

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

\*10:00 CCE= Community Center Exercise Monday – Friday

# September 2022

**Atterdag Personal Care Activities**  
**Breakfast - 8:00 Lunch - 11:30 Dinner - 4:30**

				<p><b>Shirley's B'Day 1</b>                  9:00 Latin Movement                  *10:00 CCE                  10:00 Word Games                  Lunch                  1:00 Story &amp; Discussion:                  The Way Things Were                  2:00 Snacks                  3:30 Scrabble</p>	<p><b>2</b>                  9:00 Hawaiian Moves                  *10:00 CCE                  10:00 Volleyball                  Lunch                  1:00 Aglow Bible Study                  2:00 Snacks                  3:00 Dominoes</p>	<p><b>3</b>                  9:00 Chair Chi                  9:30 Balloon Toss                  10:00 Mind Bogglers                  Lunch                  1:00 Magnet Photo Frame                  Craft                  2:30 Snack and Chat                  3:30 Uno</p>
<p><b>4</b>                  9:30 Bethania Church                  Lunch                  12:30 Walks with Staff                  1:30 Bingo                  2:30 Snacks                  3:00 Hand Massages</p>	<p><b>5</b>                  9:00 Exercise and                  Balloon Bounce                  *10:00 CCE                  10:00 Monday Manicures                  Lunch                  12:30 Group Puzzle Work                  1:30 Kevin Fox Music                  2:30 Monday Matinee &amp;                  Popcorn</p>	<p><b>6</b>                  9:00 Noodle Exercise                  &amp; Ballooodle                  *10:00 CCE                  Lunch                  12:30 Scenic Drive                  2:00 Snacks                  2:30 War Card Game</p>	<p><b>7</b>                  9:00 Scarf Exercise                  *10:00 CCE                  10:00 Bingo                  Lunch                  1:00 Pianist Bev                  2:00 Snacks                  2:30 Sing Along</p>	<p><b>8</b>                  9:00 Weights Exercise                  *10:00 CCE                  10:00 Labor Day Trivia                  Lunch                  1:30 Cowboy Songs                  by Ernie                  2:00 El Ranchero Snacks                  3:00 Horseshoes</p>	<p><b>9</b>                  9:00 Parachute Games                  *10:00 CCE                  10:00 Would You Rather?                  Lunch                  1:00 Aglow Bible Study                  2:00 Snacks                  3:00 Hilarious Job History</p>	<p><b>10</b>                  9:00 Boot Scoot Boogie                  9:30 Balloon Toss                  10:00 "Grand" Word                  Games                  Lunch                  1:00 Owl Craft                  2:30 Snack and Chat                  3:30 Grandparent's Wit &amp;                  Wisdom</p>
<p><b>11</b>                  9:30 Bethania Church                  Lunch                  12:30 Walks with Staff                  1:30 Bingo                  2:30 Snacks                  3:00 Hand Massages</p> <p>Grandparents Day</p>	<p><b>12</b>                  9:00 Exercise and                  Balloon Bounce                  *10:00 CCE                  10:00 Monday Manicures                  Lunch                  12:30 Crossword Puzzles                  1:30 Kevin Fox Music                  2:30 Monday Matinee &amp;                  Popcorn</p> <p>:Labor Day</p>	<p><b>13</b>                  9:00 Noodle Exercise                  &amp; Ballooodle                  *10:00 CCE                  Lunch                  12:30 Scenic Drive                  2:00 Snacks                  2:30 Five Alive Dice Game</p>	<p><b>14</b>                  9:00 Stretch Band                  Exercise                  *10:00 CCE                  10:00 Bingo                  Lunch                  1:00 Pianist Bev                  2:00 Snacks                  2:30 Banana Grams</p>	<p><b>15</b>                  9:00 Latin Movement                  *10:00 CCE                  10:00 Word Games                  Lunch                  1:00 Discussion:                  The 50's Woman                  2:00 Snacks                  3:00 Scherenschnitte                  (Dutch Snipping)</p>	<p><b>Danish Days 16</b>                  9:00 Exercise with Polka                  *10:00 CCE                  10:00 Axe Throwing                  Lunch                  1:00 Aglow Bible Study                  2:00 Danish Cookie                  Tasting                  *CE 2:30 Folk Dancers                  3:00 Danish Rosemaling</p>	<p><b>Danish Days 17</b>                  9:00 Gypsy Jive                  9:30 Viking Stone Toss                  10:00 Swedish Kubb                  Lunch                  1:00 Wind Chimes Craft                  2:30 Danish Days Parade                  3:30 Beer Wagon and                  Pretzels</p> <p>Oktoberfest Begins</p>
<p><b>Danish Days 18</b>                  9:30 Bethania Church                  Lunch                  12:30 Walks with Staff                  1:30 Bingo                  2:30 Snacks                  3:30 Armchair Travel:                  Denmark</p>	<p><b>19</b>                  9:00 Exercise and                  Balloon Bounce                  *10:00 CCE                  10:00 Monday Manicures                  Lunch                  12:30 Word Search                  1:30 Kevin Fox Music                  2:30 Monday Matinee &amp;                  Popcorn</p>	<p><b>20</b>                  9:00 Noodle Exercise                  &amp; Ballooodle                  *10:00 CCE                  Lunch                  12:30 Scenic Drive                  2:00 Snacks                  2:30 Penny Pass Dice                  Game</p>	<p><b>21</b>                  9:00 Scarf Exercise                  *10:00 CCE                  10:00 Bingo                  Lunch                  1:00 Pianist Bev                  2:00 Snacks                  2:30 Sing Along                  4:30 Birthday Dinner</p>	<p><b>22</b>                  9:00 Weights Exercise                  *10:00 CCE                  10:00 Trivia                  Lunch                  1:00 Connect 4 Game                  2:00 Snacks                  3:00 Watercolors</p> <p>Autumn Begins</p>	<p><b>23</b>                  9:00 Parachute Games                  *10:00 CCE                  10:00 Mad Libs                  Lunch                  1:00 Aglow Bible Study                  2:00 Snacks                  3:00 Coloring Pages</p>	<p><b>24</b>                  9:00 Boot Scoot Boogie                  9:30 Balloon Toss                  10:00 "If the Hat Fits"                  Lunch                  1:00 Canvas Bag Craft                  2:30 Snack and Chat                  3:30 Walks with Toni</p>
<p><b>25</b>                  9:30 Bethania Church                  Lunch                  12:30 Walks with Staff                  1:30 Bingo                  2:30 Snacks                  3:00 Hand Massages</p> <p>Rosh Hashanah Begins</p>	<p><b>26</b>                  9:00 Exercise and                  Balloon Bounce                  *10:00 CCE                  10:00 Monday Manicures                  Lunch                  12:30 Coloring Pages                  1:30 Kevin Fox Music                  2:30 Monday Matinee &amp;                  Popcorn</p>	<p><b>27</b>                  9:00 Noodle Exercise                  &amp; Ballooodle                  *10:00 CCE                  Lunch                  12:30 Scenic Drive                  2:00 Snacks                  2:30 Yahtzee</p>	<p><b>28</b>                  9:00 Stretch Band                  Exercise                  *10:00 CCE                  10:00 Bingo                  Lunch                  1:00 Pianist Bev                  2:00 Snacks                  2:30 Banana Grams</p>	<p><b>29</b>                  9:00 Latin Movement                  *10:00 CCE                  10:00 Word Games                  Lunch                  1:00 Mushroom Drawing                  2:00 Snacks                  3:00 Bowling</p>	<p><b>30</b>                  9:00 Hawaiian Moves                  *10:00 CCE                  10:00 Discussion:                  "The Grocery Store"                  Lunch                  1:00 Aglow Bible Study                  2:00 Snacks                  3:00 Manicures</p>	<p><b>Happy                  Birthday                  Shirley</b></p>