

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Resident Birthdays!! Dennis S. 9/4 Rochelle C. 9/18 Mick F. 9/19 James V. 9/21 Nancy M. 9/28 Marilyn B. 9/30	1 10:00 Senior Flex 2 10:30 Coffee and Current Events with Sara 2 2:00 Singing with Sybil and Lu 2 5:00 Movie- Residents' Choice 2	2 9:45 Exercise with Jill 2 10:30 Shopping at Fred Myer (Front lobby) 2:00 Manicures 2 3:00 Balloon Volleyball 2 5:00 Movie- The Highwaymen 2	3 10:00 Senior Flex 2 10:00 Pinochle 2 East 1:00 BINGO 2 3:00 Coloring for Stress Relief 2 5:00 Movie- Residents' Choice 2	4 9:45 Exercise with Jill 2 1:00 Senior Steps 2 3:00 Happy Hour/Music with Chris 2 5:00 Movie- Airforce Elite Thunderbirds 2	5 10:00 Senior Flex 2 10:45 BINGO 2 1:30 Process Art- Hydrangea Flower Pots 2 5:00 Movie- Caregivers' Choice 2
6 3:00 Sunday Service 2 All other Sunday activities are self-directed	7 LABOR DAY 9:45 Exercise with Jill 2 10:30 Men's Bible Study All other Monday activities are self-directed	8 10:00 Senior Flex 2 10:30 Coffee and Current Events with Sara 2 2:00 Encore Concert- Willie Nelson & Friends 2 5:00 Movie- Residents' Choice 2	9 NO MANICURES TODAY 9:45 Exercise with Jill's video 2 10:30 Word Games 2 1:30 Resident Council Meeting/Chef Chat 2 3:30 Noodle Ball 2 5:00 Movie- Armageddon Time 2	10 10:00 Senior Flex 2 10:00 Pinochle 2 East 1:00 BINGO 2 3:30 Reminiscing 2 5:00 Movie- Residents' Choice 2	11 9:45 Exercise with Jill 2 1:00 Senior Steps 2 3:00 Happy Hour- Elvis Sing-A-Long 2 5:00 Movie- Dancing with the Birds 2	12 10:00 Senior Flex 10:45 BINGO 2 1:30 Scenic Drive (Front lobby) 5:00 Movie- Caregivers' Choice 2
13 NATIONAL GRANDPARENTS DAY 3:00 Sunday Service 2 All other Sunday activities are self-directed	14 SCHEDULE CHANGE 9:45 Exercise with Jill 2 10:30 Women's Bible Study 2 East 1:00 Blackout BINGO 2 3:00 Baking Cookies with Chuck 2	15 10:00 Senior Flex 2 10:30 Coffee and Current Events with Sara 2 2:00 Singing with Sybil and Lu 2 5:00 Movie- Residents' Choice 2	16 9:45 Exercise with Jill's video 2 10:30 Shopping at Goodwill (Front lobby) 2:00 Manicures 2 3:30 Balloon Volleyball 2 5:00 Movie- I Used to be Famous 2	17 NO BINGO TODAY 10:00 Senior Flex 2 10:00 Pinochle 2 East 1:30 The Seaside Strummers 2 3:30 Coloring for Stress Relief 2 5:00 Movie- Residents' Choice 2	18 SCHEDULE CHANGE All Friday activities are self-directed	19 SCHEDULE CHANGE All Saturday activities are self-directed
20 3:00 Sunday Service 2 All other Sunday activities are self-directed	21 SCHEDULE CHANGE All Monday activities are self-directed	22 10:00 Senior Flex 2 10:30 Coffee and Current Events with Sara 2 1:30 Line Dancing (Dining room) 5:00 Movie- Residents' Choice 2	23 THE AUTUMN EQUINOX 9:45 Exercise with Jill's video 2 10:30 Word Games 2 2:00 Manicures 2 3:30 Noodle Ball 2 5:00 Movie- Donnie Brasco 2	24 10:00 Senior Flex 2 10:00 Pinochle 2 1:00 BINGO 2 3:30 Reminiscing 2 5:00 Movie- Residents' Choice 2	25 9:45 Exercise with Jill's video 2 1:00 Senior Steps 2 3:00 Happy Hour- Resident Birthday Celebration 2 5:00 Movie-The Short Game 2	26 10:00 Senior Flex 2 10:45 BINGO 2 1:30 Scenic Drive (Front lobby) 5:00 Movie- Caregivers' Choice 2
27 3:00 Sunday Service 2 All other Sunday activities are self-directed	28 9:45 Exercise with Jill 2 10:30 Women's Bible Study 2 East 10:30 Men's Bible Study All other Monday activities are self-directed	29 10:00 Senior Flex 2 10:30 Coffee and Current Events with Sara 2 2:00 Singing with Sybil and Lu 2 5:00 Movie- Residents' Choice 2	30 9:45 Exercise with Jill 2 10:30 Ride to the Astoria Column (Front lobby) 2:00 Manicures 2 3:30 Balloon Volleyball 2 5:00 Movie- Ali 2			All Events Are Subject to Change