

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

 <p>SEPTEMBER 2020</p>		<p>1 10:00AM Exercises with Heidy TVR 10:30AM Sensory Meditation TVR 10:45AM Active Minds AR 11:00AM Hand Massage AR 1:15PM Family Visitation P 2:30PM Puzzles and snacks P</p>	<p>2 10:00AM Exercises with Heidy LR 10:30AM Breathing Exercises LR 10:45AM Active Minds AR 11:00AM A minute to win LR 1:30PM TED Talk Club TVR 2:30PM Finish the Phrase LR</p>	<p>3 10:00AM Exercises with Heidy LR 10:30AM Warm Up Routine LR 10:45AM Active Minds LR 1:30PM Arts & Crafts Club LR 2:30PM Conversation cards LR</p>	<p>4 10:00AM Exercises with Heidy LR 10:30AM The Calm Coach LR 10:45AM Active Minds LR 11:00AM Nails & Tales 1:15PM Family Visitation P 2:30PM BINGO DR</p>	<p>5 10:00AM Exercises with Heidy LR 10:30AM Full Body Stretching LR 1:15PM Family Visitation P 2:30PM BINGO DR</p>
<p>6 10:00AM Gratitude Meditation P 10:15AM Fruits on the Patio P 2:00PM MOVIE TVR You can ask to our Concierge to print the Community Activities Book destined for every Sunday, at the Front Desk.</p>	<p>7 10:00AM Exercises with Heidy LR 10:30AM Morning Devotional LR 10:45AM Active Minds AR 2:30PM BINGO DR 3:00PM Vivaldi and tea LR</p>	<p>8 10:00AM Exercises with Heidy TVR 10:30AM Sensory Meditation TVR 10:45AM Active Minds AR 11:00AM Piano class with Caro LR 1:15PM Family Visitation P 2:30PM Mandalas and snacks P</p>	<p>9 10:00AM Exercises with Heidy LR 10:30AM Breathing Exercises LR 10:45AM Active Minds AR 11:00AM Spanish Class LR 1:30PM TED Talk Club TVR 2:30PM Let's write letters to nurses LR</p>	<p>10 10:00AM Exercises with Heidy LR 10:30AM Warm Up Routine LR 10:45AM Active Minds LR 11:00AM Cellphone training LR 1:30PM Arts & Crafts Club LR 2:30PM Jewelry Club LR</p>	<p>11 10:00AM Exercises with Heidy LR 10:30AM The Calm Coach LR 10:45AM Active Minds LR 11:00AM Naming My Emotions LR 1:15PM Family Visitation P 2:30PM BINGO DR</p>	<p>12 10:00AM Exercises with Heidy LR 10:30AM Full Body Stretching LR 1:15PM Family Visitation P 2:30PM BINGO DR</p>
<p>13 10:00AM Gratitude Meditation LR 10:15AM Mozart and tea LR 2:00PM MOVIE TVR You can ask to our Concierge to print the Community Activities Book destined for every Sunday, at the Front Desk.</p>	<p>14 10:00AM Exercises with Heidy LR 10:30AM Morning Devotional LR 10:45AM Active Minds AR 11:00AM Bowling Challenge LR 2:30PM BINGO DR 3:00PM Acoustic Guitar and tea LR</p>	<p>15 10:00AM Exercises with Heidy TVR 10:30AM Sensory Meditation TVR 10:45AM Active Minds AR 11:00AM Hand Massage AR 1:15PM Family Visitation P 2:30PM Word games and snacks P</p>	<p>16 10:00AM Exercises with Heidy LR 10:30AM Breathing Exercises LR 10:45AM Active Minds AR 11:00AM Guess the scent AR 1:30PM TED Talk Club TVR 2:30PM Target Toss Challenge LR</p>	<p>17 10:00AM Exercises with Heidy LR 10:30AM Warm Up Routine LR 10:45AM Active Minds LR 11:00AM Spanish Class LR 1:30PM Arts & Crafts Club LR 2:30PM Jumbo Connect Four LR</p>	<p>18 10:00AM Exercises with Heidy LR 10:30AM The Calm Coach LR 10:45AM Active Minds LR 11:00AM Target Toss Exercise LR 1:15PM Family Visitation P 2:30PM BINGO DR</p>	<p>19 10:00AM Exercises with Heidy LR 10:30AM Full Body Stretching LR 1:15PM Family Visitation P 2:30PM Let's Make Dog Treats for Shelter Dogs LR <u>Responsible Dog Ownership Day</u></p>
<p>20 10:00AM Gratitude Meditation P 10:15AM Fruits on the Patio P 2:00PM MOVIE TVR You can ask to our Concierge to print the Community Activities Book destined for every Sunday, at the Front Desk.</p>	<p>21 10:00AM Exercises with Heidy LR 10:30AM Morning Devotional LR 10:45AM Active Minds AR 11:00AM Guess the Singer TVR 2:30PM BINGO DR 2:30PM MOVIE TVR</p>	<p>22 10:00AM Exercises with Heidy TVR 10:30AM Sensory Meditation TVR 10:45AM Active Minds AR 11:00AM Conversation cards LR 2:30PM MOVIE TVR</p>	<p>23 10:00AM Exercises with Heidy LR 10:30AM Breathing Exercises LR 10:45AM Active Minds AR 2:30PM MOVIE TVR</p>	<p>24 10:00AM Exercises with Heidy LR 10:30AM Warm Up Routine LR 10:45AM Active Minds LR 2:30PM MOVIE TVR</p>	<p>25 10:00AM Exercises with Heidy LR 10:30AM The Calm Coach LR 10:45AM Active Minds LR 2:30PM BINGO DR <u>National BRAVE DAY</u></p>	<p>26 10:00AM Exercises with Heidy LR 10:30AM Full Body Stretching LR 1:15PM Family Visitation P 2:30PM BINGO DR</p>
<p>27 10:00AM Gratitude Meditation LR 10:15AM Jazz Music and tea LR 2:00PM MOVIE TVR You can ask to our Concierge to print the Community Activities Book destined for every Sunday, at the Front Desk.</p>	<p>28 10:00AM Exercises with Heidy LR 10:30AM Morning Devotional LR 10:45AM Active Minds AR 11:00AM Reminiscence Game LR 2:30PM BINGO DR 3:00PM Frank Sinatra and tea LV</p>	<p>29 10:00AM Exercises with Heidy TVR 10:30AM Sensory Meditation TVR 10:45AM Active Minds AR 11:00AM Hand Massage AR 1:15PM Family Visitation P 2:30PM Tangrams and tea P</p>	<p>30 10:00AM Exercises with Heidy LR 10:30AM Breathing Exercises LR 10:45AM Active Minds AR 11:00AM Nails & Tales AR 1:30PM TED Talk Club TVR 2:30PM Pet Therapy P</p>	<p>31 10:00AM Exercises with Heidy LR 10:30AM Warm Up Routine LR 10:45AM Active Minds LR 11:00AM Would You Rather LR 1:30PM Arts & Crafts Club LR 2:30PM Costa Rican Candies DR</p>	<p>Legend: AR= Activities Room LR= Living Room P= Patio DR=Dining Room BS= Beauty Salon TVR= TV Room 2nd floor</p>	

