


# September 2020

## Northgate Park Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>NORTHGATE PARK</b> <small>A GRACE MGMT COMMUNITY</small>	<b>9191 Round Top Rd.</b> <b>Cincinnati, OH 45251</b> <b>513-923-3711</b>	9:00 → Sit and Get Fit Exercises [ACT] <b>1</b> 10:00 ✨ Rosary [CH] 12:30 Country Store Open 1:15 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 2:15 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 3:15 📖 Tea, Talk, and Trivia [ACT] 5:30 🎮 Wii Bowling [ACT]	9:00 → Sit and Get Fit Exercises [ACT] <b>2</b> 10:00 ✨ Rosary [CH] 1:00 → Chair Cardio Exercises [ACT] 1:45 🍷 Happy Hour: Residents in Halls 1&2 [ACT] 2:30 🍷 Happy Hour: Residents in Halls 3&4 [3/4] 3:15 🍷 Happy Hour: Residents in Halls 5&6 [5/6] 5:30 📖 Trivia to Go 6:00 🎬 Downton Abbey Series: Season 1, Episode 1&2 [1/2]	9:00 → Sit and Get Fit Exercises [ACT] <b>3</b> 10:00 ✨ Rosary [CH] 12:30 Country Store Open 1:00 → Exercise to Music [ACT] 1:30 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 2:30 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 6:00 🎬 Movie Night with Andrew [1/2]	9:00 → Sit and Get Fit Exercises [ACT] <b>4</b> 10:00 ✨ Rosary [CH] 1:30 🍷 Cocktail Demo: Residents in Halls 1&2 [ACT] 2:15 🍷 Cocktail Demo: Residents in Halls 3&4 [3/4] 3:00 🍷 Cocktail Demo: Residents in Halls 5&6 [5/6] 5:15 🍷 Bingo: 1st Meal Seating [5/6] 6:15 🍷 Bingo: 2nd Meal Seating [5/6]	10:00 ✨ Rosary [CH] <b>5</b> 1:30 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 2:30 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 3:45 → Walking Club with Kathy 6:00 🎬 Movie Night: The Odd Life of Timothy Green [1/2]
10:00 ✨ Rosary [CH] <b>6</b> 1:15 🍷 Residents in Halls 1 & 2: Brownie Sundae Ice Cream Social [ACT] 1:45 🍷 Residents in Halls 3 & 4: Brownie Sundae Social [3/4] 2:15 🍷 Residents in Hall 5 & 6: Brownie Sundae Social [5/6] 3:00 ✨ Catholic Mass- Live Stream [ACT] 3:30 Country Store Open 6:00 🎬 Downton Abbey: Season 1, Episode 3&4 [1/2]	<b>Labor Day</b> <b>7</b> 10:00 ✨ Rosary [CH] 1:30 🍷 Cocktail Demo: Residents in Halls 1&2 [ACT] 2:15 🍷 Cocktail Demo: Residents in Halls 3&4 [3/4] 3:00 🍷 Cocktail Demo: Residents in Halls 5&6 [5/6] 5:15 🍷 Bingo: 1st Meal Seating [5/6] 6:15 🍷 Bingo: 2nd Meal Seating [5/6]	9:00 → Sit and Get Fit Exercises [ACT] <b>8</b> 10:00 ✨ Rosary [CH] 12:30 Country Store Open 1:15 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 2:15 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 3:15 📖 Tea, Talk, and Trivia [ACT] 5:30 🎮 Wii Bowling [ACT]	9:00 → Sit and Get Fit Exercises [ACT] <b>9</b> 10:00 ✨ Rosary [CH] 1:00 → Chair Cardio Exercises [ACT] 1:45 🍷 Happy Hour: Residents in Halls 1&2 [ACT] 2:30 🍷 Happy Hour: Residents in Halls 3&4 [3/4] 3:15 🍷 Happy Hour: Residents in Halls 5&6 [5/6] 5:30 📖 Trivia to Go 6:00 🎬 Downton Abbey: Season 1, Episode 5&6 [1/2]	9:00 → Sit and Get Fit Exercises [ACT] <b>10</b> 10:00 ✨ Rosary [CH] 12:30 Country Store Open 1:00 → Exercise to Music [ACT] 1:30 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 1:45 🍷 Craft Club: Fall Sign [ACT] 2:30 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 2:45 🍷 Craft Club: Fall Sign [ACT] 6:00 🎬 Movie Night with Andrew [1/2]	9:00 → Sit and Get Fit Exercises [ACT] <b>11</b> 10:00 ✨ Rosary [CH] 1:30 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 2:30 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 5:30 📖 Brainteasers To Go 6:00 🎬 Downton Abbey: Season 1, Episode 7 (End of Season 1) [1/2]	10:00 ✨ Rosary [CH] <b>12</b> 1:30 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 2:30 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 3:45 → Walking Club with Katie 6:00 🎬 Movie Night: The Choice [1/2]
<b>National Assisted Living Week</b> <b>13</b> 10:00 ✨ Rosary [CH] 1:30 🍷 Grandparents Day Carnival Celebration (Residents Only) 3:00 ✨ Catholic Mass- Live Stream [ACT] 3:30 Country Store Open 6:00 🎬 Downton Abbey: Season 2, Episode 1&2 [1/2]	<b>14</b> 10:00 ✨ Rosary [CH] 11:00 🎨 Canvas Tote Decorating [ACT] 1:15 🌟 Arm Chair History: The Prohibition Part 5 [5/6] 1:30 🍷 Cocktail Demo: Residents in Halls 1&2 [ACT] 2:15 🍷 Cocktail Demo: Residents in Halls 3&4 [3/4] 2:45 🌟 Arm Chair History: The Prohibition 5 [1/2] 3:00 🍷 Cocktail Demo: Residents in Halls 5&6 [5/6] 5:15 🍷 Bingo: 1st Meal Seating [5/6] 6:15 🍷 Bingo: 2nd Meal Seating [5/6]	<b>15</b> 9:00 → Sit and Get Fit Exercises [ACT] 10:00 ✨ Rosary [CH] 12:30 Country Store Open 1:15 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 2:15 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 3:15 📖 Tea, Talk, and Trivia [ACT] 5:30 🎮 Wii Bowling [ACT]	<b>16</b> 9:00 → Sit and Get Fit Exercises [ACT] 10:00 ✨ Rosary [CH] 11:30 🌟 Sweet Treats for Pups: Make Dog Treats [ACT] 1:00 → Chair Cardio Exercises [ACT] 1:45 🍷 Happy Hour: Residents in Halls 1&2 [ACT] 2:30 🍷 Happy Hour: Residents in Halls 3&4 [3/4] 3:15 🍷 Happy Hour: Residents in Halls 5&6 [5/6] 5:30 📖 Trivia to Go 6:00 🎬 Downton Abbey: Season 2, Episode 3&4 [1/2]	<b>17</b> 9:00 → Sit and Get Fit Exercises [ACT] 10:00 ✨ Rosary [CH] 11:30 🌟 Craft: Lanyards for Schools [ACT] 12:30 Country Store Open 1:00 → Exercise to Music [ACT] 1:30 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 2:30 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 6:00 🎬 Movie Night with Andrew [1/2]	<b>18</b> <b>Carry In with Vickie: P&amp;S Family Diner</b> 9:00 → Sit and Get Fit Exercises [ACT] 10:00 ✨ Rosary [CH] 1:30 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 2:30 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 3:00 🍷 Cocktail Demo: Residents in Halls 5&6 [5/6] 5:30 📖 Brainteasers To Go 6:00 🎬 Downton Abbey: Season 2, Episode 5&6 [1/2]	<b>19</b> 10:00 ✨ Rosary [CH] 1:30 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 1:45 🎨 Craft: Welcome Home Door Sign [ACT] 2:30 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 2:45 🎨 Craft: Welcome Home Door Sign [ACT] 3:45 → Walking Club with Kathy 6:00 🎬 Movie Night: Beaches [1/2]
<b>20</b> 10:00 ✨ Rosary [CH] 1:15 Residents in Halls 1 & 2: Banana Split Sundae Social [ACT] 1:45 🍷 Residents in Halls 3 & 4: Banana Split Sundae Social [3/4] 2:15 🍷 Residents in Hall 5 & 6: Banana Split Sundae Social [5/6] 3:00 ✨ Catholic Mass- Live Stream [ACT] 3:30 Country Store Open 6:00 🎬 Downton Abbey: Season 2, Episode 7&8 (End of Season 2) [1/2]	<b>21</b> 10:00 ✨ Rosary [CH] 1:15 🌟 Arm Chair History: The Prohibition Part 6 [1/2] 1:30 🍷 Cocktail Demo: Residents in Halls 1&2 [ACT] 2:15 🍷 Cocktail Demo: Residents in Halls 3&4 [3/4] 2:45 🌟 Arm Chair History: The Prohibition Part 6 [1/2] 3:00 🍷 Cocktail Demo: Residents in Halls 5&6 [5/6] 5:15 🍷 Bingo: 1st Meal Seating [5/6] 6:15 🍷 Bingo: 2nd Meal Seating [5/6]	<b>22</b> 9:00 → Sit and Get Fit Exercises [ACT] 10:00 ✨ Rosary [CH] 12:30 Country Store Open 1:15 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 2:15 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 3:15 📖 Tea, Talk, and Trivia [ACT] 5:30 🎮 Wii Bowling [ACT]	<b>23</b> 9:00 → Sit and Get Fit Exercises [ACT] 10:00 ✨ Rosary [CH] 1:00 → Chair Cardio Exercises [ACT] 1:45 🍷 Happy Hour: Residents in Halls 1&2 [ACT] 2:30 🍷 Happy Hour: Residents in Halls 3&4 [3/4] 3:15 🍷 Happy Hour: Residents in Halls 5&6 [5/6] 5:30 📖 Trivia to Go 6:00 🎬 Downton Abbey: Season 3, Episode 1&2 [1/2]	<b>24</b> 9:00 → Sit and Get Fit Exercises [ACT] 10:00 ✨ Rosary [CH] 12:30 Country Store Open 1:00 → Exercise to Music [ACT] 1:30 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 1:45 🍷 DIY Dessert: Apple Crisp [ACT] 2:30 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 2:45 🍷 DIY Dessert: Apple Crisp [ACT] 6:00 🎬 Movie Night with Andrew [1/2]	<b>25</b> 9:00 → Sit and Get Fit Exercises [ACT] 10:00 ✨ Rosary [CH] 1:30 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 2:30 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 5:30 📖 Brainteasers To Go 6:00 🎬 Downton Abbey: Season 3, Episode 3&4 [1/2]	<b>26</b> 10:00 ✨ Rosary [CH] 1:30 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 2:30 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 3:45 → Walking Club with Katie 6:00 🎬 Movie Night: Miracles from Heaven [1/2]
<b>27</b> 10:00 ✨ Rosary [CH] 1:15 Residents in Halls 1 & 2: Butterscotch Sundae Social [ACT] 1:45 🍷 Residents in Halls 3 & 4: Butterscotch Sundae Social [3/4] 2:15 🍷 Residents in Hall 5 & 6: Butterscotch Sundae Social [5/6] 3:00 ✨ Catholic Mass- Live Stream [ACT] 3:30 Country Store Open 6:00 🎬 Downton Abbey: Season 3, Episode 5&6 [1/2]	<b>28</b> 10:00 ✨ Rosary [CH] 1:30 🍷 Cocktail Demo: Residents in Halls 1&2 [ACT] 2:15 🍷 Cocktail Demo: Residents in Halls 3&4 [3/4] 3:00 🍷 Cocktail Demo: Residents in Halls 5&6 [5/6] 5:15 🍷 Bingo: 1st Meal Seating [5/6] 6:15 🍷 Bingo: 2nd Meal Seating [5/6]	<b>29</b> 9:00 → Sit and Get Fit Exercises [ACT] 10:00 ✨ Rosary [CH] 12:30 Country Store Open 1:15 🍷 Bingo: Residents in Halls 1, 2, & 3 [5/6] 2:15 🍷 Bingo: Residents in Halls 4, 5, & 6 [5/6] 3:15 📖 Tea, Talk, and Trivia [ACT] 5:30 🎮 Wii Bowling [ACT]	<b>30</b> <b>Carry-In with Vicki: Red Squirrel</b> 9:00 → Sit and Get Fit Exercises [ACT] 10:00 ✨ Rosary [CH] 1:00 → Chair Cardio Exercises [ACT] 1:45 🍷 Happy Hour: Residents in Halls 1&2 [ACT] 2:30 🍷 Happy Hour: Residents in Halls 3&4 [3/4] 3:15 🍷 Happy Hour: Residents in Halls 5&6 [5/6] 5:30 📖 Trivia to Go 6:00 🎬 Downton Abbey: Season 3, Episode 7&8 (End of Season 3) [1/2]	<b>Cognitive</b> <b>Creative</b> <b>Physical</b> <b>Purposeful</b> <b>Sensory</b> <b>Social</b> <b>Spiritual</b>	<b>Location Keys</b> 1/200 1/2 3/400 3/4 5/600 5/6 Activity Room ACT Chapel CH	<b>27</b> <b>28</b> <b>29</b> <b>30</b>

"When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow."  
 — Shauna Niequist

### September Birthdays

- Mary V. September 4
- Jackie H. September 23
- Pat B. September 26

### NATIONAL ASSISTED LIVING WEEK

Sept. 13- 19  
 "Caring is Essential"

- Sunday, Sept. 13**  
National Grandparents Day
- Monday, Sept. 14**  
"How We Care for Our Environment"
- Tuesday, Sept. 15**  
"How We Care for Ourselves"
- Wednesday, Sept. 16**  
"How We Care for Our Pets"
- Thursday, Sept. 17**  
"How We Care for Our Schools"
- Friday, Sept. 18**  
"How We Care for Our Community"
- Saturday, Sept. 19**  
"How We Care for Our Home"

Please see insert for more information on how we're celebrating!