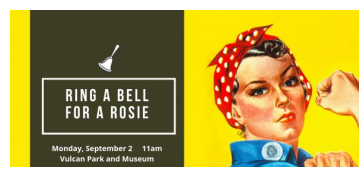
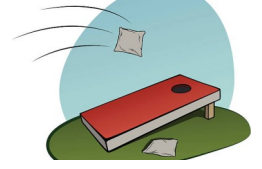




SEPTEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AL				1 9:00 Move&Groove (HWC) 9:30 Footwear Store (LB) 9:30 Men's Coffee (AR) 11:00 VVC Practice (AR) 11:00 Rosary (CH) 11:30 Drum Fit (AR) 1:30 Candy Making (AR) 1:30 Cardio Ex. (HWC) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	2 9:00 Exercise on own(HWC) 9:30 Women's Coffee (AR) 10:30 Seated Exercise (AR) 1:30 Ice Cream&Movie (AR) 	3 9:30 Bingo (AR) 1:30 Cards (AR) 
4 11:00 Chapel Service (CH)	5  1:00 Ring a Bell for Rosie Front of main building 	6 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring (AR) 11:30Strength Circuit (FC) 1:30 CoffeeCakeBingo(AR) 1:30 Strength Ex. (HWC) 2:30 Cards (HI) 2:30 Devotional/Bible (CH)	7 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:00 Hand & Foot (AR) 1:30 Cards (AR) 1:30 Sit to Stand Ex. (HWC) 2:30 BibleTrivia/Games (CH) 6:00 Bridge/Cards (AR) 	8 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:00 VVC Practice (AR) 11:30 Drum Fit (AR) 1:30 Cardio Ex. (HWC) 2:00 Country Critters (AR) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 6:00 3 Men & a Tenor (HI) 	9 Flannel Shirt Day Pet-a-Pet 9:00 Strength Ex. (HWC) 9:30 Women's Coffee(AR) 10:30 Seated Exercise (AR) 1:30 Beer Day (AR) 2:00 VVC Practice (AR) 	10 9:30 Bingo (AR) 1:30 Cards (AR) 
11 10:00 Coffee & Donuts (AR) 11:00 Chapel Service (CH) 	12 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Words in Words(AR) 2:00 VVC Practice (AR) 2:30 Memoir Writing (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR) 	13 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring (AR) 11:30 Strength Circuit (FC) 1:30 Resident Assoc. (AR) 2:30 Devotional/Bible (CH)	14 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 9:00 Detroit Zoo (LB) 10:30 Seated Exercise (AR) 1:00 Hand & Foot (AR) 1:30 Cards (AR) 1:30 Sit to Stand Ex. (HWC) 2:30 BibleTrivia/Games (CH) 6:00 Bridge/Cards (AR)	15 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 12:00 Birthday Dinner (RT) 1:30 Entertainment (CH) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 	16 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:30 Seated Exercise (AR) 1:30 Root Beer Floats (AR) 2:00 VVC Practice (AR) 	17 9:30 Bingo (AR) 1:30 Cards (AR)

NATIONAL ASSISTED LIVING WEEK



SEPTEMBER 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 11:00 Chapel Service (CH) 4:00 Resident Potluck (RT) 	19 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Crossword (AR) 2:00 VVC Games (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR)	20 9:00 Eastern Market (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring (AR) 11:30 Strength Circuit (FC) 1:30 Bingo (AR) 1:30 Strength Ex. (HWC) 2:30 Cards (HI) 2:30 Devotional/Bible (CH)	21 9:00 Stretch & Relax (HWC) 9:30 Donut Bingo (AR) 10:30 Seated Exercise (AR) 11:00 Men's Lunch (LB) 1:00 Hand & FootCards(AR) 1:30 Sit to Stand Ex. (HWC) 2:30 BibleTrivia/Games (CH) 3:00 Book Group (RT) 6:00 Bridge/Cards (AR)	22 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 9:30 Pt.Huron Museums(LB) 11:00 Rosary (CH) 11:00 VVC Practice 11:30 Drum Fit (AR) 1:30 Cardio Ex. (HWC) 4:00 Harbor Lights (CH)	23 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:30 Seated Exercise (AR) 1:30 Fall DoorHanger (AR) 2:00 VVC Practice (AR) 	24 9:30 Bingo (AR) 1:30 Cards (AR) 
25 11:00 Chapel Service (CH)	26 Johnny Appleseed Day 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Reading &Apples(AR) 2:00 VVC Games (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR)	27 9:00 Meijer (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&Coloring (AR) 11:00 Women's Lunch (LB) 11:30 Strength Circuit (FC) 1:30 Bingo (AR) 1:30 Strength Ex. (HWC) 2:30 Cards (HI) 2:30 Devotional/Bible (CH)	28 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 10:30 Lunch@ Shoreliner(LB) 1:00 Hand & FootCards(AR) 1:30 Sit to Stand Ex. (HWC) 2:30 BibleTrivia/Games (CH) 6:00 Bridge/Cards (AR)	29 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:00 VVC Practice 11:30 Drum Fit (AR) 1:30 Cardio Ex. (HWC) 4:00 Harbor Lights (CH) 6:00 CandlelightConcert(HI) 	30 National Love People Day 9:00 Strength Ex. (HWC) 9:30 Women's Coffee(AR) 10:30 Seated Exercise (AR) 1:30 Love & Happy Hr (AR) 2:00 VVC Practice (AR)	
					KEY AR-Activity Room CH-Chapel FC-Fitness Center HI-Harbor Inn HWC-Health & Wellness Center LB-Lobby RT-Restaurant	
					ALL ACTIVITIES ARE SUBJECT TO CHANGE	