

September 2023

5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	** = sign up in book				1 Errand Day ** Tai Chi-10a Bridge 1:00	2 Rummikub- 1:00p Dinner Meal-5pm Movie Matinee- 6:30p
3 Sunday Brunch- 12p Movie Matinee- 2:30p Genie Holmes B-day!	4 Dierbergs/ Walgreens Shopping Trip- 9a ** Knitting Club- 11a Rosary 3p	5 Body Align- 9:30a Rummikub- 1:00 Bingo -7p	6 Doctor Visits - 9a ** Bible Study- 11a Activity Council-12 Exercise w/ Barb 1p	7 Target/ Walgreens Shopping Trip- 9a ** Yoga-11 Dominos 1p	8 Current Events 9:00 Tai Chi-10a **Outing- MO Botanical Gardens/Lunch 11 a Bridge 1:00	9 Rummikub- 1:00p Dinner -5p Movie Matinee- 6:30p
10 Sunday Brunch- 12p Movie Matinee- 2:30p	11 Schnucks/ Walgreens Shopping Trip- 9a ** Knitting Club- 11a Bridge 1P Final Arrangements Talk 3p Rosary 3p	12 Body Align- 9:30a Rummikub- 1:00 Scrabble 11a Bingo -7p	13 Doctor Visits - 9a ** Bible Study- 11a Exercise w/ Barb 1p Massage Appts. – 3p	14 Walmart/ Walgreens Shopping Trip- 9a ** Yoga - 11 Dominos 1p	15 Errand Day ** Tai Chi-10a Bridge 1:00 Artful Expressions 2p	16 Rummikub- 1:00p Dinner -5p Movie Matinee- 6:30p
17 Sunday Brunch- 12p Movie Matinee- 2:30 Mike Capasso B-day!	18 Dierbergs/ Walgreens Shopping Trip- 9a ** Knitting Club- 11a Book Club 1p Rosary 3p	19 Body Align- 9:30a Rummikub- 1:00 Bingo -7p Betty Wendt B-day!	20 Doctor Visits - 9a ** Bible Study- 11a Exercise w/ Barb 1p Dining Council 2p	21 Target/ Walgreens Shopping Trip- 9a ** Yoga -11 Elder Law Attorney Talk 3p Dominos 1p	22 Current Events– 9a Tai Chi-10a **Outing- Lincoln Museum, Spfd, IL Bridge 1:00	23 Rummikub- 1:00p Dinner -5p Movie Matinee- 6:30p
24 Sunday Brunch 12p Movie Matinee- 2:30p	25 Schnucks/ Walgreens Shopping Trip- 9a ** Knitting Club- 11a Rosary 3p	26 Body Align- 9:30a Rummikub- 1:00 Bingo -7p	27 Doctor Visits - 9a ** Bible Study- 11a Exercise w/ Barb 1p	28 Walmart/ Walgreens Shopping Trip- 9a ** Yoga - 11 Dominos 1p	29 Errand Day ** Tai Chi-10a Bridge 1:00 Artful Expressions 2p	30 Rummikub- 1:00p Dinner -5p Movie Matinee- 6:30p

Birthdays:	Residents:	Genie Holmes	9/3
		Mike Capasso	9/17
		Betty Wendt	9/19
	Staff:	Denise Bradley	9/14
		Sue Hilgert	9.16
		Asia Jones	9.28

Drink lots of fluids in the hot weather.
Stay inside during the hottest hours of 10am – 6 pm.
Keep shades closed to keep your apartment cooler.
Keep your front door closed to keep your cool air in your apartment.

LOVE
RESPECT
PATIENCE

Outings: Sign up in book

[Chair Massage appointments on Wednesday, September 13, starting at 3pm. Sign up in Activity Bool.](#)

Movies on Saturdays at 6:30 pm and Sundays at 2:30 pm.

Please remember to break down boxes prior to placement in the recycle bins/dumpster. That allows for space for all of our recycling materials. Aluminum, metal, paper, glass and cardboard can all be recycled.
Styrofoam, plastic bags and other plastic packing materials are not recyclable, and should be placed in the trash.

Breakfast served from 7:00 – 9:30 am in the dining room

Dinner Service starts at 5:00 pm