

September 2022 South Hampton Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="font-size: 24px; font-weight: bold; margin: 10px 0;">joyful moments</p> <p style="font-size: 12px; margin: 0;">NATIONAL ASSISTED LIVING WEEK SEPTEMBER 11-17, 2022</p>		<p style="font-size: 18px; font-weight: bold; color: #e67e22;">Jeanne Vanlaningham 9/13</p> <p style="font-size: 18px; font-weight: bold; color: #e67e22;">Rod Norvell 9/15</p> <p style="font-size: 18px; font-weight: bold; color: #e67e22;">Happy Birthday Bob Berger 9/22</p> <p style="font-size: 18px; font-weight: bold; color: #e67e22;">Robert Lottman 9/24</p> 		<p>1 10:00 Morning Greeting 10:30 Music & Movement 2:00 Afternoon Update 2:30 Reminisce — Back to School 3:00 Game Time</p>	<p>2 10:00 Morning Greeting 10:30 Coffee, Conversation, & Current Events 11:00 Range of Motion 2:30 Cheryl & Jason in the Regent Dining Room (variety music) 3:45 Play ball with Odie</p>	<p>3 11:00 Exercise Balloon 2:30 Music with Addie Or Tea Time</p>
<p>4 11:00 Range of Motion 3:30 Afternoon Stroll</p>	<p>5 Labor Day 11:00 Exercise Balloon 2:30 Bubbles in the Courtyard</p>	<p>6 10:00 Morning Greeting 10:30 Resident Room Visits 11:00 Music & Movement 2:00 Afternoon Update 2:30 Hand Spa 3:30 Dungeness Valley Lutheran Church with Pastor Russ (ALC)</p>	<p>7 10:00 Morning Greeting 10:30 Brain Boosters — Finish the Phrase 11:00 Exercise Balloon 2:00 Afternoon Update 2:30 In the Kitchen 3:30 Snack Time</p>	<p>8 10:00 Morning Greeting 10:30 Resident Room Visits 11:00 Music & Movement 2:00 Afternoon Update 2:30 Reminisce— Apple Harvest 3:45 Table Time</p>	<p>9 10:00 Morning Greeting 10:30 Coffee, Conversation, & Current Events 11:00 Range of Motion 2:00 Afternoon Update 2:30 Arts & Crafts Autumn Leaves Wreath 3:30 Play ball with Odie</p> 	<p>10 10 a.m. to 1 p.m. Sequim Valley Car Club Show featuring country music artist Buck Ellard (front parking lot) 2:30 Music with Addie Or Tea Time</p> 
<p>11 11:00 Range of Motion 3:30 Afternoon Stroll</p>	<p>12 11:00 Exercise Balloon 3:30 Corn Hole</p>	<p>13 10:00 Morning Greeting 10:30 Music & Movement 11:00 Range of Motion 2:30 Music with Dennis Blair (folk and variety) 3:45 Hand Spa</p>	<p>14 10:00 Morning Greeting 10:30 Brain Boosters — Around the World 11:00 Exercise Balloon 2:00 Afternoon Update 2:30 In the Kitchen 3:30 Snack Time</p>	<p>15 10:00 Morning Greeting 10:30 Resident Room Visits 11:00 Music & Movement 2:30 Celtic Violin with Derek Stallman in the Regent Dining Room 3:45 Table Time</p>	<p>16 10:00 Morning Greeting 10:30 Coffee, Conversation, & Current Events 11:00 Range of Motion 2:00 Afternoon Update 2:30 Paint with Water/Coloring 3:30 Play ball with Odie</p>	<p>17 11:00 Exercise Balloon 2:30 Music with Addie Or Tea Time</p>
<p>18 11:00 Range of Motion 3:30 Afternoon Stroll</p>	<p>19 11:00 Exercise Balloon 3:30 Ring Toss</p>	<p>20 10:00 Morning Greeting 10:30 Music & Movement 11:00 Range of Motion 2:00 Afternoon Update 2:30 Hawaii Amore with Roma (Hawaiian/variety music) 3:45 Hand Spa</p>	<p>21 10:00 Morning Greeting 10:30 Brain Boosters — Pair Up matching game 11:00 Exercise Balloon 2:00 Afternoon Update 2:30 In the Kitchen 3:30 Snack Time</p>	<p>22 Autumn Begins 10:00 Morning Greeting 10:30 Resident Room Visits 11:00 Music & Movement 2:30 Music with Kip Tulin — Accordion Extraordinaire in the Regent Dining Room 3:45 Game Time</p>	<p>23 10:00 Morning Greeting 10:30 Coffee, Conversation, & Current Events 11:00 Range of Motion 2:00 Afternoon Update 2:30 Arts & Crafts Falling Leaves Suncatchers 3:30 Play ball with Odie</p> 	<p>24 11:00 Exercise Balloon 2:30 Music with Addie Or Tea Time</p>
<p>25 11:00 Range of Motion 3:30 Afternoon Stroll</p>	<p>26 10:00 Morning Greeting 10:30 Coffee, Conversation, & Current Events 11:00 Exercise Balloon 2:00 Afternoon Update 2:30 Music with Pianist Isabell Rose 3:45 Hand Spa</p>	<p>27 10:00 Morning Greeting 10:30 Music & Movement 11:00 Range of Motion 2:00 Afternoon Update 2:30 Guitar music with David Or Table Time 3:45 National Chocolate Milk Day</p> 	<p>28 10:00 Morning Greeting 10:30 Brain Boosters — Remember When? Photo Albums and Books 11:00 Exercise Balloon 2:00 Afternoon Update 2:30 In the Kitchen 3:30 Snack Time</p>	<p>29 10:00 Morning Greeting 10:30 Resident Room Visits 11:00 Music & Movement 2:30 Music with Claudia Nash in the Regent Dining Room (variety/favorites) 3:45 Game Time</p>	<p>30 10:00 Morning Greeting 10:30 Coffee, Conversation, & Current Events 11:00 Range of Motion 2:00 Afternoon Update 2:30 Paint with Water/Coloring 3:30 Play ball with Odie</p>	<p>Activities through the month may change. Please keep an eye on the daily activity schedule posted on the boards throughout Sherwood for the most up to date event information.</p>