

SEPTEMBER 2024 SHERWOOD ASSISTED LIVING ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Catholic Mass internet streaming 2:00 Sing Along Hymns 3:00 TUMC Service Internet Streaming</p>	<p>2 Labor Day 9:30 Walky Talky 10:00 Body & Brain Builders 2:00 Music with The Secords (Old Time Country) 3:30 Documentary: <i>Secret Nature — Planet of the Ants</i> Amazon</p>	<p>3 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Gardening and Lemonade OR Uno Card Game 2:00 Bingo 3:30 Happy Hour Arnold Palmer Tea</p>	<p>4 9:30 Walky Talky 10:00 Exercise Balloon 10:45 Farkle 2:00 Arts & Crafts Pt 1 Dried Apple Wreath  3:30 Men's Group</p>	<p>5 9:30 Walky Talky 10:00 Body & Brain Builders 10:45 Phase 10 (K) 2:00 Sherwood Lanes BOWLING 4:00 Afternoon Walkabout</p>	<p>6 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Grounds of Sherwood 2:00 Arts & Crafts Dried Apple Wreath Pt 2 3:30 Room Visits</p>	<p>7 9:30 Walky Talky 10:00 Exercise Balloon 1:30 Second Chance Store 2:00 Movie Matinee: City Slickers II: The Legend of Curly's Gold (1994 PG-13 Western 1h 55m) YouTube</p>	
<p>8 Grandparents Day 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Catholic Mass internet streaming 1:05 Football & Snacks — Seahawks vs Broncos in the Kensington Room 2:00 Sing Along with Jacob 3:00 SCC Service Internet Streaming</p>	<p>9 9:30 Walky Talky 10:00 Body & Brain Builders 2:00 Bible Study with Dr. Regina 3:30 Documentary: <i>Secret Nature — Nature's Airforce</i> Amazon</p>	<p>10 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Gardening and Lemonade OR Uno Card Game 2:00 Bingo 3:30 Happy Hour Boston Cooler & other floats</p>	<p>11 9:30 Walky Talky 10:00 Exercise Balloon 10:45 In the Kitchen 2:00 Food Forum with Chef Andrew 3:45 Read with Me with The Boys & Girls Club In the Library </p>	<p>12 9:30 Walky Talky 10:00 Body & Brain Builders 10:45 Phase 10 (K) 12:00 Outing Sack Lunch Carrie Blake Park  4:00 Afternoon Walkabout</p>	<p>13 9:30 Walky Talky 10:00 Full Body Fitness 11:30 Dominos Pizza Party in the Activity Room (by RSVP) 2:00 Music with Dennis Blair (Folk/Variety) 3:30 Room Visits</p>	<p>14 9:30 Walky Talky 10:00 Exercise Balloon 1:30 Second Chance Store 2:00 Movie Matinee: The Fugitive (1993 PG-13 Action/Thriller 2h 10m) YouTube</p>	
<p>15 9:30 Walky Talky 10:00 Full Body Fitness 10:05 Football & Snacks — Seahawks vs Patriots in the Kensington Room 10:45 Catholic Mass internet streaming 2:00 Sing Along with Jacob 3:00 DCC Service internet Streaming</p>	<p>16 9:30 Walky Talky 10:00 Body & Brain Builders 2:00 Pixie Pup's Perk & Prose in the Library  3:30 Documentary: <i>Secret Nature — Beetle Mania</i> Amazon</p>	<p>17 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Gardening and Lemonade OR Uno Card Game 2:00 Bingo 3:30 Happy Hour Caramel Apple Cider</p>	<p>18 9:30 Walky Talky 10:00 Exercise Balloon 10:45 Resident Council Meeting 2:00 Worship Message and Music With Gary & Larry and company 3:30 Men's Group</p>	<p>19 9:30 Walky Talky 10:00 Body & Brain Builders 2:00 Outing Walmart Shopping  4:00 Afternoon Walkabout</p>	<p>20 9:30 Walky Talky 10:00 Full Body Fitness 11:00 Play ball with Odie in the Regent Courtyard 2:00 Music with Aaron Taylor (Country Western) 3:30 Room Visits</p>	<p>21 9:30 Walky Talky 10:00 Exercise Balloon 1:30 Second Chance Store 2:00 Movie Matinee: Cabrini (2024 PG-13 Drama/Biography 2h 22m) YouTube</p>	
<p>22 Autumn Begins 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Catholic Mass internet streaming 1:05 Football & Snacks — Seahawks vs Dolphins in the Kensington Room 3:00 Dungeness Valley Mennonite Church Chorus</p>	<p>23 9:30 Walky Talky 10:00 Body & Brain Builders 2:00 Town Hall Meeting 3:30 Documentary: <i>Secret Nature — From Caterpillar to Catwalk</i> Amazon</p>	<p>24 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Uno Card Game 2:00 Bingo 3:30 Happy Hour Chai Tea</p>	<p>25 9:30 Walky Talky 10:00 Exercise Balloon 10:45 Farkle 2:00 Arts & Crafts pt 1 Creepy Cauldron  3:30 Stuffed Animal Doorstop Workshop</p>	<p>26 9:30 Walky Talky 10:00 Body & Brain Builders 10:45 Phase 10 2:00 Outing Scenic Drive  4:00 Afternoon Walkabout 6:30 Peninsula Men's Gospel Singers</p>	<p>27 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Odie's Walkabout 11:00 Glasses Tune-up with EJ 2:00 Music with The Parlor Boys (Variety) 3:30 Room Visits</p>	<p>28 9:30 Walky Talky 10:00 Exercise Balloon 1:30 Second Chance Store 2:00 Movie Matinee: The Muppet Movie (1979 G Comedy/Musical 1h 35m) Disney+</p>	
<p>29 9:30 Walky Talky 10:00 Full Body Fitness 10:45 Catholic Mass internet streaming 2:00 Sing Along with Jacob 3:00 SCC Service internet Streaming</p>	<p>30 9:30 Walky Talky 10:00 Body & Brain Builders 2:00 Relaxing with Color Therapy 3:30 Documentary: <i>Secret Nature — Spawn to be Wild</i> Amazon 5:15 Football Seahawks vs Lions In the Kensington Room</p>	<p>September Birthdays Adele Bertaud — 9/3 Ada Flodin — 9/3 Michelle Erickson — 9/10 Grace Schoel — 9/10 Shirley Schilling — 9/19 James Ellis — 9/25 </p>		<p> <i>Inspiring</i> GENERATIONS</p>			<p>NATIONAL ASSISTED LIVING WEEK® SEP 8-14, 2024 NALW.org • #NALW  OFFICIAL SPONSOR</p>