

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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September's birthstone, the sapphire, is believed to possess healing properties such as reducing inflammation and fever and providing good luck to its wearer.

Virgo and Libra are the September zodiac signs in astrology.

The fullest moon of the year, the Harvest Moon in September, illuminates the night sky all evening and makes for an incredible sight.

1
8:15 Breakfast
9:45 Chair Exercise
10:00 Coffee & Chronicles
10:15 Church on Playlist
11:30 Communion Service with Father Tony
12:15 Lunch
1:30 UNO
2:30 Ice Cream Sundae
3:30 Trivia Time
5:00 Dinner

2
Labor Day
8:15 Breakfast
9:45 Daily Chronicles
10:00 Bend and Stretch
10:45 Craft Time
12:15 Lunch
1:30 Matinee & Popcorn
3:00 Music, Movement & Memory 
4:00 Joke Time!
5:00 Dinner
6:30 Soft Music

3
8:15 Breakfast
9:45 Uplifting Stories
10:30 Balloon Volleyball
11:15 Hand Massage
12:15 Lunch
1:30 Sensory Sand
4:00 The Lawrence Welk Show
5:00 Dinner
6:30 Soft Music

4
8:15 Breakfast
9:45 Brain Games
10:30 Entertainment w/Tim Hern
12:15 Lunch
1:30 Sensory Sand
3:00 Music, Movement & Memory 
4:00 Puzzle Time!
4:30 Let's Walk
5:00 Dinner

5
8:15 Breakfast
9:45 "Joggin' Your Noggin"
10:15 Chair Yoga
11:00 Uno
12:15 Lunch
1:30 Karaoke
2:30 Towel Folding
4:00 BINGO
5:00 Dinner
6:30 Soft Music

6
8:15 Breakfast
9:45 Joke Time
10:30 Music, Movement & Memory LIVE 
12:15 Lunch
1:30 Wheel of Fortune
2:30 Happy Hour in AL
5:00 Dinner
6:30 Soft Music

7
8:15 Breakfast
9:45 Daily Chronicles
10:00 Volleyball
11:00 Bingo
12:15 Lunch
2:30 Creativity Time
3:15 Matinee and Popcorn
5:00 Dinner
6:30 Cards

8
8:15 Breakfast
9:45 Chair Exercise
10:00 Coffee & Chronicles
10:15 Church on Playlist
11:30 Communion Service with Father Tony
12:15 Lunch
1:30 UNO
2:30 Ice Cream Sundae
3:30 Trivia Time
5:00 Dinner

9
8:15 Breakfast
9:45 Daily Chronicles
10:00 Bend and Stretch
10:45 Craft Time
12:15 Lunch
1:30 Matinee & Popcorn
3:00 Music, Movement & Memory 
4:00 Joke Time!
5:00 Dinner
6:30 Soft Music

10
8:15 Breakfast
9:45 Uplifting Stories
10:30 Balloon Volleyball
11:15 Hand Massage
12:15 Lunch
1:30 Sensory Sand
4:00 The Lawrence Welk Show
5:00 Dinner
6:30 Soft Music

11
8:15 Breakfast
9:45 Brain Games
10:30 Entertainment w/Alesa
2:15 Lunch
1:30 Sensory Sand
3:00 Music, Movement & Memory 
4:00 Puzzle Time!
4:30 Let's Walk
5:00 Dinner

12
8:15 Breakfast
9:45 "Joggin' Your Noggin"
10:30 Chair Yoga
11:00 Uno
12:15 Lunch
1:30 Karaoke
2:30 Crafts w/Teresa
4:00 BINGO
5:00 Dinner
6:30 Soft Music

13
8:15 Breakfast
9:45 Joke Time
10:30 Music, Movement & Memory LIVE 
12:15 Lunch
1:30 Wheel of Fortune
2:30 Happy Hour in AL
5:00 Dinner
6:30 Soft Music

14
8:15 Breakfast
9:45 Daily Chronicles
10:00 Volleyball
11:00 Bingo
12:15 Lunch
2:30 Creativity Time
3:15 Matinee and Popcorn
5:00 Dinner
6:30 Cards

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