



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LOCATION KEY</b> MDR – Main Dining Room AR – Activities Room O – Outside CD – Chittenden Dining Room CU – Champlain Unit MU – Mansfield Unit <i>*Activities and locations are subject to change</i>				<b>1</b> 10:00 Chair Tai Chi 11:00 Word Within a Word 2:00 Cardio Drumming 3:00 <b>Men's Group: Checkers</b>	<b>2</b> 10:00 Move it or Lose it! 11:00 Share a Favorite Poem Day 1:30 Weekly News Round-Up 2:30 <b>BINGO (MDR)</b> 3:45 <b>Happy Hour (MDR)</b>	<b>3</b> 10:00 Chair Yoga 11:00 Plant Day – Grow a Bean 3:00 Balloon Baseball 4:00 Wheel of Fortune
<b>4</b> 10:00 Religious Services (AR) 11:00 Careers Pick-a-Letter 3:00 Thank You Cards 4:00 Card Games (AR)  <i>Labor Day Week</i>	<b>5</b> 10:00 Move it or Lose it! 11:00 Labor Day Trivia & Documentary 2:30 <b>BINGO (MDR)</b> 3:45 <b>Labor Day Social</b>  <b>Labor Day</b>	<b>6</b> 10:00 Balloon Volleyball 11:00 <b>Culinary: Red, White &amp; Blue Toast</b> 2:00 Rock & Bowl 3:00 <b>Afternoon Treats &amp; Reminiscing: Labor Day</b> 6:00 Evening Relaxation	<b>7</b> 10:00 Move it or Lose it! 11:00 Patriotic Sing-Along with Susie Q 2:30 <b>BINGO (MDR)</b> 3:45 Stretching to the Oldies 6:00 Rehab Rounds	<b>8</b> 10:00 Seated Cardio Boxing 11:00 American Flag Painting 1:30 <b>Resident Council</b> 2:00 Cardio Drumming 3:00 <b>Men's Group: American Traditions</b>	<b>9</b> 9:45 Moring Stretch 10:30 <b>Live Music with Cooie</b> 1:30 Weekly News Round-Up 2:30 <b>BINGO (MDR)</b> 3:45 <b>Happy Hour (MDR)</b>	<b>10</b> 10:00 Chair Yoga 11:00 Patriotic Mad Libs 3:00 Conversation Ball 4:00 Family Feud
<b>11</b> 10:00 Religious Services (AR) 11:00 Write a Song as a Group 3:00 Coffee & Donut Social 4:00 <b>Karaoke with Lou Allen</b>  <i>Rock and Roll Week</i>  <b>Patriot Day</b>	<b>12</b> 10:00 Move it or Lose it! 11:00 Rock and Roll Hall of Fame Trivia 2:30 <b>BINGO (MDR)</b> 3:45 Manis & Hand Massages	<b>13</b> 10:00 Balloon Volleyball 11:00 <b>Culinary: Brownies</b> 2:00 <b>Live Music with Cooper</b> 3:00 <b>Afternoon Treats &amp; Reminiscing:</b> 6:00 Evening Relaxation	<b>14</b> 10:00 Move it or Lose it! 11:00 Name That Tune – Rock Edition 2:00 <b>Live Music with Corey &amp; Birthday Celebration</b> 3:45 Stretching to the Oldies 6:00 Rehab Rounds	<b>15</b> 10:00 Chair Tai Chi 10:00 Gardening Group (O) 11:00 String Painting 2:00 Cardio Drumming to Queen 3:00 <b>Men's Group: Rock Groups</b>	<b>16</b> 10:00 Move it or Lose it! 11:00 <b>Rock Band Pick-a-Letter</b> 1:30 Weekly News Round-Up 2:30 <b>BINGO (MDR)</b> 3:45 <b>Happy Hour (MDR)</b>	<b>17</b> 10:00 Chair Yoga 11:00 Name That Musical Instrument 3:00 Parachute Ball Toss 4:00 Price is Right
<b>18</b> 10:00 Religious Services (AR) 11:00 Space-Stained Glass Suncatchers 3:00 <b>Sunday Matinee: Solaris</b> 4:00 Card Games  <i>Space Week</i>	<b>19</b> 10:00 Move it or Lose it! 11:00 Space Trivia and Facts 2:30 <b>BINGO (MDR)</b> 3:30 <b>Catholic Mass with Father Dallas (L)</b>	<b>20</b> 10:00 Balloon Volleyball 11:00 <b>Culinary: Moon Cookies</b> 2:00 <b>Live Music with the Butterfields</b> 3:00 <b>Afternoon Treats &amp; Reminiscing: Moon Landing</b> 6:00 Evening Relaxation	<b>21</b> 10:00 Move it or Lose it! 11:00 Bottle Rocket Launch 2:30 <b>BINGO (MDR)</b> 3:45 Stretching to the Oldies 6:00 Rehab Rounds	<b>22</b> 10:00 Seated Cardio Boxing 11:00 Sun Painting 2:00 Cardio Drumming 3:00 <b>Men's Group: Space Exploration</b>	<b>23</b> 10:00 Move it or Lose it! 11:00 MYO Clay Planet 1:30 Weekly News Round-Up 2:30 <b>BINGO (MDR)</b> 3:45 <b>Happy Hour (MDR)</b>	<b>24</b> 10:00 Chair Yoga 11:00 Space Pick-a-Letter 3:00 Space Painting 4:00 Hoop Shoot
<b>25</b> 10:00 Religious Services (AR) 11:00 School Supplies Pick-a-Letter 3:00 Letters of Advice to Flynn Students 4:00 Card Games (AR)  <b>Rosh Hashanah Begins</b>	<b>26</b> 10:00 Move it or Lose it! 11:00 Ladies Spa Day 2:30 <b>BINGO (MDR)</b> 3:45 Manis & Hand Massages	<b>27</b> 10:00 Balloon Volleyball 11:00 <b>Culinary: Fruit Smoothies</b> 2:00 Rock & Bowl 3:00 <b>Afternoon Treats &amp; Reminiscing: First Day of School</b> 6:00 Evening Relaxation	<b>28</b> 10:00 Move it or Lose it! 11:00 <b>Veteran's Club</b> 2:30 <b>BINGO (MDR)</b> 3:45 Stretching to the Oldies 6:00 Rehab Rounds	<b>29</b> 10:00 Chair Tai Chi 11:00 About Me Collage 2:00 Cardio Drumming 3:00 <b>Men's Group: Woodworking</b>	<b>30</b> 10:00 Move it or Lose it! 11:00 Back to School Photos & Year Book 1:30 Weekly News Round-Up 2:30 <b>BINGO (MDR)</b> 3:45 <b>Happy Hour (MDR)</b>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LOCATION KEY</b> MDR – Main Dining Room AR – Activities Room O – Outside CD – Chittenden Dining Room CU – Champlain Unit MU – Mansfield Unit <i>*Activities and locations are subject to change</i>				<b>1</b> 10:00 Chair Tai Chi 11:00 Words Within a Word 1:45 Sensory Balance 2:00 Cardio Drumming 3:00 <b>Men's Group:</b> Checkers 4:00 <b>Travelogue:</b>	<b>2</b> 10:00 Move it or Lose it! 11:00 Share a Favorite Poem Day 1:45 Sensory Balance 2:30 <b>BINGO (MDR)</b> 3:45 <b>Happy Hour</b> 4:00 <b>Nature Exploration (AR):</b> Nature's Secret Garden (Springtime Flowers)	<b>3</b> 10:00 Chair Yoga 11:00 Plant Day – Grow a Bean 1:45 Sensory Balance 3:00 Balloon Baseball 4:00 Wheel of Fortune
<b>4</b> 10:00 Religious Services (AR) 11:00 Careers Pick-a-Letter 1:45 Sensory Balance 3:00 Thank You Cards  <i>Labor Day Week</i>	<b>5</b> 10:00 Move it or Lose it! 11:00 Labor Day Trivia & Documentary 1:45 Sensory Balance 2:30 <b>BINGO (MDR)</b> 3:45 <b>Labor Day Social</b>  <b>Labor Day</b>	<b>6</b> 10:00 Balloon Volleyball 11:00 <b>Culinary:</b> Red, White & Blue Toast 1:15 Walking Trail 1:45 Sensory Balance 2:00 Rock & Bowl 3:00 <b>Afternoon Treats &amp; Reminiscing:</b> Labor Day Cornhole 4:00	<b>7</b> 10:00 Move it or Lose it! 11:00 Patriotic Sing-Along with Susie Q 1:15 Walking Trail 1:45 Sensory Balance 2:30 <b>BINGO (MDR)</b> 4:00 Ring Toss	<b>8</b> 10:00 Seated Cardio Boxing 11:00 American Flag Painting 1:30 <b>Resident Council</b> 1:45 Sensory Balance 2:00 Cardio Drumming 3:00 <b>Men's Group:</b> American Traditions 4:00 <b>Travelogue:</b> Heart of America	<b>9</b> 9:45 Moring Stretch 10:30 <b>Live Music with Coogie</b> 1:45 Sensory Balance 1:15 Walking Trail 2:30 <b>BINGO (MDR)</b> 3:45 <b>Happy Hour</b> 4:00 <b>Nature Exploration (AR):</b> The Honeybee: Nature's Hardest Worker	<b>10</b> 10:00 Chair Yoga 11:00 Patriotic Mad Libs 1:45 Sensory Balance 3:00 Conversation Ball 4:00 Family Feud
<b>11</b> 10:00 Religious Services (AR) 11:00 Write a Song as a Group 1:45 Sensory Balance 3:00 Coffee & Donut Social 4:00 <b>Karaoke with Lou Allen</b>  <i>Rock and Roll Week</i> <b>Patriot Day</b>	<b>12</b> 10:00 Move it or Lose it! 11:00 Rock and Roll Hall of Fame Trivia 1:45 Sensory Balance 2:30 <b>BINGO (MDR)</b> 3:45 Manis & Hand Massages	<b>13</b> 10:00 Balloon Volleyball 11:00 <b>Culinary:</b> Brownies 1:15 Walking Trail 1:45 Sensory Balance 2:00 <b>Live Music with Cooper</b> 3:00 <b>Afternoon Treats &amp; Reminiscing:</b> Concerts & Bands 4:00 Football Toss	<b>14</b> 10:00 Move it or Lose it! 11:00 Name That Tune – Rock Edition 1:15 Walking Trail 1:45 Sensory Balance 2:00 <b>Live Music with Corey &amp; Birthday Celebration</b> 4:00 Balloon Baseball	<b>15</b> 10:00 Chair Tai Chi 10:00 Gardening Group (O) 11:00 String Painting 1:45 Sensory Balance 2:00 Cardio Drumming to Queen 3:00 <b>Men's Group:</b> Rock Groups 4:00 <b>Travelogue:</b> Rock and Roll Hall of Fame	<b>16</b> 10:00 Move it or Lose it! 11:00 <b>Rock Band Pick-a-Letter</b> 1:15 Walking Trail 1:45 Sensory Balance 2:30 <b>BINGO (MDR)</b> 3:45 <b>Happy Hour</b> 4:00 <b>Nature Exploration (AR):</b> Fable the Crow: Speaks & Sings	<b>17</b> 10:00 Chair Yoga 11:00 Name That Musical Instrument 1:45 Sensory Balance 3:00 <b>Parachute Ball Toss</b> 4:00 Price is Right
<b>18</b> 10:00 Religious Services (AR) 11:00 Space-Stained Glass Suncatchers 1:45 Sensory Balance 3:00 <b>Sunday Matinee:</b> Solaris  <i>Space Week</i>	<b>19</b> 10:00 Move it or Lose it! 11:00 Space Trivia and Facts 1:45 Sensory Balance 2:30 <b>BINGO (MDR)</b> 3:30 <b>Catholic Mass with Father Dallas (L)</b>	<b>20</b> 10:00 Balloon Volleyball 11:00 <b>Culinary:</b> Moon Cookies 1:15 Walking Trail 1:45 Sensory Balance 2:00 <b>Live Music with the Butterfields</b> 3:00 <b>Afternoon Treats &amp; Reminiscing:</b> Moon Landing Golf 4:00	<b>21</b> 10:00 Move it or Lose it! 11:00 Bottle Rocket Launch 1:15 Walking Trail 1:45 Sensory Balance 2:30 <b>BINGO (MDR)</b> 4:00 Horseshoes	<b>22</b> 10:00 Seated Cardio Boxing 11:00 Sun Painting 1:45 Sensory Balance 2:00 Cardio Drumming 3:00 <b>Men's Group:</b> Space Exploration 4:00 <b>Travelogue:</b> NASA	<b>23</b> 10:00 Move it or Lose it! 11:00 MYO Clay Planet 1:15 Walking Trail 1:45 Sensory Balance 2:30 <b>BINGO (MDR)</b> 3:45 <b>Happy Hour</b> 4:00 <b>Nature Exploration (AR):</b> Galaxies	<b>24</b> 10:00 Chair Yoga 11:00 Space Pick-a-Letter 1:45 Sensory Balance 3:00 Space Painting 4:00 Hoop Shoot
<b>25</b> 10:00 Religious Services (AR) 11:00 School Supplies Pick-a-Letter 1:45 Sensory Balance 3:00 Letters of Advice to Flynn Students  <i>Back To School</i> <b>Rosh Hashanah Begins</b>	<b>26</b> 10:00 Move it or Lose it! 11:00 Ladies Spa Day 1:45 Sensory Balance 2:30 <b>BINGO (MDR)</b> 3:45 Manis & Hand Massages	<b>27</b> 10:00 Balloon Volleyball 11:00 <b>Culinary:</b> Fruit Smoothies 1:15 Walking Trail 1:45 Sensory Balance 2:00 Rock & Bowl 3:00 <b>Afternoon Treats &amp; Reminiscing:</b> First Day of School 4:00 Axe Throwing	<b>28</b> 10:00 Move it or Lose it! 11:00 <b>Veteran's Club</b> 1:15 Walking Trail 1:45 Sensory Balance 2:30 <b>BINGO (MDR)</b> 4:00 Bean Bag Bocce	<b>29</b> 10:00 Chair Tai Chi 11:00 <b>About Me Collage</b> 1:45 Sensory Balance 2:00 Cardio Drumming 3:00 <b>Men's Group:</b> Woodworking 4:00 <b>Travelogue:</b> School Traditions Around the World	<b>30</b> 0:00 Move it or Lose it! 11:00 Back to School Photos & Year Book 1:15 Walking Trail 1:45 Sensory Balance 2:30 <b>BINGO (MDR)</b> 3:45 <b>Happy Hour</b> 4:00 <b>Nature Exploration (AR):</b>	