September 202 Heritage Oaks Senio	0 or Living 804-323-380 Monday	0 Tuesday	Wednesday	Thursday	Friday	created Sagely Saturday
Location Keys Activity Room AR Atruim A Cafe C Chapel CH Library L Theater Room TR	CognitiveCreativeEmotional	10:00 Independent Walking 10:30 Coffee Chat [C] 10:45 WII Bowling [AR] 1:30 5 cent Bingo [AR] 3:00 Scavenger Hunt [A]	, , , , , , , , , , , , , , , , , , , 	•	•	10:30 W Worship Service [CH] 1:30 Movie [TR] 3:00 Craft Bags [A]
1:00	10:00 → Independent Walking 10:30 🏖 Coffee Chat [C]	10:00 → Independent Walking 10:30 ➢ Coffee Chat [C] 10:45 → WII Bowling [AR] 1:30 ❷ Pokeno [AR] 3:00 ❷ Hangman [A]	10:00 ← Chair Yoga [A] 10:30 ← Coffee Chat 10:45 ← WII Bowling [AR] 1:30 ← Bocce Ball 2:30 ★ Devotions [CH] 3:30 ♣ Wine Wednesday [A]	10:00 ↔ Walking Group 10:30 ♣ Coffee Chat [C] 10:45 ↔ WII Bowling [AR] 1:00 ❤ Therapeutic Art [AR] 3:00 ↔ Bowling [A]	- → Moving to the Beat [A] 10:30 Coffee Chat [C] 10:45 → WII Bowling [AR] 1:30 Family Feud [A] 3:00 Health Talk	10:30 W Worship Service [CH] 1:30 Movie [TR] 3:00 Easy Listening [A]
National Grandparents Day 1:00	10:30 See Coffee Chat [C]	10:00 Walking Group 10:30 Coffee Chat [C] 10:45 WII Bowling [AR] 1:00 Yoga [AR] 3:00 Stroll Down Memory Lane Presentation and Discussion [A]	10:00 ♣ Coffee Chat [A] 10:00 ♣ Sit and Be fit 10:45 ♣ WII Bowling [AR] 1:00 ♣ Helping Hands: Prepare Dog treats for Local Shelter [AR] 2:30 ★ Devotions [CH] 3:30 ♣ Wine Wednesday [A]	10:00 → Independent Walking 10:30 ♣ Coffee Chat [C] 10:45 → WII Bowling [AR] 1:00 → Arts and Crafts [AR] 3:00 → Corn Hole [A]	10:00 → Moving to the Beat 10:30 Coffee Chat [C] 10:45 → WII Bowling [AR] 1:30 ★ Deliver Food Items to food banks 3:00 Happy Hour [A]	10:30 W Worship Service [CH] 1:30 Movie [TR] 3:00 Easy Listening [A]
1:00	10:30 ♣ Coffee Chat [C] 10:45 ↔ WII Bowling [AR]	10:00 → Independent Walking [A] 10:30 ➢ Coffee Chat [C] 10:45 → WII Bowling [AR] 1:30 → Bocce Ball [A] 3:00 ❤ Pokeno [AR]	10:00 → Sit and Be fit 10:30 Coffee Chat [C] 10:45 → WII Bowling [AR] 1:30 Fall Fashion Meeting [AR] 2:30 Devotions [CH] 3:30 Wine Wednesday [A]	10:00 ↔ Walking Group 10:30 ♣ Coffee Chat [C] 10:45 ↔ WII Bowling [AR] 1:00 ★ Blood Pressure Clinic 3:00 ♥ Therapeutic Art [AR]	10:00 → Moving to the Beat 10:30 ♣ Coffee Chat [C] 1:30 ★ Activity Store Shopping [AR] 3:00 ♣ Happy Hour [A] 10:45 ♣ Wii Bowling [AR]	10:30 W Worship Service [CH] 1:30 Movie [TR] 3:00 Craft Bags [A]
1:00	[C] 10:45 ↔ WII Bowling [AR]	10:00 Walking Group [A] 10:30 Coffee Chat [C] 10:45 WII Bowling [AR] 1:30 Art Show 3:00 Hangman [A]	10:00 → Sit and Be fit 10:30 Coffee Chat [A] 10:45 → WII Bowling [AR] 1:30 → Bowling [A] 2:30 Devotions [CH] 3:30 Wine Wednesday [A]	National Assisted Living Week Sept.13th-19th "How We Care For Our Family"-13th "How We Care For the Environment"-14th	"How We Care For Ourselves"-15th "How We Care For Our Furry Friends"-16th "How We Care For Our Schools"-17th	"How We Care for Our Community"-18th "How We Care for Our Home"-19th