



September Happenings

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Wellness Center Card Room Dining Room Terrace Level Outing Boardroom LL					1 10:30am Sit & Fit 11:30am Meditation 1pm Bingo	2 8:30-10am Continental Breakfast
3 8:30-10am Continental Breakfast 1pm Movie "Somewhere in Time"	4 Labor Day	5 10:30am Tai Chi Video 10:30am Walk In/Out 1pm Bingo	6 10:30am Sit & Fit 11:30am Meditation	7 10:30am Tai Chi 11am Chapel 1pm Nutrition Presentation	8 10:30am Sit & Fit 11:30am Meditation 1pm Bingo	9 10am-11:30am HS Farmer's Market "Senior Day" 8:30-10am Continental Breakfast
10 8:30-10am Continental Breakfast 1pm Movie "Oliver"	11 10:30am Sit & Fit 11am Menu Chat with Dawn 11:30am Meditation	12 10:30am Tai Chi Video 10:30am Walk In/Out 1pm Bingo	13 10:30am Sit & Fit 11:30am Meditation 12:45pm Shopping 4:30pm Special Dinner & Happy Hour ★	14 10:30am Tai Chi Video 10:30am Walk In/Out 11am Chapel 2pm Presentation: Where in Michigan?	15 10:30am Sit & Fit 11:30am Meditation 1pm Bingo 2pm Ice Cream Social	16 8:30-10am Continental Breakfast
17 8:30-10am Continental Breakfast 1pm Movie "Roman Holiday"	18 10:30am Sit & Fit 11:30am Meditation	19 10:30am Tai Chi Video 10:30am Walk In/Out 1pm Bingo	20 10:30am Sit & Fit 11:30am Meditation 12pm Polish Kitchen	21 By appt -Foot Clinic PFV 10:30am Tai Chi Video 10:30am Walk In/Out 11am Chapel	22 10:30am Sit & Fit 11:30am Meditation 1pm Bingo	23 8:30-10am Continental Breakfast
24 8:30-10am Continental Breakfast 1pm Movie "Grumpier Old Men"	25 10:30am Sit & Fit 11:30am Meditation	26 10:30am Tai Chi Video 10:30am Walk In/Out 1pm Bingo	27 10:30am Sit & Fit 11:30am Meditation 12:45pm Shopping	28 10:30am Tai Chi Video 10:30am Walk In/Out 11am Chapel 3pm Book Club	29 10:30am Sit & Fit 11:30am Meditation 1pm Bingo	30 8:30-10am Continental Breakfast 9am Alzheimer Walk