

calendar & activities  
SEP 2020

Golden Age

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY






- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

Resident Birthdays

Evelyn N. 9/12  
Nancy W. 9/21  
Marilyn P. 9/22

Location Keys

Activity Studio 1 AS1  
Activity Studio 2 AS2  
Both Floors BF  
Card & Billiards Room CBR  
Dining Room DR  
Fitness Center FC  
Library LIB  
Patio PAT  
Terrace TR  
Tranquility Garden TG

6		7		8		9		10		11		12	
8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Chair Yoga [AS2] 10:00 ● Religious Services on IN2L [BF] 10:30 ● Swing to the Beat 10:30 ● Thymeless: Apples and Honey [BF] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Soak Up The Golden Sunshine [TG] 1:30 ● SongFit Music Therapy [AS1] 2:00 ● Afternoon Tea In The Garden [AS2] 4:00 ● Badminton [TG] 5:00 Dinner [DR] 6:15 ● Theme of the Month Movie: "Rebel Without a Cause" [BF]		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Garden Club [AS2] 10:00 ● Thymeless: Infused Water: Strawberry & Basil [AS1] 10:30 ● Dance Fitness [AS1] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Golden Age of Television: I Love Lucy [AS1] 1:45 ● Name That Hollywood Actor [BF] 2:30 ● Thymeless: PB&J Banana Burritos [AS1] 3:00 ● Songs by Heart Music Therapy through Skype [BF] 4:00 ● Nature Walk [BF] 4:00 ● Phrase It [AS1] 4:15 ● Nu-Step Bicycling [FC] 5:00 Dinner [DR]		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Golden Inspirations [AS1] 10:00 ● Thymeless: Infused Water: Watermelon & Mint [AS1] 10:30 ● Bowling Frisbee [AS2] 10:30 ● Jazzercise [AS1] 10:45 ● Golden Stories 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Men's Club [CBR] 2:30 ● Golden Age of Television: Carol Burnett Show [BF] 2:30 ● Thymeless: Strawberry Mimosa [AS1] 3:00 ● Songs by Heart Music Therapy through Skype [BF] 4:00 ● Putt Putt Golf [TG] 4:00 ● Remember When? [AS2]		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Garden Club [AS2] 10:00 ● Mind Boggle Fitness [AS1] 10:00 ● Outing: Scenic Drive 10:00 ● Thymeless: Infused Water: Blueberry/ Strawberry & Rosemary [AS1] 11:00 ● Daily Chronicle & Good News [BF] 11:15 Golden Spotlight: Judy Garland 12:00 Lunch [DR] 1:30 ● Bookmarks [LIB] 1:30 ● Golden Age of Television: I Love Lucy [AS1] 1:30 ● Inspirational Story Time [AS2] 1:30 ● Outing: Scenic Drive 2:30 ● Thymeless: Ham and Cheese Apple Wrap [AS1] 3:00 ● Songs by Heart Music Therapy through Skype [BF]		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Golden Inspirations [AS1] 10:00 ● Men's Club [CBR] 10:00 ● Thymeless: Infused Water: Honeydew/ Cucumber & Basil [AS1] 10:30 ● Jazzercise [AS1] 10:30 ● What's on your Mind [AS1] 1:45 ● Journal Corner [TG] 2:00 Gunsmoke Trivia and Television 2:30 ● Golden Age of Television: Carol Burnett Show [BF] 2:30 ● Thymeless: Frozen Tickled Pink [AS1] 3:00 ● Songs by Heart Music Therapy through		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Baking Club: Almond Ginger Cookies [AS1] 10:00 ● Herbal Gardening 10:00 ● Sittercise [AS2] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Golden Age of Television: I Love Lucy [AS1] 1:30 ● You Be the Judge with Philip & Friends [AS2] 1:45 ● Happy Hour [PAT] 2:00 ● Happy Hour [TG] 3:00 ● Songs by Heart Music Therapy through Skype [BF] 4:15 ● Nu-Step Bicycling [FC] 5:00 Dinner [DR] 6:00 ● Manicures [AS1]		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Bocce [TG] 10:00 ● Thymeless: Infused Water: Blackberries/Orange & Ginger [AS1] 10:30 ● Men's Club [CBR] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Light and Lively [AS1] 1:30 ● SingFit Music Therapy [AS2] 2:30 ● Golden Age of Television: Carol Burnett Show [BF] 2:30 ● Root Beer Float Socials [AS1] 4:00 ● Brain boosters [AS2] 4:00 ● Meditation Circle [AS1] 4:15 ● Nu-Step Bicycling [FC] 5:00 Dinner [DR]	
13		14		15		16		17		18		19	
8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Chair Yoga [AS2] 10:00 ● Religious Services on IN2L [BF] 10:30 ● Swing to the Beat 10:30 ● Thymeless: Apples and Honey [BF] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Soak Up The Golden Sunshine [TG] 1:30 ● SongFit Music Therapy [AS1] 2:00 ● Afternoon Tea In The Garden [AS2] 2:30 ● Golden Age of Television: Carol Burnett Show [BF] 4:00 ● Badminton [TG] 5:00 Dinner [DR] 6:15 ● Theme of the Month Movie: "Casablanca" [BF]		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Garden Club [AS2] 10:00 ● Thymeless: Infused Water: Strawberry & Basil [AS1] 10:30 ● Dance Fitness [AS1] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Feet of Gold: Spotlight on Dorothy Dandridge 2:30 ● Thymeless: PB&J Banana Burritos [AS1] 3:00 ● Songs by Heart Music Therapy through Skype [BF] 4:00 ● Nature Walk [BF] 4:00 ● Phrase It [AS1] 4:15 ● Nu-Step Bicycling [FC] 5:00 Dinner [DR] 6:30 ● Sunset Patio Chat		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Golden Inspirations [AS1] 10:00 ● Thymeless: Infused Water: Watermelon & Mint [AS1] 10:30 ● Bowling Frisbee [AS2] 10:30 ● Jazzercise [AS1] 10:45 ● Golden Stories 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Feet of Gold: Spotlight on Cyd Charisse 1:30 ● Men's Club [CBR] 2:30 ● Golden Age of Television: Carol Burnett Show [BF] 2:30 ● Thymeless: Strawberry Mimosa [AS1] 3:00 ● Songs by Heart Music Therapy through Skype [BF] 4:00 ● Hopsctotch all over the board [AS1]		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Garden Club [AS2] 10:00 ● Mind Boggle Fitness [AS1] 10:00 ● Outing: Scenic Drive 10:00 ● Thymeless: Infused Water: Blueberry/ Strawberry & Rosemary [AS1] 11:00 ● Daily Chronicle & Good News [BF] 11:15 Golden Spotlight: Marilyn Monroe 12:00 Lunch [DR] 1:30 ● Bookmarks [LIB] 1:30 ● Feet of Gold: Spotlight on Ginger Rogers 1:30 ● Outing: Scenic Drive 2:30 ● Thymeless: Ham and Cheese Apple Wrap [AS1] 3:00 ● Songs by Heart Music Therapy through Skype [BF] 4:00 ● Birthday Spotlight: B.B. King [AS2]		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Golden Inspirations [AS1] 10:00 ● Men's Club [CBR] 10:00 ● Thymeless: Infused Water: Honeydew/ Cucumber & Basil [AS1] 10:30 ● Jazzercise [AS1] 10:30 ● Thymeless: Apple Maple Pecan Salad [BF] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Feet of Gold: Spotlight on Rita Moreno 1:30 ● SPARK: Cognitive Fitness Class [AS1] 1:45 ● Journal Corner [TG] 2:00 Birthday Spotlight: Hank Williams ("Honky Tonk Blues") 2:30 ● Golden Age of Television: Carol Burnett Show [BF] 2:30 ● Thymeless: Frozen Tickled Pink [AS1]		Rosh Hashanah (begins Friday night) 8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Baking Club: Rosh Hashanah Apple Cake [AS1] 10:00 ● Herbal Gardening 10:00 ● Sittercise [AS2] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Feet of Gold: Spotlight on Ann Miller 1:30 ● You Be the Judge with Philip & Friends [AS2] 1:45 ● Happy Hour [PAT] 2:00 ● Happy Hour [TG] 3:00 ● Songs by Heart Music Therapy through Skype [BF] 4:15 ● Nu-Step Bicycling [FC] 5:00 Dinner [DR] 6:00 ● Manicures [AS1]		Rosh Hashanah 8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Bocce [TG] 10:00 ● Thymeless: Infused Water: Blackberries/Orange & Ginger [AS1] 10:30 ● Men's Club [CBR] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Feet of Gold: Spotlight on Vera Ellen 1:30 ● Light and Lively [AS1] 1:30 ● SingFit Music Therapy [AS2] 2:30 ● Golden Age of Television: Carol Burnett Show [BF] 2:30 ● Soda Pop Social [AS1] 4:00 ● Jeopardy Trivia [AS2] 4:00 ● Meditation Circle [AS1] 4:15 ● Nu-Step Bicycling [FC]	
20		21		22		23		24		25		26	
Rosh Hashanah 8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Chair Yoga [AS2] 10:00 ● Religious Services on IN2L [BF] 10:30 ● Swing to the Beat 10:30 ● Thymeless: Apples and Honey [BF] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Birthday Spotlight: Sophie Loren [AS2] 1:30 ● Feet of Gold: Spotlight on Lena Horne 1:30 ● Soak Up The Golden Sunshine [TG] 1:30 ● SongFit Music Therapy [AS1] 2:00 ● Afternoon Tea In The Garden [AS2] 2:30 ● Golden Age of Television: Carol Burnett Show [BF] 4:00 ● Badminton [TG] 5:00 Dinner [DR]		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Garden Club [AS2] 10:00 ● Thymeless: Infused Water: Strawberry & Basil [AS1] 10:30 ● Dance Fitness [AS1] 10:30 ● Thymeless: Ham and Cheese Apple Wraps [BF] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Golden Spotlight: Bing Crosby [AS1] 1:45 ● Name That Hollywood Actor [BF] 2:30 ● Thymeless: PB&J Banana Burritos [AS1] 3:00 ● Songs by Heart Music Therapy through Skype [BF] 4:00 ● Nature Walk [BF] 4:00 ● Phrase It [AS1] 4:15 ● Nu-Step Bicycling [FC]		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Golden Glamour Shots 10:00 ● Golden Inspirations [AS1] 10:00 ● Thymeless: Infused Water: Watermelon & Mint [AS1] 10:30 ● Bowling Frisbee [AS2] 10:30 ● Jazzercise [AS1] 10:45 ● Golden Stories 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Golden Spotlight: Lawrence Olivier [AS1] 1:30 ● Men's Club [CBR] 2:30 ● Golden Age of Television: Carol Burnett Show [BF] 2:30 ● Thymeless: Strawberry Mimosa [AS1] 3:00 ● Songs by Heart Music Therapy through Skype [BF]		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Garden Club [AS2] 10:00 ● Mind Boggle Fitness [AS1] 10:00 ● Outing: Scenic Drive 10:00 ● Thymeless: Infused Water: Blueberry/ Strawberry & Rosemary [AS1] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Bookmarks [LIB] 1:30 ● Golden Spotlight: Clark Gable [AS1] 1:30 ● Inspirational Story Time [AS2] 1:30 ● Outing: Scenic Drive 2:30 ● Thymeless: Ham and Cheese Apple Wrap [AS1] 3:00 ● Songs by Heart Music Therapy through Skype [BF] 4:00 ● Basketball [AS2]		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Golden Glamour Shots 10:00 ● Golden Inspirations [AS1] 10:00 ● Men's Club [CBR] 10:00 ● Thymeless: Infused Water: Honeydew/ Cucumber & Basil [AS1] 10:30 ● Jazzercise [AS1] 10:30 ● Thymeless: [BF] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Golden Spotlight: Bing Crosby [AS1] 1:30 ● SPARK: Cognitive Fitness Class [AS1] 1:45 ● Journal Corner [TG] 2:30 ● Golden Age of Television: Carol Burnett Show [BF] 2:30 ● Thymeless: Frozen Tickled Pink [AS1] 3:00 ● Songs by Heart Music Therapy through		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Baking Club: Easy Golden Oreo No Bake Cheesecake [AS1] 10:00 ● Herbal Gardening 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Golden Spotlight: Bing Crosby [AS1] 1:30 ● You Be the Judge with Philip & Friends [AS2] 2:00 ● Happy Hour [TG] 2:00 ● Lip Sync Interactive Activity with Care Team & Residents [AS1] 3:00 ● Songs by Heart Music Therapy through Skype [BF] 4:15 ● Nu-Step Bicycling [FC] 5:00 Dinner [DR] 6:00 ● Manicures [AS1]		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Bocce [TG] 10:00 ● Thymeless: Infused Water: Blackberries/Orange & Ginger [AS1] 10:30 ● Men's Club [CBR] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Golden Spotlight: Bing Crosby [AS1] 1:30 ● Light and Lively [AS1] 1:30 ● SingFit Music Therapy [AS2] 2:30 ● Golden Age of Television: Carol Burnett Show [BF] 2:30 ● Root Beer Float Socials [AS1] 4:00 ● Brain boosters [AS2] 4:00 ● Meditation Circle [AS1] 4:15 ● Nu-Step Bicycling [FC] 5:00 Dinner [DR]	
27		28		29		30							
Yom Kippur (begins at Sunset) 8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Chair Yoga [AS2] 10:00 ● Religious Services on IN2L [BF] 10:30 ● Swing to the Beat 10:30 ● Thymeless: Apples and Honey [BF] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Golden Spotlight: Bing Crosby [AS1] 1:30 ● Soak Up The Golden Sunshine [TG] 1:30 ● SongFit Music Therapy [AS1] 2:00 ● Afternoon Tea In The Garden [AS2] 2:30 ● Golden Age of Television: Carol Burnett Show [BF] 3:00 ● Bowling Party [AS2] 4:00 ● Badminton [TG] 5:00 Dinner [DR]		Yom Kippur 8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Garden Club [AS2] 10:00 ● Thymeless: Infused Water: Strawberry & Basil [AS1] 10:30 ● Dance Fitness [AS1] 10:30 ● Thymeless: Ham and Cheese Apple Wraps [BF] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Daily Chronicle & Good News [BF] 2:30 ● Thymeless: PB&J Banana Burritos [AS1] 3:00 ● Songs by Heart Music Therapy through Skype [BF] 4:00 ● Nature Walk [BF] 4:00 ● Phrase It [AS1] 4:15 ● Nu-Step Bicycling [FC] 5:00 Dinner [DR]		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Golden Inspirations [AS1] 10:00 ● Thymeless: Infused Water: Watermelon & Mint [AS1] 10:30 ● Bowling Frisbee [AS2] 10:30 ● Jazzercise [AS1] 10:45 ● Golden Stories 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Men's Club [CBR] 2:30 ● Golden Age of Television: Carol Burnett Show [BF] 2:30 ● Thymeless: Strawberry Mimosa [AS1] 3:00 ● Songs by Heart Music Therapy through Skype [BF] 4:00 ● Hopsctotch all over the board [AS1] 4:00 ● Putt Putt Golf [TG]		8:30 Breakfast [DR] 9:45 ● Spa & Beauty Hour with the Care Team [AS2] 10:00 ● Garden Club [AS2] 10:00 ● Mind Boggle Fitness [AS1] 10:00 ● Outing: Scenic Drive 10:00 ● Thymeless: Infused Water: Blueberry/ Strawberry & Rosemary [AS1] 11:00 ● Daily Chronicle & Good News [BF] 12:00 Lunch [DR] 1:30 ● Bookmarks [LIB] 1:30 ● Outing: Scenic Drive 2:30 ● Thymeless: Ham and Cheese Apple Wrap [AS1] 3:00 ● Songs by Heart Music Therapy through Skype [BF] 4:00 ● Basketball [AS2] 4:00 ● Golden Word Scattergories [AS2] 4:15 ● Nu-Step Bicycling [FC]							