

SEPTEMBER 2024 SOUTH HAMPTON ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 11:00 Music and Movement</p> <p>2:30 Sing along with Jacob</p> <p>4:00 Individual Engagement</p>	<p>2 Labor Day</p> <p>11:00 Range of Motion</p> <p>11:30 What's Cookin'?</p> <p>2:00 Music with The Secords (Old Time Country) ALC</p> <p>3:30 Hand Spa</p> <p>4:00 Music Monday</p>	<p>3 10:00 Morning Greeting</p> <p>10:30 Resident Room Visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p>2:00 Afternoon Update</p> <p>2:30 Fine Motor — Apple Suncatcher</p> <p>3:30 Happy Hour in the Windsor Room</p> <p>Arnold Palmer Tea</p> 	<p>4 10:00 Morning Greeting</p> <p>10:30 Browse the Library</p> <p>11:00 Exercise Balloon</p> <p>11:30 What's Cookin'?</p> <p>2:00 Arts & Crafts Dried Apple Wreath (ALC)</p>  <p>4:00 Documentary</p>	<p>5 10:00 Reading with Tiffany</p> <p>10:30 "Thor's day" dog visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p>2:00 Sherwood Lanes BOWLING</p>  <p>4:00 Individual Engagement</p>	<p>6 10:00 Range of Motion</p> <p>10:45 Grounds of Sherwood Coffee</p>  <p>Shop in the Windsor Room</p> <p>11:30 What's Cookin'?</p> <p>2:00 RD & Friends Hawaiian Music and Dancers in the Regent Courtyard</p> <p>3:30 Odie's Walkabout</p> <p>4:00 Station Exploration</p>	<p>7 11:00 Exercise Balloon</p> <p>2:30 Afternoon Stroll</p> <p>3:00 Table Time</p> <p>3:30 Remember When...</p>
<p>8 Grandparents Day</p> <p>11:00 Music and Movement</p> <p>2:30 Sing Along with Jacob</p> <p>4:00 Individual Engagement</p>	<p>9 11:00 Range of Motion</p> <p>11:30 What's Cookin'?</p> <p>2:30 In the Kitchen</p> <p>3:30 Snack Time</p> <p>4:00 Music Monday</p>	<p>10 10:00 Morning Greeting</p> <p>10:30 Resident Room Visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p>2:30 Music with Jazz Guitarist Brian Douglas</p> <p>3:30 Happy Hour in the Windsor Room</p> <p>Boston Cooler & other floats</p>	<p>11 10:00 Morning Greeting</p> <p>10:30 Browse the Library</p> <p>11:00 Exercise Balloon</p> <p>11:30 What's Cookin'?</p> <p>2:00 Afternoon Update</p> <p>2:30 Game Time</p> <p>3:45 Read with Me with The Boys & Girls Club (Library)</p> 	<p>12 10:00 Reading with Tiffany</p> <p>10:30 "Thor's day" dog visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p>1:30 Movie Matinee</p> <p>3:00 Pianist Isabelle Rose</p> <p>4:00 Individual Engagement</p>	<p>13 10:00 Range of Motion</p> <p>11:30 Dominos Pizza Party in the Activity Room</p> <p>2:00 Music with Dennis Blair (Folk/Variety) ALC</p> <p>3:30 Odie's Walkabout</p> <p>4:00 Station Exploration</p>	<p>14 11:00 Exercise Balloon</p> <p>2:30 Afternoon Stroll</p> <p>3:00 Table Time</p> <p>3:30 Remember When...</p>
<p>15 11:00 Music and Movement</p> <p>3:30 Sing along with Jacob</p> <p>4:00 Individual Engagement</p>	<p>16 11:00 Range of Motion</p> <p>11:30 What's Cookin'?</p> <p>2:00 Pixie Pup's Perk & Prose in the Library</p>  <p>3:30 Hand Spa</p> <p>4:00 Music Monday</p>	<p>17 10:00 Morning Greeting</p> <p>10:30 Resident Room Visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p>2:30 Hawaii Amore Music with Roma</p> <p>3:30 Happy Hour in the Windsor Room</p> <p>Caramel Apple Cider</p>	<p>18 10:00 Morning Greeting</p> <p>10:30 Browse the Library</p> <p>11:00 Exercise Balloon</p> <p>2:00 Worship Message and Music With Gary & Larry and company</p> <p>4:00 Documentary</p>	<p>19 10:00 Reading with Tiffany</p> <p>10:30 "Thor's day" dog visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p>1:30 Movie Matinee</p> <p>4:00 Individual Engagement</p>	<p>20 10:00 Morning Greeting</p> <p>10:30 Let's Get Growing!</p> <p>11:00 Range of Motion</p> <p>11:30 What's Cookin'?</p> <p>2:00 Music with Aaron Taylor (Country) ALC</p> <p>3:30 Odie's Walkabout</p> <p>4:00 Station Exploration</p>	<p>21 11:00 Exercise Balloon</p> <p>2:30 Afternoon Stroll</p> <p>3:00 Table Time</p> <p>3:30 Remember When...</p>
<p>22 Autumn Begins</p> <p>11:00 Music and Movement</p> <p>3:30 Sing along with Jacob</p> <p>4:00 Individual Engagement</p>	<p>23 11:00 Range of Motion</p> <p>11:30 What's Cookin'?</p> <p>3:00 Hand Spa</p> <p>4:00 Music Monday</p>	<p>24 10:00 Morning Greeting</p> <p>10:30 Resident Room Visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p>2:30 Music with Country Artist Buck Ellard</p> <p>3:30 Happy Hour in the Windsor Room</p> <p>Chai Tea</p>	<p>25 10:00 Morning Greeting</p> <p>10:30 Browse the Library</p> <p>11:00 Exercise Balloon</p> <p>2:00 Arts & Crafts pt 1</p>  <p>Witch's Cauldron</p> <p>4:00 Documentary</p>	<p>26 10:00 Reading with Tiffany</p> <p>10:30 "Thor's day" dog visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p>1:30 Movie Matinee</p> <p>4:00 Individual Engagement</p> <p>6:30 Peninsula Men's Gospel Singers (ALC)</p>	<p>27 10:00 Morning Greeting</p> <p>10:30 Range of Motion</p> <p>11:00 Glasses</p>  <p>Tune-up with EJ (ALC)</p> <p>11:30 What's Cookin'?</p> <p>2:00 Music with The Parlor Boys (Variety) ALC</p> <p>3:30 Odie's Walkabout</p> <p>4:00 Station Exploration</p>	<p>28 11:00 Exercise Balloon</p> <p>2:30 Afternoon Stroll</p> <p>3:00 Table Time</p> <p>3:30 Remember When...</p>
<p>29 11:00 Music and Movement</p> <p>3:00 Dungeness Valley Mennonite Church Chorus ALC</p> <p>4:00 Individual Engagement</p>	<p>30 11:00 Range of Motion</p> <p>11:30 What's Cookin'?</p> <p>2:00 Relaxing with Color Therapy (ALC)</p> <p>3:30 Hand Spa</p> <p>4:00 Music Monday</p>	<p>September Birthdays</p> <p>Adele Bertaud — 9/3</p> <p>Grace Schoel — 9/10</p> <p>Shirley Schilling — 9/19</p> 		 <p>Inspiring GENERATIONS</p>		<p>NATIONAL ASSISTED LIVING WEEK®</p> <p>SEP 8-14, 2024</p> <p>NALW.org • #NALW</p>  <p>OFFICIAL SPONSOR</p>