

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# SEPTEMBER 2023

## LAKESIDE ASSISTED LIVING

		<b>10:30AM-Exercise</b> 1 <b>12:00PM-Lunch Outing</b> <b>Don's Lighthouse</b> <b>(Group 1)</b> <b>3:30PM-Trivia</b>	<b>10:30AM-Exercise</b> 2 <b>1:30PM-Movie</b> <b>"Remember The Titans"</b>				
<b>11:00AM-Mass</b> <b>1:30PM-Move "Flash Dance"</b>	<b>3</b> <b>10:30AM-Exercise</b> <b>1:30PM-Move with Melissa</b> <b>1:45PM-Manicures</b> <b>3:00PM-Social Hour</b> <small>Labor Day</small>	<b>4</b> <b>10:30AM-Exercise</b> <b>1:30PM-Sequence</b> <b>3:30PM-Walking Club</b>	<b>5</b> <b>10:30AM-Exercise</b> <b>1:30PM-Checkers</b> <b>2:00PM-Trip to Mitchell's Ice Cream</b> <b>3:00PM-Word Puzzles</b>	<b>6</b> <b>10:30AM-Exercise</b> <b>1:00PM-Manicures</b> <b>3:00PM-Bingo</b> <b>4:00PM-Coffee Bar</b>	<b>7</b> <b>10:30AM-Exercise</b> <b>2:00PM-Septmeber's Birthday Celebration ☺</b> <b>3:00PM-Uno</b> <b>4:00PM-Word Puzzles</b>	<b>8</b> <b>10:30AM-Exercise</b> <b>1:30PM-Movie "Ferris Bueller's Day Off"</b>	<b>9</b> <b>10:30AM-Exercise</b>
<b>11:00AM-Mass</b> <b>1:30PM-Movie "Grumpy Old Men"</b> <small>Grandparents Day</small>	<b>10</b> <b>10:30AM-Exercise</b> <b>1:30PM-Move with Melissa</b> <b>1:45PM-Manicures</b> <b>3:00PM-Social Hour</b>	<b>11</b> <b>10:30AM-Exercise</b> <b>1:30PM-Pinochle</b> <b>3:30PM-Walking Club</b>	<b>12</b> <b>10:30AM-Exercise</b> <b>1:30PM-Corn Hole</b> <b>2:00PM-Trip to Drugmart</b> <b>3:00PM-Trivia</b>	<b>13</b> <b>10:30AM-Exercise</b> <b>1:00PM-Manicures</b> <b>3:00PM-Bingo</b> <b>4:00PM-Coffee Bar</b>	<b>14</b> <b>10:30AM-Exercise</b> <b>2:00PM-Lisa Swisher</b> <b>3:00PM-Floatin' Friday</b> <b>4:00PM-Poetry Corner</b> <small>Rosh Hashanah Begins</small>	<b>15</b> <b>10:30AM-Exercise</b> <b>1:30PM-Movie "Guys and Dolls"</b> <small>Oktoberfest Begins</small>	<b>16</b> <b>10:30AM-Exercise</b>
<b>11:00AM-Mass</b> <b>1:30PM-Movie "Second Hand Lions"</b>	<b>17</b> <b>10:30AM-Exercise</b> <b>1:30PM-Move with Melissa</b> <b>1:45PM-Manicures</b> <b>3:00PM-Social Hour</b>	<b>18</b> <b>10:30AM-Exercise</b> <b>1:30PM-Bridge</b> <b>3:30PM-Walking Club</b>	<b>19</b> <b>10:30AM-Exercise</b> <b>1:30PM- Yahtzee</b> <b>3:00PM-Craft</b>	<b>20</b> <b>10:30AM-Exercise</b> <b>1:00PM-Manicures</b> <b>3:00PM-Bingo</b> <b>4:00PM-Coffee Bar</b>	<b>21</b> <b>10:30AM-Exercise</b> <b>12:00PM-Lunch Outing</b> <b>Don's Lighthouse</b> <b>(Group 2)</b> <b>3:00PM-Coloring</b> <small>Autumn Begins</small>	<b>22</b> <b>10:30AM-Exercise</b> <b>1:30PM-Movie "Westside Story"</b>	<b>23</b> <b>10:30AM-Exercise</b>
<b>11:00AM-Mass</b> <b>1:30PM-Movie "Hotel Rwanda"</b> <small>Yom Kippur Begins</small>	<b>24</b> <b>10:30AM-Exercise</b> <b>1:30PM-Move with Melissa</b> <b>1:45PM-Manicures</b> <b>3:00PM-Social Hour</b>	<b>25</b> <b>10:30AM-Exercise</b> <b>1:30PM-Scrabble</b> <b>3:30PM-Walking Club</b>	<b>26</b> <b>10:30AM-Exercise</b> <b>1:30PM-Sequence</b> <b>2:30PM-Bridge</b>	<b>27</b> <b>10:30AM-Exercise</b> <b>1:00PM-Manicures</b> <b>3:00PM-Bingo</b> <b>4:00PM-Coffe Bar</b>	<b>28</b> <b>10:30AM-Exercise</b> <b>1:30PM-Mouse N' Cheese Toss</b> <b>2:00PM-Coffee Bar</b> <b>3:00PM-Uno</b> <small>Sukkot Begins</small>	<b>29</b> <b>10:30AM-Exercise</b> <b>1:30PM-Movie "A Walk to Remember"</b>	<b>30</b> <b>10:30AM-Exercise</b>