



# September 2019

## Governor King

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b> 10:00 Words of Hope, Hymns &amp; Sermons 11:00 Exercise and Hydration 1:00 American Masters-Ted Williams (Netflix) 3:30 Old time Shows 6:00 IN2L Pastimes 7:00 Relaxation and Music</p>	<p><b>2 Labor Day</b> 10:00 Coffee and Chat 10:30 Exercise and Hydration 11:00 Travel Video 1:30 Movie Matinee- As Good as it gets (Netflix) 4:30 Bob Ross (IN2L) 6:30 Old time shows 7:00 Relaxation and Music</p>	<p><b>3</b> 10:00 Coffee and Chat 10:30 Walking group 11:00 Travel Video 1:30 <a href="#">Reading with Bill</a> 📖 2:00 Outside games 3:15 <a href="#">Jose Duddy</a> 🎵 5:30 Movie Night 7:00 Relaxation and Music</p>	<p><b>4 National Wildlife Day</b> 10:00 <a href="#">Chair Yoga with Celia</a> 11:00 Travel Video 1:30 Sunny Day Stroll 2:30 Bingo 3:30 Movie-Chasing Coral (Netflix) 5:30 IN2L Pastimes (IN2L) 7:00 Relaxation and Music</p>	<p><b>5</b> 10:00 Coffee and Chat 10:30 Walking group 11:00 Travel Video 1:45 Scenic Ride 3:30 What was there? (IN2L) 4:30 Bob Ross (IN2L) 6:00 Old Time Shows 7:00 Relaxation and Music</p>	<p><b>6</b> 10:00 Coffee and Chat 10:30 Walking group 11:00 Travel Video 1:30 Outside Games 2:00 Ice Cream Social 3:30 IN2L Fun 5:30 Old Time Movie 7:00 Relaxation and Music</p>	<p><b>7</b> 10:00 Coffee and Chat 10:30 Exercise and Hydration 11:00 Travel Video 2:00 <a href="#">Red Gallagher</a> 🎵 4:30 Stretch your Muscles 6:30 Old time shows 7:00 Relaxation and Music</p>
<p><b>8 National Assisted living week! Happy Birthday Richard!</b> 10:00 Words of Hope 11:00 Exercise and Hydration 2:00 Movie Matinee- Carter High (Netflix) 4:30 Stretch your Muscles 6:30 Old time shows 7:00 Relaxation and Music</p>	<p><b>9</b> 10:00 Coffee and Chat 10:30 <a href="#">Drumming with Shirsten</a> 🎵 11:00 Travel Video 1:00 <a href="#">Rocking painting!</a> 1:45 Scenic Ride 3:30 Old Time Shows 5:30 IN2L Pastimes 7:00 Relaxation and Music</p>	<p><b>10</b> 10:00 <a href="#">Art on the move</a> 10:30 Coffee and Chat 11:00 Travel Video 1:30 <a href="#">Reading with Bill</a> 📖 2:30 Corn hole game! 3:30 Old time Show 5:30 IN2L Pastimes 7:00 Relaxation and Music</p>	<p><b>11</b> 10:00 <a href="#">Chair Yoga with Celia</a> 11:00 Travel Video 1:30 <a href="#">Breaking the mold</a> 2:30 Outside games 3:00 <a href="#">Music with Dale</a> 🎵 4:00 Old time shows 5:30 Movie Night 7:00 Relaxation and Music</p>	<p><b>12 Chocolate Milk Shake day!</b> 10:00 Coffee and Chat 10:30 Walking group 11:00 <a href="#">Canvas Creations</a> 1:00 Outside games 1:45 Scenic Ride 3:00 Home Cores 5:30 Movie Night 7:00 Relaxation and Music</p>	<p><b>13</b> 10:00 Coffee and Chat 10:30 Walking group 11:00 Travel Video 1:30 Outside Games 2:00 Ice Cream Social 3:30 IN2L Fun 5:30 Old Time Shows 7:00 Relaxation and Music</p>	<p><b>14 National Coloring Day</b> 10:00 Coffee and Chat 10:30 Exercise and Hydration 11:00 Travel Video 2:00 Bob Ross- beauty is everywhere (Netflix) 4:30 Stretch your Muscles 6:30 Old time shows 7:00 Relaxation and Music</p>
<p><b>15</b> 10:00 Words of Hope 11:00 Exercise and Hydration 1:30 Movie Matinee- Yellow Sky (Youtube) 3:30 Travel Video 6:00 IN2L Pastimes 7:00 Relaxation and Music</p>	<p><b>16</b> 10:00 Coffee and Chat 10:30 Walking group 11:00 Travel Video 1:00 IN2L game shows 1:45 Scenic Ride 3:30 Old Time Movie 5:30 IN2L Pastimes 7:00 Relaxation and Music</p>	<p><b>17</b> 10:00 Coffee and Chat 10:30 Walking group 11:00 Travel Video 1:30 <a href="#">Reading with Bill</a> 📖 2:30 Crafts with Heather 3:30 Corn hole game! 5:30 Old time Shows 7:00 Relaxation and Music</p>	<p><b>18</b> <b>10:00 Chair Yoga with Celia</b> 11:00 Travel Video 1:30 Sunny Day Stroll 2:30 Nail Salon 3:30 What was there? (IN2L) 4:30 IN2L Pastimes (IN2L) 6:00 Night time TV 7:00 Relaxation and Music</p>	<p><b>19</b> 10:00 Coffee and Chat 10:30 Walking group 11:00 Travel Video 1:00 Bubbles! 1:45 Scenic Ride 3:30 Old Time Shows 6:00 Night Time TV 7:00 Relaxation and Music</p>	<p><b>20</b> 10:00 Coffee and Chat 10:30 Walking group 11:00 Travel Video 1:30 Outside Games 2:00 Ice Cream Social 3:30 IN2L Fun 5:30 Old Time Movie 7:00 Relaxation and Music</p>	<p><b>21 International Day Of Peace</b> 10:00 Coffee and Chat 10:30 Exercise and Hydration 11:00 Travel Video 2:00 Movie Matinee- People will talk (Youtube) 4:30 Stretch your Muscles 6:30 Old time shows 7:00 Relaxation and Music</p>
<p><b>22</b> 10:00 Words of Hope 11:00 Exercise and Hydration 1:30 Movie Matinee- People Will Talk (Youtube) 3:30 Travel Video 6:00 IN2L Pastimes 7:00 Relaxation and Music</p>	<p><b>23</b> 10:00 Coffee and Chat 10:30 Walking group 11:00 Travel Video 1:00 Outside games 1:45 Scenic Ride 3:30 Bob Ross (IN2L) 5:30 Old Time Shows 7:00 Relaxation and Music</p>	<p><b>24</b> 10:00 Coffee and Chat 10:30 Walking group 11:00 Travel Video 1:30 <a href="#">Reading with Bill</a> 📖 2:00 Outside games 3:15 <a href="#">Dave Stone</a> 🎵 5:30 Movie Night 7:00 Relaxation and Music</p>	<p><b>25 National Cooking Day</b> <b>10:00 Chair Yoga with Celia</b> 11:00 Travel Video 1:30 Sunny Day Stroll 2:30 Cooking with Heather 3:00 Movie Matinee- Julie &amp; Julia (Netflix) 6:00 Night time TV 7:00 Relaxation and Music</p>	<p><b>26</b> 10:00 Coffee and Chat 10:30 Walking group <b>11:15 Ann Sparling</b> 🎵 1:00 out side games 1:45 Scenic Ride 3:30 Old time Movies 6:00 Night Time TV 7:00 Relaxation and Music</p>	<p><b>27</b> 10:00 Coffee and Chat 10:30 Walking group 11:00 Travel Video 1:30 Outside Games 2:00 Ice Cream Social 3:30 IN2L Fun 5:30 Old Time Shows 7:00 Relaxation and Music</p>	<p><b>28</b> 10:00 Coffee and Chat 10:30 Exercise and Hydration 11:00 Travel Video 2:00 Movie Matinee- Fanny's Journey (Netflix) 4:30 Stretch your Muscles 6:30 Old time shows 7:00 Relaxation and Music</p>
<p><b>29 National Coffee Day!</b> 10:00 Words of Hope, Hymns &amp; Sermons 11:00 Sunny day stroll 1:00 Coffee Mug Craft 2:30 IN2L fun 5:30 Movie Night 7:00 Relaxation and Music</p>	<p><b>30</b> 10:00 Coffee and Chat 10:30 Walking group 11:00 Travel Video 1:45 Scenic Ride 3:30 Old time Shows 6:00 IN2L Pastimes 7:00 Relaxation and Music</p>					 <p><b>THE HIGHLANDS</b> A GRACE MGMT COMMUNITY</p>