

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2023

## MEMORY SUPPORT

<p><b>9:30 MASS</b> 3  <b>Chair Stretch</b>  <b>Sunday Trivia</b>  <b>Pamper Stops</b>  <b>Evening Activities</b></p> <p><small>St. Joseph's Senior Living</small></p>						<p><b>9:30 MASS</b> 4  <b>Exercise Time</b>  <b>Trivial Talk</b>  <b>Music Hour</b>  <b>Social Visits</b>  <b>Evening Activities</b></p> <p><small>Labor Day</small></p>	<p><b>9:30 MASS</b> 5  <b>Arm Circles</b>  <b>BINGO</b>  <b>Evening Activities</b></p>	<p><b>9:30 MASS</b> 6  <b>Exercise to Tunes</b>  <b>Trivia Time</b>  <b>Evening Activities</b></p>	<p><b>9:30 MASS</b> 7  <b>Balloon Volley</b>  <b>BINGO</b>  <b>Evening Activities</b></p>	<p><b>9:30 MASS</b> 8  <b>News</b>  <b>Classical Stretch</b>  <b>To be or not to be...</b>  <b>Cornhole</b>  <b>Daily Wrap</b>  <b>Evening Activities</b></p>	<p><b>What's New</b> 2  <b>Riddle Time</b>  <b>Small Groups</b>  <b>Evening Activities</b></p>
<p><b>9:30 MASS</b> 10  <b>Movin' to Music</b>  <b>Grandparent Reminisce</b>  <b>Social Visits</b>  <b>Evening Activities</b></p> <p><small>Grandparents Day</small></p>	<p><b>9:30 MASS</b> 11  <b>News</b>  <b>Toss A Move</b>  <b>Table Games</b>  <b>Chocolate Milkshakes</b>  <b>Daily Wrap</b>  <b>Evening Activities</b></p>	<p><b>9:30 MASS</b> 12  <b>Time to Get Fit</b>  <b>BINGO</b>  <b>Evening Activities</b></p>	<p><b>9:30 MASS</b> 13  <b>Balloon Bounce</b>  <b>Spelling Bee</b>  <b>3:30 Music Therapy</b>  <b>With Beth</b>  <b>Evening Activities</b></p>	<p><b>9:30 MASS</b> 14  <b>Bend and Stretch</b>  <b>BINGO</b>  <b>Evening Activities</b></p>	<p><b>9:30 MASS</b> 15  <b>News</b>  <b>Dance Exercise</b>  <b>Match the Hat</b>  <b>Hat Making</b>  <b>Daily Wrap</b>  <b>Evening Activities</b></p> <p><small>Rosh Hashanah Begins</small></p>	<p><b>Chronicles</b> 16  <b>Pamper Stops</b>  <b>Afternoon Snack</b>  <b>Attack</b>  <b>Evening Activities</b></p> <p><small>Oktoberfest Begins</small></p>					
<p><b>9:30 MASS</b> 17  <b>Sunday Stretch</b>  <b>Small Groups</b>  <b>Evening Activities</b></p>	<p><b>9:30 MASS</b> 18  <b>News</b>  <b>Toss A Move</b>  <b>Trivia</b>  <b>Singalong at the Piano</b>  <b>Daily Wrap</b>  <b>Evening Activities</b></p>	<p><b>9:30 MASS</b> 19  <b>Bean Bag Toss</b>  <b>BINGO</b>  <b>Evening Activities</b></p>	<p><b>9:30 MASS</b> 20  <b>Noodle Ball</b>  <b>Famous Pairs</b>  <b>Evening Activities</b></p>	<p><b>9:30 MASS</b> 21  <b>Let's Stretch</b>  <b>BINGO</b>  <b>11:00 Music with Dan Elish</b>  <b>Evening Activities</b></p>	<p><b>9:30 MASS</b> 22  <b>News</b>  <b>Movin' to Music</b>  <b>Find the Elephant</b>  <b>Elephant Balloon Ball</b>  <b>Patio Time</b>  <b>Daily Wrap</b>  <b>3:00 Music with Gene Zenz</b>  <b>Evening Activities</b></p>	<p><b>Sunday Nuggets</b> 23  <b>Time to Move</b>  <b>Afternoon Movie</b>  <b>Evening Activities</b></p> <p><small>Autumn Begins</small></p>					
<p><b>9:30 MASS</b> 24  <b>Fitness Quest</b>  <b>Social Visits</b>  <b>Evening Activities</b></p> <p><small>Yom Kippur Begins</small></p>	<p><b>9:30 MASS</b> 25  <b>News</b>  <b>Toss a Move</b>  <b>Create a Superhero</b>  <b>Comic Art</b>  <b>Daily Wrap</b>  <b>Evening Activities</b></p>	<p><b>9:30 MASS</b> 26  <b>Exercise Time</b>  <b>BINGO</b>  <b>Evening Activities</b></p>	<p><b>9:30 MASS</b> 27  <b>Chair Dancing</b>  <b>Rhyme Time</b>  <b>3:30 Music Therapy with Beth</b>  <b>Evening Activities</b></p>	<p><b>9:30 MASS</b> 28  <b>Arm Circles</b>  <b>BINGO</b>  <b>Evening Activities</b></p>	<p><b>9:30 Mass</b> 29  <b>News</b>  <b>Movin' to Music</b>  <b>Fortune Cookie Sayings</b>  <b>Baking-Chinese</b>  <b>Almond Cookies</b>  <b>Daily Wrap</b>  <b>Evening Activities</b></p> <p><small>Sukkot Begins</small></p>	<p><b>Morning News</b> 30  <b>Chat Hour</b>  <b>Manicures</b>  <b>Evening Activities</b></p>					