

# SEPTEMBER EVENTS & ACTIVITIES

# ASSISTED LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LEGEND		1	2	3	4	5
<b>CR: Card Room</b> <b>LR: Living Room</b> <b>DR: Dining Room</b> <b>TH: Movie Theater</b> <b>AR: Art Room</b> <b>B: Lobby Bistro</b> <b>C: Courtyard</b> <b>FC: IL Fitness Center</b> <b>P: Pool</b>		10:00 (S) "Rise & Shine" Café- B 10:30 (P) "In Balance" Class- LR 2:30 (S) Purple Cow Hour and 50's Tunes- CR 3:30 (P) Walk For Wellness- CR 6:00 (I) Card Games- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Music & Movement- LR 1:30 (SP) Wednesday Inspirational Worship- TH 3:30 (I) Puzzle Me This-CR 6:00 (S) Residents Choice Game- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Chair Yoga- LR 2:00 (I) Crescent Roll Apple Danish- CR 3:00 (I) Mental Fitness with Jennifer- B 6:00 Dominoes- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:00 (I) Pub Trivia Challenge with cocktails, mocktails and snacks- CR 3:30 (I) Puzzle Me This- CR 6:00 (E) Romance Films: Pride & Prejudice- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (E) Afternoon Matinee: Sleepless in Seattle- CR 6:00 (S) Family Game Night- TH
6	7	8	9	10	11	12
10:00 (S) "Rise & Shine" Café- B 10:00 (SP) One Community Church Live Stream Sunday Service- LR 2:30 (E) Afternoon Matinee: Tootsie-TH 6:00 (S) Family Game Night- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (I) "Creative Crafters" Project of the Day: Jewelry Making- CR 3:30 (S) Country Music Monday- CR 6:00 (E) Movie Night Classic: Fiddler on the Roof- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) "In Balance" Class- LR 2:30 (S) Purple Cow Hour and 50's Tunes- CR 3:30 (P) Walk For Wellness- CR 6:00 (I) Card Games- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Music & Movement- LR 1:30 (SP) Wednesday Inspirational Worship- TH 3:30 (I) Puzzle Me This-CR 6:00 (S) Residents Choice Game- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Chair Yoga- LR 2:00 (I) The Great Cookie Bake-CR 3:00 (I) Mental Fitness with Jennifer- B 6:00 Dominoes- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:00 (I) Pub Trivia Challenge with cocktails, mocktails and snacks- CR 3:30 (I) Puzzle Me This- CR 6:00 (E) Romance Films: The Notebook- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (E) Afternoon Matinee: The Queen- CR 6:00 (S) Family Game Night- TH
13	14	15	16	17	18	19
10:00 (S) "Rise & Shine" Café- B 10:00 (SP) One Community Church Live Stream Sunday Service- LR 2:30 (E) Afternoon Matinee: The Good, The Bad and The Ugly- TH 6:00 (S) Family Game Night- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (I) "Creative Crafters" Project of the Day: Clothespin Pots- CR 3:30 (S) Country Music Monday- CR 6:00 (E) Movie Night Classic: Jersey Boys- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) "In Balance" Class- LR 2:30 (S) Purple Cow Hour and 50's Tunes- CR 3:30 (P) Walk For Wellness- CR 6:00 (I) Card Games- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Music & Movement- LR 1:30 (SP) Wednesday Inspirational Worship- TH 3:30 (I) Puzzle Me This-CR 6:00 (S) Residents Choice Game- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Chair Yoga- LR 2:00 (I) Homemade Pizza- CR 3:00 (I) Mental Fitness with Jennifer- B 6:00 Dominoes- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:00 (I) Pub Trivia Challenge with cocktails, mocktails and snacks- CR 3:30 (I) Puzzle Me This- CR 6:00 (E) Romance Films: Frida- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (E) Afternoon Matinee: Stand and Deliver- CR 6:00 (S) Family Game Night- TH
20	21	22	23	24	25	26
10:00 (S) "Rise & Shine" Café- B 10:00 (SP) One Community Church Live Stream Sunday Service- LR 2:30 (E) Afternoon Matinee: Groundhog Day- TH 6:00 (S) Family Game Night- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (I) "Creative Crafters" Project of the Day: Doily Acrylic Painting- CR 3:30 (S) Country Music Monday-CR 6:00 (E) Movie Night Classic: West Side Story- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) "In Balance" Class- LR 2:30 (S) Purple Cow Hour and 50's Tunes- CR 3:30 (P) Walk For Wellness- CR 6:00 (I) Card Games- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Music & Movement- LR 1:30 (SP) Wednesday Inspirational Worship- TH 3:30 (I) Puzzle Me This-CR 6:00 (S) Residents Choice Game- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Chair Yoga- LR 2:00 (I) The Great Cookie Bake-CR 3:00 (I) Mental Fitness with Jennifer- B 6:00 Dominoes- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:00 (I) Pub Trivia Challenge with cocktails, mocktails and snacks- CR 3:30 (I) Puzzle Me This- CR 6:00 (E) Romance Films: Pride & Prejudice- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (E) Afternoon Matinee: Sleepless in Seattle- CR 6:00 (S) Family Game Night- TH
27	28	29	30	 <p>Here at Hidden Springs, our Wellness Program is designed around the 7 Dimensions of Wellness. Each activity addresses one of the 7 dimensions as its primary benefit, with secondary and tertiary benefits also in mind. Participation in our Lifestyle Program means an opportunity to have a well-rounded leisure lifestyle that focuses on the highest quality of life and well-being. Look for the letters in parenthesis that indicate the wellness dimension for each activity</p> <p>Physical (P) Social (S) Spiritual (SP) Vocational (V) Emotional (E) Environmental (EN) Intellectual (I)</p>		<b>Hispanic Heritage Month</b> Hispanic Heritage Month began as Hispanic Heritage Week, proclaimed by President Lyndon B Johnson in 1968. Presidents Nixon, Ford, Carter and Reagan gave annual proclamations for Hispanic Heritage Week between 1969 and 1988. In 1988, the commemorative week was expanded to a month (September 15 to October 15) by legislation signed into law by President Ronald Reagan.  National Hispanic Heritage Month recognizes the contributions and influence of Hispanic Americans to the history, culture, and achievements of the United States.
10:00 (S) "Rise & Shine" Café- B 10:00 (SP) One Community Church Live Stream Sunday Service- LR 2:30 (E) Afternoon Matinee: A Knight's Tale- TH 6:00 (S) Family Game Night- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Walk For Wellness- LR 2:30 (I) "Creative Crafters" Project of the Day: Scrapbook Coasters 3:30 (S) Country Music Monday- CR 6:00 (E) Movie Night Classic: Marilyn- TH	10:00 (S) "Rise & Shine" Café- B 10:30 (P) "In Balance" Class- LR 2:30 (S) Purple Cow Hour and 50's Tunes- CR 3:30 (P) Walk For Wellness- CR 6:00 (I) Card Games- CR	10:00 (S) "Rise & Shine" Café- B 10:30 (P) Music & Movement- LR 1:30 (SP) Wednesday Inspirational Worship- TH 3:30 (I) Puzzle Me This-CR 6:00 (S) Residents Choice Game- CR			

Note: Scheduled activities and events are subject to change without prior notice. Please see Lifestyle staff for any possible changes and/or updates