>1:00 Tai-Chi</b> <b>3:00 Armchair Travel</b></p>	<p><b>8:00 Valley News</b> <b>10:00 Exercise for ALL</b> <b>11:30 Lunch &amp; Piano Bob</b> <b>12:45 Drumming Exercise (Com.Center)</b> <b>2:00 Aquatics Class</b> <b>3:00 Bingo Extravaganza (IL LR)</b></p>	<p><b>9:30 Local Shopping</b> <b>10:00 Exercise for All</b> <b>1:00 Documentary Hour</b> <b>2:00 Writing Class (IL LR)</b> <b>3:30 Happy Hour &amp; Brain Games</b></p>	<p><b>8:00 Coffee &amp; Chats</b> <b>10:00 Exercise for All</b> <b>1:00 Adult Coloring</b> <b>3:30 Reminisce</b></p>	<p><b>9:30 Buellton Shopping</b> <b>10:00 Exercise for All</b> <b>1:30 Country Ride</b> <b>2:00 Handwork Club</b> <b>3:00 Beer &amp; Bocce</b></p>	<p><i>Happy Fall y'all.</i> </p>

\*ALL ACTIVITIES ARE SUBJECT TO CHANGE WITH OUT NOTICE\*