

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

"Life starts all over again when it gets crisp in the fall".

F. Scott Fitzgerald

10:00am Stretch and Tone – Bldg. 4 Activity Room
2:30pm Corona Virus Meeting with Carla – AL Dining Room
3:00pm Sing Along & Ice Cream Social AL Living Room
6:00pm The Best of the Dean Martin Variety Show – Bldg. 4 Activity Room

10:00am Stretch and Tone – Bldg. 4 Activity Room
1:30pm AL Town Hall – AL Dining Room
3:00pm Bingo – AL Dining Room

9:15am Coffee & Conversation – AL Living Room
10:00am Stretch and Tone – Bldg. 4 Activity Room
1:30pm Color Art Therapy – Bldg. 4 Activity Room
2:30pm Corona Virus Meeting with Carla – AL Dining Room
3:00pm Who Am I Guessing Game (Famous People) - AL Living Room

10:00am Stretch and Tone – Bldg. 4 Activity Room
1:00pm Farkel – Bldg. 4 Activity Room
2:30pm Show & Share and Happy Hour AL Living Room
6:00pm Movie Night! – Bldg. 4 Activity Room

10:00am Sit and Be Fit (video) – Bldg. 4 Activity Room
1:00pm Bingo – AL Dining Room
2:30pm Stride & Stroll Walk – Bldg. 4 Hallways
3:00pm The Lucy Show – Bldg. 4 Activity Room
4:00pm Puzzle Time – Bldg. 4 Activity Room

National Punch Day 6
1:30pm Punch Served – TBA
2:00pm Color Art Therapy – Bldg. 4 Activity Room
2:00pm Rummicube – AL Living Room

Labor Day 7
10:00am Stretch and Tone with Kitt – Bldg. 4 Activity Room
2:00pm Planet Earth (video series) – Bldg. 4 Activity Room
3:00pm Farkel – Bldg. 4 Activity Room
3:30pm Puzzle Time – Bldg. 4 Activity Room

10:00am Stretch and Tone – Bldg. 4 Activity Room
2:30pm Corona Virus Meeting with Carla – AL Dining Room
3:00pm What's My Line? – AL Living Room
6:00pm The Best of the Dean Martin Variety Show – Bldg. 4 Activity Room

10:00am Stretch and Tone – Bldg. 4 Activity Room
1:30pm Events That Shifted History & Lively Discussion – AL Living Room
3:00pm Bingo – AL Dining Room

9:15am Coffee & Conversation – AL Living Room
10:00am Stretch and Tone – Bldg. 4 Activity Room
1:30pm Color Art Therapy – Bldg. 4 Activity Room
2:30pm Corona Virus Meeting with Carla – AL Dining Room
3:15pm Health Talk with Marianne Ryberg: (Topic: Fall Prevention) – AL Dining Room

10:00am Stretch and Tone – Bldg. 4 Activity Room
1:00pm Farkel – Bldg. 4 Activity Room
2:30pm Team Trivia and Happy Hour – AL Living Room
6:00pm Movie Night! – Bldg. 4 Activity Room

10:00am Sit and Be Fit (video) – Bldg. 4 Activity Room
1:00pm Bingo – AL Dining Room
2:30pm Stride & Stroll Walk – Bldg. 4 Hallways
3:00pm The Lucy Show – Bldg. 4 Activity Room
4:00pm Puzzle Time – Bldg. 4 Activity Room

Labor Day

Happy Grandparent's Day! 13
2:00pm Reminiscing About Grandchildren – AL Living Room
2:00pm Rummicube – AL Living Room

10:00am Stretch and Tone with Kitt – Bldg. 4 Activity Room
11:15am Potting Plants & Flowers – AL Dining Room
2:00pm Planet Earth (video series) – Bldg. 4 Activity Room
3:00pm Farkel – Bldg. 4 Activity Room
3:30pm Puzzle Time – Bldg. 4 Activity Room

National Chocolate Milkshake Day 15
10:00am Stretch and Tone with Aromatherapy – Bldg. 4 Activity Room
2:30pm Corona Virus Meeting with Carla – AL Dining Room
3:00pm Pictionary & Milkshakes Served AL Living Room
6:00pm The Best of the Dean Martin Variety Show – Bldg. 4 Activity Room

Mexican Independence Day 16
10:00am Stretch and Tone – Bldg. 4 Activity Room
11-1:00pm Pets visits with Copper & Coal – Bldg. 4
1:30pm Reminiscing: Pets You've Had Throughout Your Life – AL Living Room
3:00pm Bingo – AL Dining Room

9:15am Coffee & Conversation – AL Living Room
10:00am Stretch and Tone – Bldg. 4 Activity Room
1:30pm Photo Fun: Holding Signs with Words of Wisdom for School Kids - AL Lobby
2:30pm Corona Virus Meeting with Carla – AL Dining Room
3:00pm Who Am I Guessing Game (Famous People) - AL Living Room

10:00am Stretch and Tone – Bldg. 4 Activity Room
11-4:00pm Thank You Cards for Healthcare Professionals – AL Lobby
1:00pm Farkel – Bldg. 4 Activity Room
2:30pm Show & Share and Happy Hour AL Living Room
6:00pm Movie Night! – Bldg. 4 Activity Room

10:00am Sit and Be Fit (video) – Bldg. 4 Activity Room
12:00pm Making Signs: "What I Love About the Community I Live in" – AL Lobby
1:00pm Bingo – AL Dining Room
2:30pm Stride & Stroll Walk – Bldg. 4 Hallways
4:00pm Puzzle Time – Bldg. 4 Activity Room

National Assisted Living Week "Caring Is Essential" 13th -19th

How we care for the environment

How we care for ourselves

How we care for our furry friends/pets

How we care for our schools

How we care for our community

How we care for our home
Oktoberfest Begins

2:00pm Color Art Therapy – Bldg. 4 Activity Room
2:00pm Rummicube – AL Living Room

10:00am Stretch and Tone with Kitt – Bldg. 4 Activity Room
2:00pm Planet Earth (video series) – Bldg. 4 Activity Room
3:00pm Farkel – Bldg. 4 Activity Room
3:30pm Puzzle Time – Bldg. 4 Activity Room

First day of Fall! 22
10:00am Stretch and Tone – Bldg. 4 Activity Room
2:30pm Corona Virus Meeting with Carla – AL Dining Room
3:00pm Sing Along & Cookies – AL Living Room
6:00pm The Best of the Dean Martin Variety Show – Bldg. 4 Activity Room

10:00am Stretch and Tone – Bldg. 4 Activity Room
1:30pm Laugh Is the Best Medicine - AL Living Room
3:00pm Bingo – AL Dining Room

9:15am Coffee & Conversation – AL Living Room
10:00am Stretch and Tone – Bldg. 4 Activity Room
1:30pm Color Art Therapy – Bldg. 4 Activity Room
2:30pm Corona Virus Meeting with Carla – AL Dining Room
3:15pm Health Talk with Marianne Ryberg: (Topic: Fall Prevention) – AL Dining Room

10:00am Stretch and Tone – Bldg. 4 Activity Room
1:00pm Farkel – Bldg. 4 Activity Room
2:30pm Team Trivia and Happy Hour – AL Living Room
6:00pm Movie Night! – Bldg. 4 Activity Room

10:00am Sit and Be Fit (video) – Bldg. 4 Activity Room
1:00pm Bingo – AL Dining Room
2:30pm Stride & Stroll Walk – Bldg. 4 Hallways
3:00pm The Lucy Show – Bldg. 4 Activity Room
4:00pm Puzzle Time – Bldg. 4 Activity Room

Autumn Begins

2:00pm Color Art Therapy – Bldg. 4 Activity Room
2:00pm Rummicube – AL Living Room

10:00am Stretch and Tone with Kitt – Bldg. 4 Activity Room
2:00pm Planet Earth (video series) – Bldg. 4 Activity Room
3:00pm Farkel – Bldg. 4 Activity Room
3:30pm Puzzle Time – Bldg. 4 Activity Room

10:00am Stretch and Tone – Bldg. 4 Activity Room
2:30pm Corona Virus Meeting with Carla – AL Dining Room
3:00pm You Be the Judge Court Cases AL Living Room
6:00pm The Best of the Dean Martin Variety Show – Bldg. 4 Activity Room

10:00am Stretch and Tone – Bldg. 4 Activity Room
1:30pm Monthly Birthday Cupcakes Delivered (to all residents with September birthdays) – Bldg. 4
3:00pm Bingo – AL Dining Room

September 2020

Assisted Living at The Country Club of La Cholla

Yom Kippur Begins