
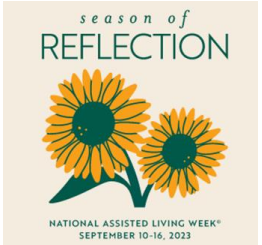



# Grand Meadows - Assisted Living

## SEPTEMBER 2023

| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   |
|---|--|---|--|--|---|--|
| <p><b>ACTIVITY KEY LOCATION:</b><br/> <b>C=CHAPEL</b><br/> <b>CS=COFFEE SHOP</b><br/> <b>E=EXERCISE ROOM</b><br/> <b>G=GAME ROOM</b><br/> <b>GR=GREAT ROOM</b><br/> <b>L= LOUNGE</b></p>  | <p><b>DAILY DOSE/WEEKEND PACKET</b><br/> <b>PICK UP @ 4 PM (L)</b><br/> <b>OUTING SIGN UP BINDER @ OFFICE</b></p>  <p><b>SPIRITUAL ACTIVITIES IN PURPLE.</b></p>  |  <p>season of REFLECTION</p> <p>NATIONAL ASSISTED LIVING WEEK®<br/>         SEPTEMBER 10-16, 2023</p>   |  <p>September</p>   |  | <p><b>COUNTY FAIR DAY 1</b></p> <p>10:00 Fair Day Exhibit Display (L)<br/> <b>10:30 Rosary (GR)</b><br/>         1:15 Seated Exercise Class (E)<br/>         2:00 Big Tent Bingo (L)<br/>         3:15 Sweet Martha's Cookie Social (CS)<br/>         6:00 Scrabble (L-Independent)</p>                                     | <p><b>2</b></p> <p>10:00 Stretch Class Video (E)<br/>         6:00 Movie: The Intern (GR)</p>  |
| <p><b>3</b></p> <p>3:00 Cookie Social (CS)</p>  | <p><b>Labor Day 4</b></p> <p><b>1:30 Bible Study (C)</b><br/>         2:00 Movie Matinee: 9 to 5 (GR)<br/>         6:00 Creative Color (L-Independent)</p>   | <p><b>5</b></p> <p><b>9:30 Devotions (L)</b><br/>         11:15 Exercise Class (L)<br/>         1:30 *Shop Coborn's<br/>         3:00 Left, Center, Right Dice Game (L)<br/>         6:00 Scrabble (L-Independent)</p>  | <p><b>6</b></p> <p>11:15 Exercise Class (L)<br/>         1:15 Movers &amp; Shakers (E)<br/>         2:00 Prize Bingo (L)<br/>         6:00 Movie: Pillow Talk (GR)</p>   | <p><b>7</b></p> <p>9:30 Headlines (L)<br/> <b>10:30 Christ Lutheran Worship Service (L)</b><br/>         11:15 Exercise Class (L)<br/>         1:15 Manicures (L)<br/>         2:00 Special Music: Mark Hawker (L)<br/>         3:00 Happy Hour (L)<br/> <b>Happy Birthday Tami Lang!</b></p>  | <p><b>8</b></p> <p><b>10:30 Catholic Mass (GR)</b><br/>         11:15 Exercise Class (L)<br/>         1:15 *Outing: Visit Sunshine Dairy &amp; Milkhouse Floral (sign-up in office)<br/>         1:15 Resident Dining Meeting (L)<br/>         6:00 Scrabble (L-Independent)<br/> <b>Happy Birthday Amy Rutherford!</b></p> | <p><b>9</b></p> <p>10:00 Stretch Class Video (E)<br/>         2:00 Grand Prize Bingo (L)<br/>         6:00 1920's Movie: Wizard of Oz (GR)</p> |
| <p>-----<b>Grandparents' Day</b>----- <b>10</b></p> <p>12:00 Vikings vs. Buccaneers Ch. 4 (GR)<br/>         3:00 Cookie Social (CS)<br/>         6:00 <u>1930's Movie</u>: Holiday (GR)</p> <p><b>Happy Birthday Marie De Lopez Martinez!</b></p> | <p>-----<b>--Patriot Day</b>----- <b>11</b></p> <p>11:15 Exercise Class (L)<br/>         1:15 Movers &amp; Shakers (E)<br/> <b>1:30 Bible Study (C)</b><br/>         2:00 Special Music: Allen Carlson &amp; September Birthday Celebration (L)<br/>         6:00 <u>1940's Movie</u>: Casablanca (GR)</p>                       | <p>-----<b>ASSISTED</b>----- <b>12</b></p> <p><b>9:15 Devotions (L)</b><br/>         10:00 *Shop Dollar Fresh HyVee<br/>         11:15 Exercise Class (L)<br/>         2:00 50's Soda Shop Social (L)<br/>         3:00 Left, Center, Right Dice Game (L)<br/>         6:00 <u>1950's Movie</u>: Singing in the Rain (GR)</p>                     | <p>-----<b>LIVING</b>----- <b>13</b></p> <p>11:15 Exercise Class (L)<br/>         1:15 Movers &amp; Shakers (E)<br/>         2:00 Prize Bingo (L)<br/>         3:30 'Newly' Wed Game (L)<br/>         6:00 <u>1960's Movie</u>: Lover Come Back (GR)</p>   | <p>-----<b>WEEK</b>----- <b>14</b></p> <p><b>9:00 Christ Lutheran Women's Bible Study (C)</b><br/> <u>10:30 Headlines (L)</u><br/>         11:15 Exercise Class (L)<br/>         1:15 Manicures (L)<br/> <b>2:00 First Lutheran Church Service w/Pr. Andrix (L)</b><br/>         3:00 Groovy Happy Hour w/pianist Gary Wenstrom (L)<br/>         6:00 <u>1970's Movie</u>: Grease (GR)</p> | <p>----- <b>15</b></p> <p><b>10:30 Rosary (GR)</b><br/>         11:15 Exercise Class (L)<br/>         2:00 Quarter Bingo (L)<br/>         6:00 <u>1980's Movie</u>: Tootsie (GR)<br/>         6:00 Scrabble (L-Independent)<br/> <b>Happy Birthday Sara Brown!</b></p>  | <p>----- <b>16</b></p> <p>10:00 Stretch Class Video (E)<br/>         6:00 <u>1990's Movie</u>: Tombstone (GR)</p>                              |
| <p><b>17</b></p> <p><b>2:00 Community Worship Service w/Pr. Arndt (L)</b><br/>         3:00 Cookie Social (CS)</p>  | <p><b>18</b></p> <p>11:15 Exercise Class (L)<br/>         1:15 Movers &amp; Shakers (E)<br/> <b>1:30 Bible Study (C)</b><br/>         2:00 Quarter Pokeno (L)<br/>         6:00 Creative Color (L-Independent)</p>   | <p><b>19</b></p> <p><b>9:30 Devotions (L)</b><br/>         11:00 Stretch Class Video (E)<br/>         11:00 *Out To Eat At Hahn's Restaurant in Winthrop (sign-up)<br/>         2:30 *Shop Coborn's<br/>         3:00 Left, Right, Center Dice Game (L)<br/>         6:00 Scrabble (L-Independent)<br/> <b>Happy Birthday Steven Jerabek!</b></p> | <p><b>20</b></p> <p>10:00 1:1 Visit w/Ridgewater RN Students (L) (sign-up in office)<br/>         11:15 Exercise Class (L)<br/>         1:15 Movers &amp; Shakers (E)<br/>         2:00 Special Gospel Music by Dave Anderson &amp; Roger Walck (L)<br/>         6:00 Movie: Send Me No Flowers (GR)<br/> <b>Happy Birthday Bud Johnson!</b></p> | <p><b>21</b></p> <p>9:30 Headlines (L)<br/>         11:15 Exercise Class (L)<br/>         1:15 Manicures (L)<br/>         2:00 Clay Terrazo Craft (L)<br/>         3:00 Happy Hour (L)</p>   | <p><b>22</b></p> <p><b>10:30 Catholic Mass (GR)</b><br/>         11:15 Exercise Class (L)<br/>         2:00 Quarter Bingo (L)<br/>         6:00 Scrabble (L)<br/> <b>Happy Birthday Daniela Acevedo!</b></p>  | <p><b>23</b></p> <p>10:00 Stretch Class Video (E)<br/>         2:00 Special Music: Phyllis Hummel (L)</p>                                      |
| <p><b>24</b></p> <p>12:00 Vikings vs. Chargers Ch. 9 (GR)<br/> <b>2:00 Community Worship Service w/Pr. Andrix (L)</b><br/>         3:00 Cookie Social (CS)</p>  | <p><b>25</b></p> <p>11:15 Exercise Class (L)<br/>         1:15 Movers &amp; Shakers (E)<br/> <b>1:30 Bible Study (C)</b><br/>         2:30 Men's Group (GR)<br/>         2:30 Women's Gathering (L)<br/>         3:30 Grocery Bag Service Project Informational Meeting (L)<br/>         6:00 Creative Color (L-Independent)</p> | <p><b>26</b></p> <p><b>9:30 Devotions (L)</b><br/>         11:15 Exercise Class (L)<br/>         1:30 *Shop Coborn's<br/>         3:00 Left, Center, Right Dice Game (L)<br/>         6:00 Scrabble (L-Independent)</p>   | <p><b>27</b></p> <p>11:15 Exercise Class (L)<br/>         1:15 Movers &amp; Shakers (E)<br/>         2:00 Resident Meeting &amp; Resident Council (L)<br/>         2:30 Prize Bingo (L)<br/>         6:00 Hallmark Movie: Thicker Than Water (GR)</p>  | <p><b>28</b></p> <p>9:30 Headlines (L)<br/>         11:15 Exercise Class (L)<br/>         1:15 Manicures (L)<br/>         2:00 Armchair Travel w/Mary Ellen: Ark Experience(L)<br/>         3:00 Happy Hour (L)<br/> <b>Happy Birthday Arlene Raduenz!</b></p>   | <p><b>29</b></p> <p><b>10:30 Rosary (GR)</b><br/>         11:15 Exercise Class (L)<br/>         2:00 Quarter Bingo (L)<br/>         6:00 Scrabble (L-Independent)<br/> <b>Happy Birthday Ruby Streich!</b></p>  | <p><b>30</b></p> <p>10:00 Stretch Class Video (E)<br/>         6:00 Evening Movie: 'As Good As It Gets' (GR)</p>                               |