

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2010

Belknap and Strafford Activities

1
10:00 Word Game
11:00 Aerobics
1:30 Brain Fitness
2:00 Baking
3:00 Crossword
Group Puzzle
6:00 Movie

2
10:00 Morning Stretch
10:30 Cliché Game
2:00 Presentation
3:00 Rosary & Communion
6:00 Lawrence Welk

3
10:00 Aerobics
10:30 Word Game
1:30 Brain Fitness
2:00 Happy Hour
3:30 Game Shows
6:00 Bingo

4
10:00 Animal Planet
12:00 Lunch
2:00 Bingo
3:00 Afternoon Matinee
6:00 Lawrence Welk

10:00 Church on TV
11:00 I Love Lucy
1:30 Brain Fitness
2:00 Bingo
3:30 Social in the courtyard
6:00 Movie

5
10:00 Labor Day Trivia
1:30 Room Visits
2:00 Labor Day Social/
Reminiscing
3:00 Sing Along

Labor Day

6
10:00 Morning Stretch
10:45 Spiritual Music with Michelle
1:30 Room Visits
2:00 Balloon Swat
3:00 Afternoon Social
6:00 Crafts

7
10:00 Word Game
11:00 Aerobics
1:30 Brain Fitness
2:00 Mass
3:00 Crossword
Group Puzzle
6:00 Movie

8
10:00 Morning Stretch
10:30 Yoga
2:00 Group Crossword Puzzle
3:00 Rosary & Communion
6:00 Lawrence Welk

Rosh Hashanah

9
10:00 Aerobics
10:30 Word Game
1:30 Brain Fitness
2:00 Milk Shake Social
3:30 Game Shows
6:00 Bingo

10
10:00 Animal Planet
12:00 Lunch
2:00 Bingo
3:00 Afternoon Matinee
6:00 Lawrence Welk

10:00 Church on TV
11:00 I Love Lucy
1:30 Brain Fitness
2:00 Grandparent's Ice Cream Social
6:00 Movie

Grandparents Day

12
Discovering Maine
10:00 Aerobics
11:00 Maine Trivia
12:00 Special Seafood Luncheon
2:00 Painting Light Houses
3:00 Arm Chair Travel/
Lighthouses of the Coast
6:00 Armchair Travel/
Maine

13
Discovering Africa
10:00 Cooking
10:30 African Trivia
1:30 Room Visits
2:00 Presentation on Africa
3:00 Music of Africa
6:00 Armchair Travel/
Africa

14
Discovering Canada
10:00 Baking/ maple cookies
11:00 Aerobics
2:00 Entertainment
3:30 Canadian Trivia
6:00 Armchair Travel/Canada

15
Tour Of Italy
10:00 Morning Stretch
11:00 Italy Trivia
1:30 Making Pitzelies
3:00 Armchair travel of Italy
5:00 Italian Family Dinner

16
10:00 Aerobics
11:00 Making centerpieces
1:30 Room visits
2:00 Hawaiian Trivia
3:00 Armchair Travel of Hawaii
6:30 Hula Dancers and Hawaiian Drinks

17
10:00 Animal Planet
12:00 Lunch
2:00 Making Apple Crisp
3:00 Armchair Travel of NH
6:00 Lawrence Welk

Yom Kippur

10:00 Church on TV
11:00 I Love Lucy
1:30 Brain Fitness
2:00 Entertainment
Peter Ole
6:00 Movie

19
10:00 Aerobics
11:00 Trivia
1:30 Room Visits
2:00 Crochet
3:00 drinks in the courtyard
6:00 Movie

20
10:00 Morning Stretch
10:45 Spiritual Music with Michelle
1:30 Room Visits
2:00 Balloon Swat
3:00 Afternoon Social
6:00 Crafts

21
10:00 Word Game
11:00 Aerobics
1:30 Brain Fitness
2:00 Making Donuts
3:00 Group Crossword Puzzle
6:00 Movie

Autumn Begins

22
10:00 Morning Stretch
10:30 Cliché Game
2:00 Group Crossword Puzzle
3:00 Rosary & Communion
6:00 Lawrence Welk

Sukkot

23
10:00 Aerobics
10:30 Word Game
1:30 Brain Fitness
2:00 Happy Hour
3:30 Game Shows
6:00 Bingo

24
10:00 Animal Planet
12:00 Lunch
2:00 Bingo
3:00 Afternoon Matinee
6:00 Lawrence Welk

10:00 Church on TV
1:30 Brain Fitness
11:00 I Love Lucy
2:00 Bingo
3:30 Social in the courtyard
6:00 Movie

26
10:00 Aerobics
11:00 Trivia
1:30 Room Visits
2:00 Crochet
3:00 drinks in the courtyard
6:00 Movie

27
10:00 Morning Stretch
10:45 Trivia
1:30 Room Visits
2:00 Balloon Swat
3:00 Afternoon Social
6:00 Crafts

28
10:00 Word Game
11:00 Aerobics
1:30 Brain Fitness
2:00 Baking
3:00 Group Crossword Puzzle
6:00 Movie

29
10:00 Morning Stretch
10:30 Cliché Game
2:00 Birthday Party
3:00 Rosary & Communion
6:00 Lawrence Welk

30
National Assisted Living Week
September 12- 18th