


Monthly Event Calendar







Shelby York
 Activities Coordinator
 shelby@4seasonsseniorliving.com



Activities for September 2022 (1724 Milestone Ridge.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1. Classical Music Month Music Therapy: YouTube- 'Johann Sebastian Bach.' (10:00-11:00am)</p> <p>Table Talk Topic: Get the residents talking by asking, 'When was the last time you felt lucky?' (12:30-1:30pm)</p> <p>Sit and Fit. (2:00-4:00pm)</p>	<p>2. Spa Day (2:00-4:00pm)</p> 	<p>3. Coffee and Crosswords. (10:00-11:00am)</p> <p>Red or Black: Card Game. (2:00-4:00pm)</p>

<p>4. <u>Sunday Morning Shows:</u> YouTube- 'Wheel of Fortune.' (10:00-11:00am)</p> <p>Read the Paper. (2:00-4:00pm)</p>	<p>5. <i>Labor Day</i> Movie Mondays: Tubi- 'Where the Red Fern Grows.' (9:00-11:00am)</p> <p>Play Doh for Sensory. (2:00-4:00pm)</p>	<p>6. Solve the Riddles. (10:00-11:00am)</p> <p>Table Talk Topic: Get the residents talking by asking, 'How many people do you love?' (12:30-1:30pm)</p> <p>Ball Toss with Staff. (2:00-4:00pm)</p>	<p>7. Word Game Wednesday: 'Exercise' Word Search. (10:00-11:00am)</p> <p>Scrapbooking Club. (2:00-4:00pm)</p>	<p>8. Music Therapy: YouTube- 'Fleetwood Mac.' (10:00-11:00am)</p> <p>Table Talk Topic: Get the residents talking by asking, 'What makes love last?' (12:30-1:30pm)</p> <p>Chair Yoga Exercises. (2:00-4:00pm)</p>	<p>9. Who's Got Game? Game Shows. Youtube- 'Jeopardy.' (10:00-11:00am)</p> <p>Hungry Hungry Hippos. (2:00-4:00pm)</p> 	<p>10. Morning on the Porch. (10:00-11:00am)</p> <p>Browse Magazines. (2:00-4:00pm)</p>
<p>11. National Assisted Living Week <u>Sunday Morning Shows:</u> YouTube- 'The Price is Right.' (10:00-11:00am)</p> <p>Read the Paper. (2:00-4:00pm)</p>	<p>12. Movie Mondays: Tubi- 'Tom Sawyer.' (9:00-11:00am)</p> <p>Write Appreciation Notes for Staff. (2:00-4:00pm)</p>	<p>13. Talk Show TV Tuesday. (10:00-11:00am)</p> <p>Table Talk Topic: Get the residents talking by asking, 'Describe your wedding dress- if you had one.' (12:30-1:30pm)</p> <p>Move with Music. (2:00-4:00pm)</p>	<p>14. Word Game Wednesday: 'Types of Cake' Word Search. (10:00-11:00am)</p> <p>Baking Club: Strawberry Icebox Cake (1:00-3:00pm)</p>	<p>15 Music Therapy: YouTube- 'Diana Ross.' (10:00-11:00am)</p> <p>Table Talk Topic: Get the residents talking by asking, 'Where was your favorite place to make friends in town?' (12:30-1:30pm)</p> <p>Exercises for Seniors. (2:00-4:00pm)</p>	<p>16. Mexican Independence Day: Documentary: Youtube- 'The Mexican War of Independence.' (10:00-11:00am)</p> <p>Spanish Words Used in English. (2:00-4:00pm)</p> 	<p>17. National Assisted Living Week Morning News. (10:00-11:00am)</p> <p>Matching Card Game. (2:00-4:00pm)</p>

<p>18. <u>Sunday Morning Shows:</u> YouTube- 'Family Feud.' (10:00-11:00am)</p> <p>Read the Paper. (2:00-4:00pm)</p>	<p>19. Movie Mondays: Tubi- 'The Blue Bird.' (9:00-11:00am)</p> <p>Jester Hat Craft. (2:00-4:00pm)</p>	<p>20. Puzzle Time! (10:00-11:00am)</p> <p>Table Talk Topic: Get the residents talking by asking, <i>'What is your favorite place on Earth?'</i> (12:30-1:30pm)</p> <p>Balloon Volleyball. (2:00-4:00pm)</p>	<p>21. Word Game Wednesday: 'Carnival' Word Search. (10:00-11:00am)</p> <p>Scrapbooking Club. (2:00-4:00pm)</p>	<p>22. Music Therapy: YouTube- 'Aerosmith.' (10:00-11:00am)</p> <p>Table Talk Topic: Get the residents talking by asking, <i>'What was your favorite subject in school and why?'</i> (12:30-1:30pm)</p> <p>Tai Chi. (2:00-4:00pm)</p>	<p>23.</p> <p>'END OF SUMMER'</p> <p>CARNIVAL</p> <p>1:00-4:00PM</p> 	<p>24. Coffee and Conversation. (10:00-11:00am)</p> <p>Walking Group. (2:00-4:00pm)</p>
<p>25. 'Whats in the News?' Tune into Fox 4 News Channel. (10:00-11:00am)</p> <p>Ice Cream Sunday Social. (2:00-4:00pm)</p> 	<p>26. Movie Mondays: Tubi- 'Zoo.' (9:00-11:00am)</p> <p>Armchair Travel: Thailand, Elephant Craft. (2:00-4:00pm)</p>	<p>27. Adult Coloring Club. (10:00-11:00am)</p> <p>Table Talk Topic: Get the residents talking by asking, <i>'What did your childhood bedroom look like?'</i> (12:30-1:30pm)</p> <p>Gentle Stretches. (2:00-4:00pm)</p>	<p>28. Word Game Wednesday: 'Vintage Toy' Word Search. (10:00-11:00am)</p> <p>Felt Caramel Apple Friends. (2:00-4:00pm)</p>	<p>29. Music Therapy: YouTube- 'Michael Jackson.' (10:00-11:00am)</p> <p>Table Talk Topic: Get the residents talking by asking, <i>'What is the best thing that your mom made that you loved to eat?'</i> (12:30-1:30pm)</p> <p>Ball Toss with Staff. (2:00-4:00pm)</p>	<p>26. Bingo Night (2:00-4:00pm)</p> 