

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <ul style="list-style-type: none"> 10:15 Communion w/ OLM 10:30 Snack & Brain Games 11:00 Get up & Move 1:30 Afternoon Stretch 2:00 Worship Service w/ Com. Color Artistry/Puzzles 3:15 Balloon Bash Reminisce 4:00 Hymnal Sing Along 	<p>LABOR DAY 2</p> <ul style="list-style-type: none"> 10:00 Wake up & Zumba 11:00 Virtual Travel: Japan 1:45 Bean Bag Toss 2:30 Munchies and Live Music w/ Bob Trembley 3:15 Afternoon Exercise 3:45 Meditation & Reflection 	<p>3</p> <ul style="list-style-type: none"> 10:00 Wake-up & Workout 11:15 Courtyard Games Fill in the Blank 1:30 Ride and Reminisce Nail Care 2:00 Trivia...Did you Know 3:15 Music Sing Along 3:45 Afternoon Stretch Audio Book Club 	<p>4</p> <ul style="list-style-type: none"> 10:00 Wake up & Zumba 11:15 Courtyard Darts Table Games 1:45 Balloon Volley Crafting Circle 3:15 Seated Yoga Nail Care & Reminisce 3:45 Who Sings It? 	<p>5</p> <ul style="list-style-type: none"> 10:00 Wake-up & Workout 11:15 Word Chains 1:30 Giant Kerplunk Kitchen Creations 2:00 Name that Tune 3:15 Afternoon Stretch Puzzles 3:45 Mindful Meditation 	<p>6</p> <ul style="list-style-type: none"> 10:00 AM Exercise 10:45 Scenic Ride 11:15 Guess the Word 1:30 Ring Toss Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line 	<p>7</p> <ul style="list-style-type: none"> 10:00 Wake-up & Workout 11:15 Courtyard Bowling Comedy & Laughter 1:30 Football Toss Music & Relaxation 2:00 Brain Games 3:15 Afternoon Stretch Rosary 3:45 Music & Meditation 	
<p>8</p> <ul style="list-style-type: none"> 10:15 Communion w/ OLM 10:30 Snack & Brain Games 11:00 Get up & Move Nail Care & Tunes 1:30 Afternoon Stretch Sunday Ride 2:00 Musical Giant Kick Ball 3:15 Virtual Church Service Reminisce 4:00 Hymnal Sing-Along 	<p>Assisted Living Wk. Begins 9</p> <ul style="list-style-type: none"> 10:00 Wake up & Zumba 11:15 Bean Bag Toss Helping Hands 1:45 Floor Bulls-eye Color Artistry/Puzzles 2:30 Munchies and Live Music w/ Brad Logan 3:15 Afternoon Exercise Life Stories 3:45 Meditation & Reflection 	<p>NAUTICAL DAY 10</p> <ul style="list-style-type: none"> 10:00 Wake-up & Workout 11:15 Water Balloon Toss Fill in the Blank 1:30 Ride and Reminisce Nail Care 2:00 Trivia...Did you Know 2:30 Slushies and Munchies 3:15 Music Sing Along 3:45 Afternoon Stretch Audio Book Club 	<p>11</p> <ul style="list-style-type: none"> 10:00 Wake up & Zumba 11:15 Courtyard Darts Table Games 1:45 Beach Ball Volley Crafting Circle: Shell Frames 3:15 Seated Yoga Nail Care & Reminisce 3:45 Beach Boy Sing Along 	<p>12</p> <ul style="list-style-type: none"> 10:00 Wake-up & Workout 11:15 Word Chains 1:30 Giant Kerplunk Kitchen Creations: Cookies 2:00 Name that Tune 3:15 Afternoon Stretch Puzzles 3:45 Mindful Meditation 	<p>DR. GOLDEN PODIETRY 13</p> <ul style="list-style-type: none"> 10:00 AM Exercise 11:15 Guess the Word: Ocean 1:30 Scenic Ride Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line 	<p>14</p> <ul style="list-style-type: none"> 10:00 Wake-up & Workout 11:15 Courtyard Bowling Comedy & Laughter 1:30 Football Toss Music & Relaxation 2:00 Brain Games 3:15 Afternoon Stretch Rosary 3:45 Music & Meditation 	
<p>15</p> <ul style="list-style-type: none"> 10:15 Communion w/ OLM 10:30 Snack & Brain Games 11:00 Get up & Move Nail Care & Tunes 1:30 Afternoon Stretch Sunday Ride 2:00 Musical Giant Kick Ball 3:15 Virtual Church Service Reminisce 4:00 Hymnal Sing-Along 	<p>16</p> <ul style="list-style-type: none"> 10:00 Wake up & Zumba 11:15 Bean Bag Toss Helping Hands 1:45 Floor Bulls-eye Color Artistry/Puzzles 3:15 Afternoon Exercise Life Stories 3:45 Meditation & Reflection 	<p>17</p> <ul style="list-style-type: none"> 10:00 Wake-up & Workout 11:15 Courtyard Games Fill in the Blank 1:30 Reminisce Nail Care 2:00 Chaplain Chat 3:15 Music Sing Along 3:45 Afternoon Stretch Audio Book Club 	<p>18</p> <ul style="list-style-type: none"> 10:00 Wake up & Zumba 11:15 Courtyard Darts Table Games 1:45 Balloon Volley Crafting Circle 3:15 Seated Yoga Nail Care & Reminisce 3:45 Who Sings It? 	<p>19</p> <ul style="list-style-type: none"> 10:00 Wake-up & Workout 11:15 Word Chains 1:30 Giant Kerplunk Kitchen Creations 2:00 Name that Tune 3:15 Afternoon Stretch Puzzles 3:45 Mindful Meditation 	<p>20</p> <ul style="list-style-type: none"> 10:00 AM Exercise 10:45 Scenic Ride 11:15 Guess the Word 1:30 Ring Toss Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line 	<p>21</p> <ul style="list-style-type: none"> 10:00 Wake-up & Workout 11:15 Bowling Comedy & Laughter 1:30 Football Toss Music & Relaxation 2:00 Brain Games 3:15 Afternoon Stretch Rosary 3:45 Music & Meditation 	
<p>22</p> <ul style="list-style-type: none"> 10:15 Communion w/ OLM 10:30 Snack & Brain Games 11:00 Get up & Move Nail Care & Tunes 1:30 Afternoon Stretch Sunday Ride 2:00 Musical Giant Kick Ball 3:15 Virtual Church Service Reminisce 4:00 Hymnal Sing-Along 	<p>23</p> <ul style="list-style-type: none"> 10:00 Wake up & Zumba 11:15 Bean Bag Toss Helping Hands 1:45 Floor Bulls-eye Color Artistry/Puzzles 3:15 Afternoon Exercise Life Stories 3:45 Meditation & Reflection 	<p>24</p> <ul style="list-style-type: none"> 10:00 Wake-up & Workout 11:15 Courtyard Games Fill in the Blank 1:30 Ride and Reminisce Nail Care 2:00 Trivia...Did you Know 3:15 Music Sing Along 3:45 Afternoon Stretch Audio Book Club 	<p>25</p> <ul style="list-style-type: none"> 10:00 Wake up & Zumba 11:15 Courtyard Darts Table Games 1:30 Tap'n Time w/ Belle Crafting Circle 2:30 Sundae Cart 3:15 Seated Yoga Nail Care & Reminisce 3:45 Who Sings It? 	<p>26</p> <ul style="list-style-type: none"> 10:00 Wake-up & Workout 11:15 Word Chains 1:30 Giant Kerplunk Kitchen Creations 2:00 Name that Tune 3:15 Afternoon Stretch Puzzles 3:45 Mindful Meditation 	<p>27</p> <ul style="list-style-type: none"> 10:00 AM Exercise 10:45 Scenic Ride 11:15 Guess the Word 1:30 Ring Toss Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line 	<p>28</p> <ul style="list-style-type: none"> 10:00 Wake-up & Workout 11:15 Courtyard Bowling Comedy & Laughter 1:30 Football Toss Music & Relaxation 2:00 Brain Games 3:15 Afternoon Stretch Rosary 3:45 Music & Meditation 	
<p>29</p> <ul style="list-style-type: none"> 10:15 Communion w/ OLM 10:30 Snack & Brain Games 11:00 Get up & Move Nail Care & Tunes 1:30 Afternoon Stretch Sunday Ride 2:00 Musical Giant Kick Ball 3:15 Virtual Church Service Reminisce 4:00 Hymnal Sing-Along 	<p>30</p> <ul style="list-style-type: none"> 10:00 Wake up & Zumba 11:00 Live Music w/ Mike C. Helping Hands 1:45 Floor Bulls-eye Color Artistry/Puzzles 3:15 Afternoon Exercise Life Stories 3:45 Meditation & Reflection 	<p>September</p> <p>GRANDVIEW GARDENS 2024</p>				<p>ASPECTS OF LIVING</p> <ul style="list-style-type: none"> Cognitive Musical Life Experiences Reminisce Health & Fitness Inspirational/Emotional Social 	<p>DAILY PROGRAMS</p> <p>Unless otherwise noted</p> <ul style="list-style-type: none"> 9:15 Positive Current Events 10:30 AM Snack 11:00 Feeding of the Fish/ Garden Group 1:00 Daily Chronicles 2:30 Snack & Social 5:15 Mindful Unwind 5:45 Movie/Classic Series

Subject to change: Daily Schedules Made Available & Displayed in Community

All outings are weather permitting

MEAL TIMES: 12:00-1:00p; 4:30-5:30p