| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |
|--|---|--|---|--|---|---|
|  | ·   | ·  | ·   |  | 10:30(W) Exercise Family P.T 2  | 10:00(wellness Room) exercise 3   |
|  | 4 1   |  | 000   | Allen<br>11:00(W)Exercise—Chair Zumba  | 1:00-Norfolk Library grab a   | 10:30(Coffee Shop) Cards  |
| Sep  | teml  | oer 2  | 022   | 1:00(lobby) Trip to Walmart<br>2:00(activity Room) Chocolate<br>chip cookies   | 2:00(Community Room) Come<br>Play Bocce Play for the 1st Time         | 2:30(Community Room) Nebraska vs North Dakota (BTN) 4:00 Walking Club Meet at the |
| Heritage at Fountain Point   |   |  |   | 3:00(2 <sup>nd</sup> floor) Men's Pool Group<br>with Man Food & Drinks<br>4:00(Coffee Shop) Card Games   | Happy Hour 3:00-5:00(-Coffee Shop) Appetizers &- Drinks               | Lobby 7:00(coffee Shop) Fireplace Chats-Board games                               |
|  | 10:30(W) Exercise Family P.T 5  | 10:00(C) David-Jeremiah -Video   | 10:30(W) Exercise Family P.T 7  | 11:00(W)Exercise—Chair Zumba   | 10:30(W) Exercise Family P.T 9  | 10:00(wellness Room) exercise 10  |
| Enrichment Room Catholic Services T.V 8:00-9:00 Lutheran T.V 9:00-10:00                        | 1:30(Coffee Shop) Cards   | 11:30(Community Room) The  | 2:00(community Room) Bingo  | 1  | 2:00(Community Room) Norfolk  | 10:30(Coffee Shop) Cards  |
|  | 2:00(Activity Room) Dominoes  | Chosen Series-<br>11:30(WR) Drum cardio  | 3:30-Coffee Shop) card games & Uno<br>Attack                                      |  | Museum will bring an artifact and explain it and then there will be a | 2:00(Community Room)  |
| 11:30(Library) Puzzle Pals<br>2:30(Community room) Wii Sports                                  | 3:30(Community Room) Sing-Along- Use cd player- books are under the counter             | 1:30(Activity Room) Manicures<br>2:30(Activity Room) Craft Hangar<br>Chief door hangers        | 4:00(Coffee Shop) Root Beer Float<br>Social                                       | 3:00(Coffee Shop) Men's poker games- with Man Food & Drinks 4:00(Coffee Shop) Card Games   | craft afterwards  Happy Hour  3:00-5:00(-Coffee Shop)                 | Dominoes 4:00 Walking Club Meet at the Lobby 6:30Community Room) Nebraska         |
|  | 6:00 Walking Club Meet at the Lobby<br>No Lynn-Holiday                                  | 4:00(community Room) Rosary<br>7:00(Coffee)Coffee Shop Chat&<br>Checkers                       | 6:00 Walking Club Meet at the Lobby   |  | Appetizers &- Drinks  | V.s Georgia<br>7:00(coffee Shop) Fireplace  |
| Enrichment Room  |   | 11:00(Wellness) Exercise – 13 Exercise Drum cardio   | 10:30(W) Exercise Family P.T<br>11:00(foodie Club) Domino's Pizza                 | 9:00(C)Catholic Mass-Father 15   | 10:30(W) Exercise Family P.T 16                                       |   |
| Lutheran T.V 9:00-10:00  | 1:30(Coffee Shop) Cards 12:45(lobby) Bingo Senior Center                                | 10:00(Community Room) The Chosen Series-   | 1:30(community Room) Food<br>Meeting with Nick                                    | 11:00(W)Exercise—Chair Zumba   | 11:00 Pastor Leech-Lutheran<br>Church -Communion Given                | 10:30(Coffee Shop) Cards 2:00(Community Room Movie &                              |
| 11:30(Library) Puzzle Pals   | 3:30(Community Room) Sing-Along- Use cd player- books are under the counter-please take | 1:00-Pet therapy   | 2:00(community Room) Bingo  | Control of the Contro |   | popcorn- Resident Pick- have staff start Movie                                    |
| Julie Singing for Grandparents Day 4:00(Coffee Shop) Book club                                 | out   | 2:30(Community Room) Bocce Ball<br>4:00(community Room) Rosary<br>7:00(Coffee)Coffee Shop Chat | 3:30-Coffee Shop) card games & Uno<br>Attack<br>4:00(Coffee Shop) Root Beer Float | 3:00(pool Hall) Men's -playing pool - with Man Food & Drinks   | Happy Hour 3:00-4:00(-Coffee Shop) Appetizers &- Drinks               | 4:00 Walking Club Meet at the<br>Lobby<br>7:00(coffee Shop) Fireplace             |
| Grandparents Day   | 6:00 Walking Club Meet at the Lobby   |  | Social  | 4:00(coffee Shop) Card Games   |   | Chats-Boardktolarings Segins  |
| Boredom Buster Available in Life 8<br>Enrichment Room<br>Catholic Services T.V 8:00-9:00       | 10:30(W) Exercise Family P.T 19   | 10:00(Community Room) The Chosen Series-   | 10:30(W) Exercise Family P.T 21<br>2:00(community Room) Bingo                     |  | Back Time: 4:00   |   |
|  | 12:45(Lobby) Senior Center -Bingo   | Exercise Drum cardio- 11 am  | 3:30-Coffee Shop) card games & Uno  | 1:00(lobby) Trip to Target   | 10:30(W) Exercise Family P.T<br>2:00(Coffee Shop)                     | 10:30(Coffee Shop) Cards  |
|  | 3:30(community Room)  | 1:30(Activity Room) Manicures  | Attack<br>4:00(Coffee Shop) Root Beer Float                                       | 2:00(activity Room) Baking<br>Pumpkin Pie  | Elvis's impersonator  | 2:00(Coffee Shop) Dominoes  |
| 2:30(Coffee Shop) Mexican Train  | Sing-Along  | 2:30(Activity Room) Craft  | Social<br>6:00 Walking Club Meet at the   | 3:00(2 <sup>nd</sup> Floor) Men's pool Group   | @The Stable tickets 25.00 Time 7pm                                    | 4:00 Walking Club Meet at the Lobby   |
| Dominoes<br>4:00Coffee Shop) Walking Club  | 6:00 Walking Club Meet at the Lobby   | 4:00(Community Room) Rosary 7:00(Coffee)Coffee Shop Chat-                                      | Lobby   | with Drinks & Food   | Happy Hour<br>3:00-5:00(-Coffee Shop)                                 | 7:00(coffee Shop) Fireplace   |
|  |   | checkers   |   | 4:00(Coffee Shop) Card Games  Autumn Begins  | Appetizers &- Drinks  | Chats-Board games   |
| Boredom Buster Available in Life 25 Enrichment Room  |   | 10:00(Community Room) The Chosen-<br>Series-<br>11:00(Wellness) Exercise –                     |   | 11:00(W)Exercise—Chair Zumbeg  | 10:30(W) Exercise Family P.T 30                                       | Room Key<br>C-Coffee Shop   |
| Catholic Services T.V 8:00-9:00<br>Lutheran T.V 9:00-10:00<br>All church services on Channel 7 | 12:45(Lobby) Senior Center -Bingo   | Exercise Drum cardio   | Foodie Club11 am-Napoli Italian restaurant 2:00(community Room) Bingo             | 2:00(activity Room) Baking a   | 2:00(Community Room)<br>Community Money Bingo-Invite                  | Co- Community room<br>LED-Activity Room   |
| 11:00 (C)Catholic communion  | 3:30(Community Room)<br>Sing-Along  | 1:30(Activity Room) Manicures 4:00(Community Room) Rosary                                      | 3:30-Coffee Shop) card games & Uno  | Cake for Sept B-days   | your Friends & Family!  | D-Dining Room W-Wellness Room   |
| 11:30(Library) Puzzle Pals<br>2:30(Coffee Shop) Cards  |   | 7:00(Coffee)Coffee Shop Chat-Checkers  | Attack  | 3:00(Coffee Shop) Men's Poker<br>with Drinks & Food  | Celebrating September Birthdays Happy Hour 3:00-5:00(-Coffee Shop)    | CY-Courtyard  |
| 4:00Coffee Shop) Book Club   | 6:00 Walking Club Meet at the Lobby   |  | 4:00(Coffee Shop) Root Beer Float<br>Social<br>6:00 Walking Club Meet at the      | 4:00(Coffee Shop) Card Games   | Appetizers &- Drinks  |   |
| Rosh Hashanah Begins 3725 west Madison Ave N   | Al  |  | Lobby   |  |   |   |