

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

LOCATIONS
DINING ROOM – DR
CRAFT ROOM-CR
LIVING ROOM-LR
AUDITORIUM - A
CAFE - C
PATIO - P

WWW.SENIORLIFESTYLE.COM
Activities are subject
to change



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>10:30 ● Catholic Church Services</p> <p>11:00 ● Joel Olsteen [LR]</p> <p>1:30 ● Patio Social</p> <p>4:00 ● Cards and Letters for our friends in Texas [CR]</p> <p>6:00 ● An Evening With Lawrence Welk [LR]</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Thymeless Treat Preparation</p> <p>2:00 ● BINGO!</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation/History of Labor Day! [LR]</p> <p>6:00 ● IN2L Computer Fun! [LR]</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Finish the Phrase [LR]</p> <p>11:30 ● Thymeless Treat Preparation</p> <p>1:30 ● SPARKS class - Physical [CR]</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>4:00 ● Stretching the Truth Game [CR]</p> <p>7:00 ● Sing a Long IN2L [LR]</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Thymeless Treat Preparation</p> <p>1:30 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>2:30 ● Tom in the Lobby</p> <p>6:30 ● Bellingham Concert</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Hand Massages and Day Spa [LR]</p> <p>1:30 ● SPARKS classes ~ Nutrition [CR]</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>4:00 ● Bean Bag Toss [CR]</p> <p>6:00 ● Walk around Bellingham</p>	<p>10:00 ● Hydration and Current Events [LR]</p> <p>10:30 ● Dancing Chairs with Holly [LR]</p> <p>11:30 ● Thymeless Treat Preparation</p> <p>1:30 ● Songs from Long Ago - Name Them/Dance/Music Trivia [LR]</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>4:00 ● Matinee Movie with Popcorn [LR]</p> <p>6:00 ● Evening Stroll</p>	<p>10:30 ● Movin' with Brenda [LR]</p> <p>11:00 ● Word Games! [LR]</p> <p>1:30 ● Cards Anyone?</p> <p>3:00 ● Refreshments on the Patio</p> <p>6:00 ● Comedy Hour [LR]</p>
<p>10:30 ● Catholic Church Services</p> <p>11:00 ● Remembering the Old Hymns [LR]</p> <p>1:00 ● Philadelphia Eagles vs. Washington Redskins</p> <p>4:00 ● Pencil Art Creations to Music [CR]</p> <p>6:00 ● An Evening With Lawrence Welk [LR]</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Catholic Mass</p> <p>1:15 ● Thymeless Treat Preparation</p> <p>2:00 ● BINGO!</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>6:00 ● IN2L Computer Fun! [LR]</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:30 ● Thymeless Treat Preparation</p> <p>1:30 ● SPARKS class - Sleep [CR]</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>4:00 ● Word Games and Trivia [CR]</p> <p>7:00 ● Jeopardy and Wheel of Fortune [LR]</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Thymeless Treat Preparation</p> <p>1:30 ● Reading Circle</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>4:00 ● Sensory Scavenger Hunt [LR]</p> <p>6:30 ● Bellingham Concert</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Hand Massages and Day Spa [LR]</p> <p>1:30 ● SPARKS classes ~ Stress [CR]</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>4:00 ● In and Out Stitching [CR]</p> <p>6:00 ● Relaxing Adult Coloring [CR]</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Thymeless Treat Preparation</p> <p>1:30 ● Songs from Long Ago - Name Them/Dance/Music Trivia [LR]</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>4:00 ● Matinee Movie with Popcorn [LR]</p> <p>6:00 ● Evening Stroll</p>	<p>10:30 ● Craft Corner with Barbara [CR]</p> <p>1:30 ● What Word Can You Think Of? [LR]</p> <p>3:00 ● Refreshments on the Patio</p> <p>6:00 ● Comedy Hour [LR]</p>
<p>10:30 ● Catholic Church Services</p> <p>11:00 ● Remembering the Old Hymns [LR]</p> <p>1:30 ● Outdoor Walk and Visits</p> <p>4:00 ● Pencil Art Creations to Music [CR]</p> <p>6:00 ● An Evening With Lawrence Welk [LR]</p> <p>8:30 ● Philadelphia Eagles vs. Atlanta Falcons</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Thymeless Treat Preparation</p> <p>2:00 ● BINGO!</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>6:00 ● IN2L Computer Fun! [LR]</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Thymeless Treat Preparation</p> <p>1:30 ● SPARKS class - Cognitive [CR]</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>4:00 ● Word Games and Trivia [CR]</p> <p>7:00 ● Jeopardy and Wheel of Fortune [LR]</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Thymeless Treat Preparation</p> <p>1:30 ● Reading Circle</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>4:00 ● Sensory Scavenger Hunt [LR]</p> <p>6:30 ● Bellingham Concert</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Hand Massages and Day Spa [LR]</p> <p>1:30 ● SPARKS classes ~ Social [CR]</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>4:00 ● In and Out Stitching [CR]</p> <p>6:00 ● Relaxing Adult Coloring [CR]</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Thymeless Treat Preparation</p> <p>1:30 ● Songs from Long Ago - Name Them/Dance/Music Trivia [LR]</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>4:00 ● Matinee Movie with Popcorn [LR]</p> <p>6:00 ● Evening Stroll</p>	<p>10:30 ● Movin' with Brenda [LR]</p> <p>11:00 ● How Much Did It Cost? [LR]</p> <p>1:30 ● Cards Anyone?</p> <p>3:00 ● Refreshments on the Patio</p> <p>6:00 ● Comedy Hour [LR]</p>
<p>10:30 ● Catholic Church Services</p> <p>11:00 ● Remembering the Old Hymns [LR]</p> <p>1:00 ● Philadelphia Eagles vs. Detroit Lions</p> <p>4:00 ● Pencil Art Creations to Music [CR]</p> <p>6:00 ● An Evening With Lawrence Welk [LR]</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Thymeless Treat Preparation</p> <p>2:00 ● BINGO!</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>6:00 ● IN2L Computer Fun! [LR]</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Thymeless Treat Preparation</p> <p>1:30 ● SPARKS Class Celebration Party! [CR]</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>4:00 ● Word Games and Trivia [CR]</p> <p>7:00 ● Jeopardy and Wheel of Fortune [LR]</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Thymeless Treat Preparation</p> <p>1:30 ● Reading Circle</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>4:00 ● Sensory Scavenger Hunt [LR]</p> <p>6:30 ● Bellingham Concert</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Hand Massages and Day Spa [LR]</p> <p>1:30 ● Thymeless Treat Preparation [CR]</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>4:00 ● Touchdown! [LR]</p> <p>8:20 ● Philadelphia Eagles vs. Green Bay Packers [CR]</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Thymeless Treat Preparation</p> <p>1:30 ● Songs from Long Ago - Name Them/Dance/Music Trivia [LR]</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>4:00 ● Matinee Movie with Popcorn [LR]</p> <p>6:00 ● Evening Stroll</p>	<p>10:30 ● Craft Corner with Barbara [CR]</p> <p>1:30 ● Games People Play [CR]</p> <p>3:00 ● Refreshments on the Patio</p> <p>6:00 ● Comedy Hour [LR]</p>
<p>10:30 ● Catholic Church Services</p> <p>11:00 ● Remembering the Old Hymns [LR]</p> <p>1:30 ● Outdoor Walk and Visits</p> <p>4:00 ● Pencil Art Creations to Music [CR]</p> <p>6:00 ● An Evening With Lawrence Welk [LR]</p>	<p>10:00 ● Morning Stretch [LR]</p> <p>10:30 ● Hydration and Current Events [LR]</p> <p>11:00 ● Thymeless Treat Preparation</p> <p>2:00 ● BINGO!</p> <p>3:00 ● Sharing Afternoon Snacks and Conversation [LR]</p> <p>6:00 ● IN2L Computer Fun! [LR]</p>					