



SEPTEMBER 2024



Sunday, September 1st

9:30-Morning Meditation (CY)
 10:00-Total Body Conditioning (AR)
 10:00-Daily Newsletter (AR)
 10:45-Scenic Drive Donuts & Coffee (AR)
 1:30-Months Facts and Celebration of September (CT)
 2:30-Piano Music w/Mary (LR)
 3:30-Test your September IQ (AR)
 4:30-Lay Servant Bible Study (AR)
 6:30-Movie Night (TR)

Monday, September 2nd

9:30-Morning Meditation (CY)
 10:30-Flow Yoga (AR)
 10:45-Daily Newsletter (AR)
 11:00-Civic Service Discussion Group (AR)
 12:00-Labor Day Family & Friends Cookout (LR)
 2:30-Afternoon Spelling Bee (AR)
 3:30-Word Wisdom a Discussion of our Careers (CT)
 4:00-Stretch Band Fitness (TR)
 6:30-Movie Night (TR)

Tuesday, September 3rd

9:30-Morning Meditation (CY)
 10:00-Lower Body Conditioning (CY)
 11:00-Daily Newsletter (AR)
 11:30-Add It Up Brain Games (AR)
 1:00-Music: Stevie Nicks (LR)
 3:00-Reminiscing Family Vacation (AR)
 4:00-Bible Study w/ Caroline (AR)
 4:30-Lower Body Conditioning (AR)
 6:30-Movie Night (TR)

Wednesday, September 4th

9:30-Morning Meditation (CY)
 10:00-Cardio Drumming (LR)
 1:30-Tai Chi w/ Kevin (AR)
 2:30-Chuck Gee Live Music (AR)
 3:30-History Talks American Flag History (AR)
 4:00-Upper Body Conditioning (AR)
 6:30-Movie Night (TR)

Thursday, September 5th

9:30-Morning Meditation (CY)
 10:00-Flow Yoga (AR)
 10:30- Daily Newsletter (AR)
 11:00-Literacy Appreciation; short stories (AR)
 1:30- Brain Challenge Football (AR)
 2:30PCommunity Choir AR
 3:30-Yellow Daisy Project (AR)
 4:00-Strength and Balance (AR)
 6:30-Movie Night (TR)

Friday, September 6th

9:30-Morning Meditation (CY)
 10:00-Walker Posture (AR)
 10:30- Daily Newsletter (AR)
 11:00-Bible Study (AR)
 2:30- Popcorn Extravaganza (AR)
 3:30-Discussion Group Favorite Movies (LR)
 4:00-Bingo (AR)
 6:30-Movie Night (TR)

Saturday, September 7th

9:30-Morning Meditation (CY)
 10:00-Daily Newsletter (AR)
 10:30- Barre Exercise (HW)
 11:00- Bingo (AR)
 1:30-Art Relaxation Flowers (AR)
 2:30-Afternoon Tea Party (DR)
 4:00- Walking Session (CY)
 6:30-Movie Night (TR)

Sunday, September 8th

9:30-Morning Meditation (CY)
 10:00-Cardio Drumming (AR)
 11:00- Daily Newsletter (AR)
 11:30-Piano Music with Mary (AR)
 1:30-Giant Cross Word (AR)
 2:30-Bingo
 4:00-Lay Servant Bible Study (LR)
 6:30-Movie Night

Monday, September 9th

9:30-Morning Meditation (CY)
 10:00-Flow Yoga (AR)
 10:30-Daily Newsletter (AR)
 11:00-Oktoberfest Traditions Around the world (AR)
 1:30-National Assisted Living Week (AR)
 2:30-Music Trivia (AR)
 3:30-Word Wonders (LR)
 4:00-Weighting Workout (AR)
 6:30-Movie Night (TR)

Tuesday, September 10th

9:30-Morning Meditation (CY)
 10:00 -Flexing Fitness (CY)
 11:00- Daily Newsletter (AR)
 1:30-Creating Water Globes (AR)
 230-Learning to play cards (AR)
 2:30- Piano Music W/Mary (AR)
 4:00-Bible Study w/ Caroline (AR)
 6:30-Movie Night (TR)

Wednesday, September 11th

9:30-Morning Meditation (CY)
 10:00-Upper Body Conditioning (AR)
 10:30- Daily Newsletter (AR)
 11:00-History Talks Grandparents Day (AR)
 2:30-Tailgate Social Event (AR)
 3:30-Trivia Riddles (AR)
 4:30- Weight Workout (AR)
 6:30-Movie Night (TR)

Thursday, August 12th

9:00-Morning Walks (CY)
 10:00-Flow Yoga (AR)
 11:00- Daily Newsletter (AR)
 12:00-Ambassador Lunch
 2:30-Engaged Life Meeting (AR)
 3:30-National Chocolate Milkshake Day (AR)
 4:30-Cardio Fitness (AR)
 6:30-Movie Night (AR)

Friday, September 13th

9:30-Morning Meditation (CY)
 10:00-Walker Posture (AR)
 10:30- Daily Newsletter (AR)
 11:00-Bible study (AR)
 2:30- National assistance Living Week Ice Cream Bar (AR)
 3:30- Live Music W/Chip and the Guys (BR)
 4:00- Weight Workout (AR)
 6:30-Movie Night (TR)

Saturday, September 14th

9:30-Morning Meditation (CY)
 10:00-Total Body Fitness (CY)
 11:00- Manicure Social (AR)
 1:30-1920s Speakeasy Brain Challenge)
 2:30-Word Wonders (CT)
 3:30-Bingo (CT)
 4:00-Walking Challenge (AR)
 6:30- Movie Night (TR)

Sunday, September 15th

9:30-Morning Meditation (CY)
 10:00- Total Body Fitness (AR)
 11:00-Trivia Riddles (AR)
 11:30: Daily Newsletter (AR)
 1140- Manicure Social (AR)
 1:30- Piano W/Mary (LR)
 2:30- Bingo (LR)
 3:30- Word In a Word (AR)
 4:00-Lay Servant Bible Study
 6:30- Movie Night (TR)

Monday, September 16th

9:30-Morning Meditation (CY)
 10:00 Flow Yoga (AR)
 10:30- Daily Newsletter (AR)
 11:00-Bible Study
 1:30 - Music Access Pt 1 instruments (AR)
 2:30-Chuck Gee Music (LR)
 3:30- Stretch band Fitness (LR)
 4:00 - Trivia Facts Session (AR)
 6:30-Movie Night (TR)

Tuesday, September 17th

9:00-Weight Work Out (CY)
 10:00-Strength & Balance (AR)
 11:00- Daily Newsletter (AR)
 11:30-Share a Favorite Poem Day (AR)
 2:00 -Brain Buster Math Trivia (AR)
 3:00-Food for thought (AR)
 3:30-Bingo (LR)
 4:30-Balance Life Exercise (AR)
 6:30-Movie Night (TR)

Wednesday, September 18th

9:30-Morning Meditation (CY)
 10:30-Do the Cha Cha Fitness (AR)
 11:00-Music History Miles Daves (AR)
 11:30: Daily Newsletter (AR)
 1:30-Happy Birthday, U.S. Air Force (AR)
 2:30-Short Stories (LR)
 3:30-Octoberfeast and Tradition around the world (LR)
 4:00- Dance Movement Macarena (AR)
 6:30-Movie Night (TR)

Thursday, September 19th

9:30-Morning Meditation (CY)
 10:00-Flexing balance (AR)
 11:00: Daily Newsletter (AR)
 1:30-Tai chi W/Kevin (AR)
 2:30-Octoberfeast Happy Hour (AR)
 3:30-Reminiscing Origins of School (AR)
 4:30-Flexing Fitness (AR)
 6:30-Movie Night (TR)

Friday, September 20th

9:30-Morning Meditation (CY)
 10:00- Flow Yoga (AR)
 10:30- Daily Newsletter (AR)
 11:00-Bible Study (AR)
 1:30-Deaf Awareness Week Begins (AR)
 3:00-Baking Class Pecan Sugar Cookies (LR)
 4:00-Total body Fitness (AR)
 6:30-Movie Night (TR)

Saturday, September 21st

9:30-Morning Meditation (CY)
 10:00-Weight Workout (AR)
 11:00- Daily Newsletter (AR)
 11:00-Manicure Social (AR)
 2:30- Bingo (AR)
 3:30-Art Relaxation Coloring (LR)
 4:00- Engaged Life Meeting (LR)
 6:30-Movie Night (TR)

Sunday, September 22nd

9:30-Morning Meditation (CY)
 10:00-Marching Fitness (LR)
 11:00- Daily Newsletter (AR)
 1:30-Fall Equinox Around the World (CT)
 2:30- Zodiac & Horoscope September (AR)
 3:30- Bingo (CT)
 4:00-Lay Servant Bible Study (AR)
 6:30-Movie Night (TR)

Monday, September 23rd

9:30-Morning Meditation (CY)
 10:00-Posture And Stretch (CY)
 11:00- Daily Newsletter (AR)
 1:30-Scenic Drive (LR)
 2:30- Piano Music with Mary (LR)
 3:30-Coffee & Chat (LR)
 4:00- Learning To Play Cards (TR)
 6:30-Movie Night (TR)

Tuesday, September 24th

9:30-Morning Meditation (CY)
 10:00-Weight Workout Challenge (CY)
 11:00- Daily Newsletter (AR)
 2:30-Music W/ Mary (CT)
 3:30-Forest Lake Scavenger hunt (LR)
 4:00-Bible Study w/ Caroline (LR)
 6:30-Movie Night (TR)

Wednesday, September 25th

9:30-Morning Meditation (CY)
 10:00-Hand Grip Exercise (AR)
 11:00-Event Newsletter (LR)
 2:30-Root Beer Floats (LR)
 3:00-Art Relaxation Fall Flowers (AR)
 4:00-Fall book Club (TR)
 4:30-Barre Exercise (HW)
 6:30-Movie Night (TR)

Thursday, September 26th

9:30-Morning Meditation (CY)
 10:00- Flow Yoga (AR)
 11:00-Count Your Steps Walking
 11:00-Event Newsletter (LR)
 1:30- Board Games (CT)
 3:00-Resident Birthday /Party (LR)
 3:30-Live Music Chip and Vicky (LR)
 4:00-Walking Club (LR)
 6:30-Movie Night (TR)

Friday, September 27th

9:30-Morning Meditation (CY)
 10:00- Walking Step Counting (CY)
 10:30-Event Newsletter (LR)
 11:30-Bible Study (AR)
 1:30-Brain Challenge the sixties (LR)
 2:30-Scenic Drive (CT)
 4:00-Piano Music with Mary (TR)
 6:30-Movie Night (TR)

Saturday, September 28th

9:30-Morning Meditation (CY)
 10:00-Flex & Stretch
 11:00-Event Newsletter (LR)
 11:30-Manicures Table (AR)
 2:30- Bingo (AR)
 4:00-Colorful Weight Workout (AR)
 6:30-Movie Night (TR)

Sunday, September 29th

9:30-Morning Meditation (CY)
 10:00- Tai Chi (AR)
 11:00: Daily Newsletter (AR)
 11:30- Bingo (AR)
 1:30- Laughter Therapy Riddles (LR)
 3:30-Drama Skit club reading (AR)
 4:00-Lay Servant Bible study
 6:30- Movie Night (TR)

Monday, September 30th

9:30-Morning Meditation (CY)
 10:00 - Hand Grip Exercise (AR)
 11:30- Daily Newsletter (AR)
 1:30 - History Talks (AR)
 2:30-Sips And Dips Happy Hour (LR)
 3:30- Dance Movement (LR)
 4:00 - Piano Music with Mary (TR)
 6:30-Movie Night (TR)

Forest Lake Manor
Assisted Living & Memory Care