










## Activities and Event Calendar (205 Plantation Dr.)

Shelby York  
Life Enrichment Coordinator  
Shelby@4seasonsseniorliving.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<p>1. <b>Game Time</b> Wheel of Fortune</p> <p><b>2:00pm</b></p> 	<p>2. Morning Meditation (10:00-11:00am)</p> <p><i>Book Club:</i> 'The Runaway Train.' (2:00-3:00pm)</p>	<p>3. Sunday Shows 'Let's Make a Deal.' (10:00-11:00am)</p> <p>The Sound of Music Word Search. (2:00-3:00pm)</p>
<p>4. </p>	<p>5. Matching Card Game. (10:00-11:00am)</p> <p><b>Group Exercise.</b> (12:30-1:00pm)</p> <p><b>Whack-A-Mole.</b> (1:00-2:00pm)</p>	<p>6. Ball Toss with Staff. (10:00-11:00am)</p> <p><b>Word Game</b> <b>Wednesday</b> 'Labor Day Word Game.' (2:00-3:00pm)</p>	<p>7. Adult Coloring Club. (10:00-11:00am)</p> <p>Arts &amp; Crafts: <b>Pool Noodle</b> <b>Paint Stamping.</b> (2:00-3:00pm)</p>	<p>8. <b>Spa Day</b> Manicures</p> <p><b>2:00pm</b></p> 	<p>9. <u>Coffee and Convo:</u> Table Talk. (10:00-11:00am)</p> <p>Sit and Fit <i>Saturday</i> Relaxing Chair Exercises for Upper Body. (2:00-3:00pm)</p>	<p>10. Read the Paper. (10:00-11:00am)</p> <p>Bird Watching in the Backyard. (2:00-3:00pm)</p> <p><i>National Assisted Living Week</i></p>
<p>11. <b>Music Group:</b> 'Rod Stewart.' (10:00-11:00am)</p> <p>Poetry Club: 'All Things Bright &amp; Beautiful.' (2:00-3:00pm)</p>	<p>12. Ubongo. (10:00-11:00am)</p> <p><b>Basket Ball Toss.</b> (12:30-1:00pm)</p> <p><b>German Bingo.</b> (1:00-2:00pm)</p>	<p>13. Puzzle. (10:00-11:00am)</p> <p>Bible Study. (2:00-3:00pm)</p>	<p>14. Chair Yoga. (10:00-11:00am)</p> <p>Dominoes. (2:00-3:00pm)</p>	<p>15. <b>Assisted Living Week</b> Snack Station</p> <p><b>2:00pm</b></p> 	<p>16. Morning Meditation (10:00-11:00am)</p> <p><i>Book Club:</i> 'The Real Story of Spiderman.' (2:00-3:00pm)</p>	<p>17. Sunday Shows 'Family Feud.' (10:00-11:00am)</p> <p>Classical Music Word Search. (2:00-3:00pm)</p>

		<i>Patio Project</i>	<i>Patio Project</i>		<i>Beginning of Oktoberfest</i>	
<p><b>18.</b> <b>Music Group:</b> 'Janis Joplin.' (10:00-11:00am)</p> <p>Baking Club. (2:00-3:00pm)</p> <p><i>Patio Project</i></p>	<p><b>19.</b> Matching Card Game. (10:00-11:00am)</p> <p>Group Exercise. (2:00-3:00pm)</p> <p><i>Patio Project</i></p>	<p><b>20.</b> Balloon Volleyball. (10:00-11:00am)</p> <p><b>Word Game</b> <b>Wednesday</b> 'Autumn Word Scramble.' (2:00-3:00pm)</p>	<p><b>21.</b> Color by Number: <i>With Magnets.</i> (10:00-11:00am)</p> <p>Arts &amp; Crafts: Coffee Filter Peonies. (2:00-3:00pm)</p>	<p><b>22.</b> <i>Game Time</i> Qwirkle <b>2:00pm</b></p> 	<p><b>23.</b> <u>Coffee and Convo:</u> Table Talk. (10:00-11:00am )</p> <p>Sit and Fit <i>Saturday</i> Relaxing Chair Exercises for Upper Body. (2:00-3:00pm)</p>  <p><i>Autumn</i></p>	<p><b>24.</b> Browse Magazines. (10:00-11:00am)</p> <p>Afternoon on the Patio. (2:00-3:00pm)</p>
<p><b>25.</b> <b>Music Group:</b> 'David Bowie.' (10:00-11:00am)</p> <p>Poetry Club: 'Autumn Poems.' (2:00-3:00pm)</p>	<p><b>26.</b> Lego Therapy. (10:00-11:00am)</p> <p>Breeze Ball. (12:30-1:00pm)</p> <p>Pictionary. (1:00-2:00pm)</p>	<p><b>27.</b> Puzzle. (10:00-11:00am)</p> <p>Bible Study. (2:00-3:00pm)</p>	<p><b>28.</b> Chair Yoga. (10:00-11:00am)</p> <p>Jenga. (2:00-3:00pm)</p>	<p><b>29.</b> <i>Film Friday</i> 'Rudy' <b>2:00pm</b></p> 	<p><b>30.</b> Morning Meditation (10:00-11:00am )</p> <p><i>Book Club:</i> 'Trick or Treat Traditions.' (2:00-3:00pm)</p>	