

Monday

Tuesday

Wednesday


Thursday

Friday

# September 2023

## Seasons Adult Day Health Services



	<p><b>4</b> C: Labor Day Trivia P: Arm Aerobics E: <b>Spirituality with Pastor Paul</b> or What's My Job? <i>LUNCH</i> E: Sharpen Your Senses or Labor Day Music P: Football Toss A: Music Through the Decades C: Tools of the Trade</p>	<p><b>5</b> C: School Days Trivia P: Can Weights C: Bible Study or Metaphors <i>LUNCH</i> C: An Orchard of Trivia or ABC Word Challenge P: Basketball A: Ramblin Rose Sing Along with Suzie Q C: Have You Ever?</p>	<p><b>6</b> O: Mini Apple Pies P: Upper Body Stretch C: Word Connections or Elvis Sing Along <i>LUNCH</i> A: <b>Music with Merry and Leo</b> P: Battle Buckets E: Discover America C: Name that Memory</p>	<p><b>7</b> A: Country Music Sing Along P: Core Exercise C: Create a Word or Pasta, Plant, Fast Car <i>LUNCH</i> C: Advice Columns or Clue Trivia P: Ladder Golf A: Musical Dice C: Kids Say the Darndest Things</p>
<p>C: Grandparents are a Hoot! P: Resistance Bands E: <b>Spirituality with Pastor Paul</b> or Mother Goose Quiz <i>LUNCH</i> A/C: <b>Paint Class w/ Merry &amp; Leo</b> or Word Teasers P: Horseshoes A: Name that TV Theme Song C: The Good Old Days</p>	<p><b>11</b> C: Random Trivia P: Can Weights C: Bingo or Finishing Lyrics <i>LUNCH</i> A: <b>Two Outlaws and a Good Guy</b> P: Disc Golf C: Six Words A: Musical Connections</p>	<p><b>12</b> A: Family Memory Lane P: Healthy Bodies C/E: Bible Study or <b>Pet Therapy with Duke</b> <i>LUNCH</i> C: Jeopardy or Guess the Movie by the Song P: Baseball A: Seasons Choral C: Zig Zag Zoom</p>	<p><b>13</b> C: Me Moves/Memory Chain P: Cardio Drumming or Zucchini Bread C: Can You List It or Train of Thought <i>LUNCH</i> C/A: Journey Through the 20<sup>th</sup> Century or Sing Along with Susie Q P: Bowling C: How Do They Make That? C: Country Trivia</p>	<p><b>14</b> C: Famous Faces P: Arm Aerobics C: Person, Veggie or Bird or Name That State <i>LUNCH</i> C: You be the Judge or Weather Sing Along P: Bottle Ring Toss A: Mind Stretchers C: Conversation Cards</p>
<p><b>18</b> C: iPad Memory Lane Games P: Upper Body Stretch E: <b>Spirituality with Pastor Paul</b> or Quizmania <i>LUNCH</i> C: iPad Chain of Thought or Recipe Recall P: Broomball A: Musical Wheel of Fortune C: Memories and Musings</p>	<p><b>19</b> C: Fascinating Facts P: Ball Exercises C: The History of... or Guess That Bird <i>LUNCH</i> P: Top Toss C: Spaceman Or What's in the Bag? A: Sizzling 70's Sing Along C: Would You Rather?</p>	<p><b>20</b> C: Down Memory Lane P: Can Weights C: Bible Study or Silly Sentences <i>LUNCH</i> C/E: Guess Who I Am or <b>Pet Therapy with Mango</b> P: Target Darts C: Guess in 10 C: Family Talk</p>	<p><b>21</b> C: Humorama- Funny Fashions P: <b>Chair Yoga with Kerri</b> C: Jumbo Crossword or Say it with Music <i>LUNCH</i> C/A: Last Letter Challenge or Hits of the 60's P: Floor Darts C: Storylines P: Table Ball</p>	<p><b>22</b> C: Elder Trivia P: Healthy Bodies E: What Do You See? or Bingo <i>LUNCH</i> P: Shuffleboard Toss C: Sports Trivia or Car-a-oke Road Trip Sing Along C: Toys: Then and Now C: Finish the Phrase</p>
<p><b>25</b> C: Interactive Trivia P: Resistance Bands E: <b>Spirituality with Pastor Paul</b> or Guinness Book of World Records <i>LUNCH</i> P: Soccer C: Price is Right or Alphabetics A: Traveling Tunes P: Swatter Ball</p>	<p><b>26</b> C: iPad Promenade P: Dance Aerobics A: Music Bingo or Yesterdays Photos <i>LUNCH</i> C: Life in the 50's or A-Z Trivia P: Axe Throwing A: In The Mood Sing Along with Suzie Q C: Book of Firsts</p>	<p><b>27</b> E: Sock it to Me P: Upper Body Stretch or Coffee Cake C: Bible Study or Storymatic <i>LUNCH</i> A: Music Trivia or I Hear Memories P: Bean Bag Bocce C: Name 10 A: Courtyard Choral</p>	<p><b>28</b> C: September EZ Trivia P: Healthy Bodies C: Brain Drain or Say it with Music <i>LUNCH</i> A: <b>Native American Flutes</b> or Thingamajigs and Whatchamacallits P: Hoop Toss E: Do You Hear What I Hear? C: Everyday Life Trivia</p>	<p><b>29</b> C: Desert Trivia P: Resistance Bands A: Sewing and Fashion Trivia or Hits of the 50's <i>LUNCH</i> P: Volleyball C: Blank Slate or Seasons Choral C: Family Feud C: What's that Occupation?</p>

Program Key: P- Physical, A- Creative Arts/Music, C- Cognitive, E- Environmental/Sensory, O- Occupational/Life Skills

Program Schedule: 9:00AM, 10:00 AM, 11:00AM, 12:45PM, 1:45PM, 2:45PM, 3:45PM

Birthdays: Aimee-9/6, Mary Ann and Diane- 9/9, Sandy E and Lisa- 9/29