

# September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10:30 Catholic Communion 1:30 Worship with Pastor Kate 2:30 Movie	<b>2 Labor Day</b> 9:30 Catholic Mass 1:00 Bridge-Game Room  <b>Office Hours</b> <b>11 a.m.-1:30 p.m.</b>	<b>3</b> 9:30 Walking Club 10:30 Morning Exercises 1:30 Music by Eastridge Ocupella Singers 2:45 Blanket Tying-FDR 4:00 Protestant Chapel & Communion-CH	<b>4</b> 9:00 Walmart Shopping 10:30 Exercises 1:30 Immanuel Speaker Series 3:15 Bingo/Rachelle 6:00 Wii Bowling	<b>5</b> 9:30 Farewell to Kate 10:30 Morning Exercises 1:15 Wii Bowling 2:00 Bible Study-FDR 3:00 Chimes-FDR 3:00 Telehealth/Interim 4:30 Chapel-Calvary	<b>6</b> 9:30 Chats with Kate 10:30 Morning Exercises 11:00 Trivia 2:00 Music with Terri Orr 2:30 Stretch & Balance	<b>7</b> 9:30 Bible Study with Eleanor-FDR 10:30 Rosary 2:30 Nebraska at Colorado Channel CH 37 Watch on the Big Screen
<b>8 Grandparents Day</b> 10:30 Catholic Communion 2:30 Music with Rick Clarence	<b>9</b> 9:30 Catholic Mass 10:30 Lincoln Sr. Chorus 1:00 The Barber 1:00 Bridge-Game Room 2:00 All Resident Town Hall Meeting 2:30 Movie at South Point-sign up	<b>10</b> NO Walking Club 10:30 Morning Exercises 11:00 Trivia 2:30 Laughing Matters Tracie/Aging Partners 6:30 Pitch-Game Room	<b>11</b> 10:30 Morning Exercises 11:00 Trivia 1:15 Walgreens Shopping 1:00 Tour UNL Stadium 6:30 The Ukulele's Families invited!!	<b>12</b> 9:30 Men's Coffee 10:30 Morning Exercises 1-2 Five Points Bank 1:15 Wii Bowling 1:30 Bookmobile 2:30 Pumpkin Craft 4:30 Chapel-	<b>13</b> 10:30 Morning Exercises 11:00 Trivia 2:00 Stretch & Balance 2:30 Good Ole Country Music with Just Us	<b>14</b> 10:30 Rosary 7:00 Nebraska vs Northern Illinois Channel CH 75 Watch on the Big Screen
<b>15</b> 10:30 Catholic Communion 2:30 Sunday Movie	<b>16</b> 9:30 Catholic Mass 10:30 Morning Exercises 11:00 Trivia 1:00 Bridge-Game Room 3:00 Card Bingo/Beth	<b>17</b> 9:30 Walking Club 10:30 Morning Exercises 11:00 Trivia 2:45 Birthday Party Piano with Ruth 6:30 Pitch-Game Room	<b>18</b> 10:30 Morning Exercises 11:00 There's To Your Health/Interim 1:15 Tatrget Shopping 3:15 Bingo 6:00 Wii Bowling	<b>19</b> 10:30 Morning Exercises 1:15 Wii Bowling 4:30 Chapel-Methodist 6:00 Pitch-Game Room	<b>20</b> 10:30 Morning Exercises 11:00 Trivia 2:00 Stretch & Balance 2:30 Janet Jeffries/Songbirds of the 20th Century	<b>21</b> 9:30 Bible Study with Eleanor-FDR 10:30 Rosary TBA Nebraska at Illinois Watch on the Big Screen
<b>22</b> 10:30 Catholic Communion 2:30 Sunday Movie	<b>23</b> 9:30 Catholic Mass 10:30 Morning Exercises 11:00 Trivia 1:00 Bridge-Game Room 2:30 Dining Committee-FDR 3:00 Card Bingo/Interim	<b>24</b> 9:00 NE Hearing-FDR 9:30 Walking Club 10:30 Morning Exercises 11:00 Trivia 2:30 Folk Music with Barb Bifle 6:30 Pitch-Game Room	<b>25</b> 10:30 Morning Exercises 11:00 Trivia 1:15 Kohls Shopping 3:15 Bingo 6:00 Wii Bowling	<b>26</b> 9:30 Men's Coffee 10:30 Morning Exercises 1:15 Wii Bowling 1-2 Five Points Bank 1:30 Bookmobile 4:30 Chapel-Zion Presbyterian	<b>27</b> 9:30 Ladies Coffee 10:30 Exercises 1:30 CJ Book Club 2:00 Stretch & Balance 2:30 Music with Chris Sayre	<b>28</b> 10:30 Rosary  TBA Nebraska vs Ohio Watch on the Big Screen
<b>29</b> 10:30 Catholic Communion 2:30 Sunday Movie	<b>20</b> 9:30 Catholic Mass 10:30 Morning Exercises 11:00 Trivia 1:00 Bridge-Game Room 2:45 New Resident Welcome Social	 <p><b>A SPARK of creativity</b> National Assisted Living Week® SEPTEMBER 8-14, 2019</p>		<b>All Activities are held in the Activity Room unless noted.</b>		GR = Game Room CH = Kessler Chapel TC = Thrive Center SCR = South Community Room NCR = North Community Room FDR = Family Dining Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10-12 TV Church, Parachute Ball 2-4 Afternoon Chats Puzzles/Games 4-5 Sunday Sundaes Patio Time	<b>2 LABOR DAY</b> 9-11 Chats with Staff  <b>Jo 2:00-4:00</b> 2:00 Walking group 3:00 Play Games Chats & Flowers 4:00 Patio & Snacks	<b>3</b> 10:00 Coffee Club News & Devotions 11:00 Music & Movement <b>2:00 Wellness gym</b> <b>3:00 Creating</b> Connections	<b>4</b> <b>9:30 Exercise with Tim</b> 10:00 Coffee Club News & Devotions 11:00 Music & Movement <b>2:00 Yard games</b> <b>3:00 Bingo</b> <b>4:00 Snack</b>	<b>5</b> <b>9:30 Farewell to Kate</b> 10:00 Coffee Club w/Staff News & Devotions 11:00 Exercise 1-3 Manicures and Saber visits 2:30 Fall Theme decor <b>4:00 Snack</b>	<b>6</b> <b>9:30 Exercise with Tim</b> 10:00 Coffee Club News & Devotions 11:00 Music & movement <b>1:30 Worship &amp; cake</b> with Pastor Kate <b>2:30 Music/Terri Orr</b> <b>Ice Cream Parlor</b>	<b>7 Sonja</b> 10-2: Coffee Club News & Devotions Roxie The Cat  <b>2:30 Nebraska at</b> <b>Colorado CH 37</b> Tailgate Snacks
<b>8</b> 10-12 TV Church, Parachute Ball 2-4 Afternoon Chats <b>2:30 Music with Rick</b> <b>Clarence</b> 4-5 Sunday Sundaes Patio Time	<b>9</b> <b>9:30 Exercise with Tim</b> 9-11 Chats with Staff <b>10:30 Lincoln SR Chorus</b> <b>Jo 1:00-4:00</b> 1:30 Walking group 2:00 Parlor visits <b>3:00 Piano with Eleanor</b> <b>4:00 Patio &amp; Snacks</b>	<b>10</b> 10:00 Coffee Club News & Devotions 11:00 Music & Movement 1:30 Bizzy Visits <b>2:00 Wellness Gym</b> <b>3:00 Staff Appreciation</b> <b>Gift Giving</b>	<b>11</b> <b>9:30 Exercise with Tim</b> 10:00 Coffee Club News & Devotions 11:00 Music & Movement <b>1:30 Family Palm Tree</b> <b>3:00 Bingo</b> <b>4:00 Snack</b>	<b>12</b> 10:00 Coffee Club News & Devotions 11:00 Exercise 1-3 Manicures <b>3:00 Art/craft w/Lois</b> <b>4:00 Snacks</b>	<b>13</b> <b>9:30 Exercise with Tim</b> 10:00 Coffee Club News & Devotions 11:00 Music & Movement  <b>2:30 Music/Just Us</b>	<b>21 Kathy</b> Coffee Club News & Devotions Walking Club Update Memory box Patio Social  <b>7:00 NE vs Northern</b> <b>Illinois CH-75</b>
<b>15</b> 10-12 TV Church, Beach Ball Kick 2-4 Afternoon chats Puzzles, Games, Indoor Walks Patio Time	<b>16</b> <b>9:30 Exercise with Tim</b> 9-11 Chats with Staff <b>Jo 1:00-4:00</b> 1:30 Walking Group Parlor visit <b>2:30 Library/Chats</b> <b>3:30 Patio &amp; Snacks</b>	<b>17</b> 10:00 Coffee Club News & Devotions 11:00 Music & Movement <b>1:30 Wellness Gym</b> <b>2:00 Creating</b> Connections. <b>4:00 Refreshments</b>	<b>18</b> <b>9:30 Exercise with Tim</b> 10:00 Coffee Club News & Devotions 11:00 Music & Movement <b>2:00 Yard Games</b> <b>3:00 Bingo</b> <b>4:00 Snack</b>	<b>19</b> 10:00 Coffee Club News/Devotions <b>11:00 Exercise</b> 1-3 Manicures and Saber Visits <b>3:00 Residents collage</b> <b>4:00 Snacks</b>	<b>20</b> <b>9:30 Exercise with Tim</b> 10:00 Coffee Club News & Devotions 11:30 Music & Movement <b>1:30 Mod page craft</b> <b>2:30 Music with Janet</b> <b>Jeffries songbirds</b> <b>of the 20s</b>	<b>21 Sonja</b> Coffee Club News & Devotions Roxy the Cat Jersey the Dog* <b>TBA Nebraska at</b> <b>Illinois</b> Tailgate snacks
<b>22</b> 10-12 TV Church Beach Ball Kick 2-4 Puzzles/Games Dominoes Toss Across Patio Time	<b>23</b> <b>9:30 Exercise with Tim</b> 9-11 Chats with Staff <b>Jo 1:00-4:00</b> 1:30 Walking Group Parlor visit <b>2:30 Halloween Craft</b> <b>3:30 Patio &amp; Snacks</b>	<b>24</b> <b>10:00 NE Hearing Check</b> 10:00 Coffee Club 10:30 News & Devotions 11:15 Music & Movement <b>2:30 Music with</b> <b>Barb Biffle</b> <b>3:30 Refreshments</b>	<b>25</b> <b>9:30 Exercise with Tim</b> 10:00 Coffee Club 11:00 Music & Movement 2:00 Southwood Lutheran Chapel <b>3:00 Bingo</b> <b>4:00 Snack</b>	<b>26</b> 10:00 Coffee Club News & Devotions 10:30 Daily Devotion 11:00 Exercise 1-3 Spa Day Manicures Massage/Foot Spa <b>3:00 Music with Lois</b>	<b>27</b> <b>9:30 Exercise with Tim</b> 10:00 Morning Coffee News & Devotions 11:00 Music & Movement 1:30 Fall decorating <b>2:30 Music with Chris</b> <b>Sayre</b> Patio Time	<b>28 Kathy</b> Coffee Club News & Devotions Flower Care Walking Group <b>TBA Nebraska vs Ohio</b> Tailgate Snacks
<b>29</b> 10-12 TV Church, Toss Across 1:30 Afternoon Chats 2-4 Puzzles, Games Indoor Walks Beach Ball Kick Patio Time	<b>30</b> <b>9:30 Exercise with Tim</b> 9-11 Chat with Staff <b>Jo 1:00-4:00</b> 1:30 Walking Group Parlor visit <b>2:30 Thanksgiving Craft</b> <b>3:30 Patio &amp; Snacks</b>	 <p>National Assisted Living Week September 8-14, 2019</p>			<b>Exercise Class</b> <b>at 9:30 a.m.</b> <b>Thrive Center</b>	<b>Red means CJ</b> <b>Activities Room</b>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3 9:30 Walking Club-GR 10:30 Cardio Pump-AR	4 9:00 Osborne Complex Tour 2:15 Tai-Chi-AR	5 9:30 Bocce Ball Practice-Front Lawn 10:30 Cardio Pump-AR 3:00 Interim-Telehealth	6 9:30 Rise and Shine-TC 10:30 Fit 4 Life-AR 2:30 Stretch and Balance-AR	7
8	9 9:30 Rise and Shine-TC 10:30 Fit 4 Life-AR 2:30 Stretch and Balance-AR	10 9:30 Walking Club-GR 10:30 Cardio Pump-AR 1:00 Knots Kneaded Massages-Upon Appointment	11 9:30 Rise and Shine-TC 10:30 Fit 4 Life-AR 2:15 Tai-Chi-AR	12 9:30 Bocce Ball Practice-Front Lawn 10:30 Cardio Pump-AR	13 9:30 Rise and Shine-TC 10:30 Fit 4 Life-AR 2:30 Stretch and Balance-AR	14
15	16 9:30 Rise and Shine-TC 10:30 Fit 4 Life-AR 2:30 Stretch and Balance-AR	17 9:30 Walking Club-GR 10:30 Cardio Pump-AR	18 9:30 Rise and Shine-TC 10:30 Fit 4 Life-AR 11:00 Interim-Here's to Your Health 2:15 Tai-Chi-AR	19 9:30 Destination Walk-Sunken Gardens 9:30 Bocce Ball Practice-Front Lawn 10:30 Cardio Pump-AR	20 9:30 Rise and Shine-TC 10:30 Fit 4 Life-AR 2:30 Stretch and Balance-AR	21
22	23 9:30 Rise and Shine-TC 10:30 Fit 4 Life-AR 2:30 Stretch and Balance-AR	24 9:30 Walking Club-GR 10:30 Cardio Pump-AR	25 9:30 Rise and Shine-TC 10:30 Fit 4 Life-AR 11:00 "Remember When" Fall Prevention Program 2:15 Tai-Chi-AR	26 9:30 Bocce Ball Practice-Front Lawn 10:30 Cardio Pump-AR	27 9:30 Rise and Shine-TC 10:30 Fit 4 Life-AR 11:00 Live Well Get Fit 2:30 Stretch and Balance-AR	28
29	30 9:30 Rise and Shine-TC 10:30 Fit 4 Life-AR 2:30 Stretch and Balance-AR			AR-Activity Room GR-Game Room TC-Thrive Center	A physician's consent form will be required to participate in exercise classes and the wellness center. No pre-registration for classes is required.	