

CONNECTIONS/SEPTEMBER 2021



Sodalis
Shavano Park

MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Get Social</p> <p>Crafts</p> <p>Games</p> <p>Exercise</p>	<p>Calendar Subject To Change</p>		<p>1 9:30 Hair & Nails</p> <p>10:30 Hymns and Devotional</p> <p>11:00 Origins of Food</p> <p>1:00 No Sew Animals</p> <p>2:00 Snack and Game</p> <p>2:30 Grand Ole Opry</p> <p>3:00 Afternoon Fitness</p> <p>5:00 Words of Wisdom</p>	<p>2 9:30 Hair & Nails</p> <p>10:00 Outside Yoga</p> <p>11:00 1950's – How much \$</p> <p>1:00 Coin Colorings</p> <p>2:00 Coconut Cream Pie & golf</p> <p>2:30 Sing Along</p> <p>3:00 Virtual Tour / Quiet time</p> <p>5:00 Kick Ball</p>	<p>3 9:30 Hair & Nails</p> <p>10:00 Chair Exercise</p> <p>11:00 Reminiscing</p> <p>1:00 Potato Painting</p> <p>2:00 Snack & Horseshoes</p> <p>2:30 Sing Along</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 Kick Ball</p>	<p>4 10:00 Chair Exercise</p> <p>10:30 Adult Coloring Scarecrows</p> <p>11:30 Sing Along</p> <p>1:00 Reading News Paper</p> <p>2:00 Snack & Game</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 Reminiscing</p>
<p>5</p> <p>9:30 Coffee and News</p> <p>10:00 Chair Exercise</p> <p>1:30 Hymns/Sing Along</p> <p>2:00 Waffles & Game</p> <p>2:30 Dominoes</p>	<p>6 9:30 Hair & Nails</p> <p>10:00 Balloon Boxing</p> <p>11:00 Ice Breakers</p> <p>1:00 Duct tape bookmarks</p> <p>2:00 Snack and Game</p> <p>2:30 Sing Along</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 Book Reading</p> <p>Labor Day!</p>	<p>7 9:30 Hair & Nails</p> <p>10:00 Exercise with Donna</p> <p>11:00 Let's Chat!</p> <p>1:00 Apple Stamps</p> <p>2:00 Snack and Telephone</p> <p>2:30 Sing Along</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 Poetry Reading</p>	<p>8 9:30 Hair & Nails</p> <p>10:30 Hymns and Devotional</p> <p>11:00 What did they play in?</p> <p>1:00 Stress Balls</p> <p>2:00 Snack and bubbles</p> <p>2:30 Sing Along</p> <p>3:00 Afternoon Fitness</p> <p>5:00 Words of Wisdom</p>	<p>9 9:30 Hair & Nails</p> <p>10:00 Happy Tails</p> <p>11:00 This or That!?</p> <p>1:00 Felt flowers</p> <p>2:00 Snack & Learn Sudoku</p> <p>2:30 Sing Along</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 Kick Ball</p>	<p>10 9:30 Hair & Nails</p> <p>10:00 Chair Exercise</p> <p>11:00 Reminiscing</p> <p>1:00 Cacti Making</p> <p>2:00 Snack & Golf</p> <p>2:30 Sing Along</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 Kick Ball</p>	<p>11 10:00 Chair Exercise</p> <p>10:30 Water Color painting</p> <p>11:30 Sing Along</p> <p>1:00 Magazine Time</p> <p>2:00 Snack & Pillow Toss</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 Reminiscing</p>
<p>12</p> <p>9:30 Coffee and News</p> <p>10:00 Hand Exercises</p> <p>1:30 Hymns/Sing Along</p> <p>2:00 Chocolate Shakes & game</p> <p>2:30 Dominoes</p>	<p>13 9:30 Hair & Nails</p> <p>10:00 Chair Zumba</p> <p>11:00 Ice Breakers</p> <p>1:00 Finger Paint flag</p> <p>2:00 Peanut Snack & game</p> <p>2:30 Sing Yankee doodle Dandy</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 After Dinner Theater</p>	<p>14 9:30 Hair & Nails</p> <p>10:00 Exercise</p> <p>11:00 Let's Chat!</p> <p>1:00 National Coloring Day</p> <p>2:00 Cream filled donut & Game</p> <p>2:30 Sing Along</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 Poetry Reading</p>	<p>15 9:30 Hair & Nails</p> <p>10:30 Hymns and Devotional</p> <p>11:00 What's your view?</p> <p>1:00 Connect the dots</p> <p>2:00 Snack and kung fu</p> <p>2:30 Sing Along</p> <p>3:00 Afternoon Fitness</p> <p>5:00 Words of Wisdom</p>	<p>16 9:30 Hair & Nails</p> <p>10:00 Outside Yoga</p> <p>11:00 Mayflower Trivia</p> <p>1:00 Craft Corner.</p> <p>2:00 Chips & Guacamole & game</p> <p>2:30 Sing Along</p> <p>4-6p Third Thursday Cook Out</p>	<p>17 9:30 Hair & Nails</p> <p>10:00 Chair Exercise</p> <p>11:00 Reminiscing</p> <p>1:00 Pumpkin Painting</p> <p>2:00 Snack & Game</p> <p>2:30 Country Music Sing Along</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 Kick Ball</p>	<p>18 10:00 Chair Exercise</p> <p>10:30 Adult Coloring</p> <p>11:30 Sing Along</p> <p>1:00 Virtual tour- Greece</p> <p>2:00 German Chocolate & Game</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 Reminiscing</p>
<p>19 9:30 Coffee and News</p> <p>10:00 Chair Exercise</p> <p>1:30 Hymns/Sing Along</p> <p>2:30 Dominoes</p> <p>3:00 Watch Mary Tyler Moore</p> <p>Talk like a pirate day!</p>	<p>20 9:30 Hair & Nails</p> <p>10:00 Chair Zumba</p> <p>11:00 Ice Breakers</p> <p>1:00 Learn to knit</p> <p>2:00 Peperoni pizza & game</p> <p>2:30 Sing Along - Piano</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 After Dinner Theater</p>	<p>21 9:30 Hair & Nails</p> <p>10:00 Exercise with Donna</p> <p>11:00 Virtual Tour Belize</p> <p>1:00 Doodle flowers</p> <p>2:00 Snack and Mini Golf</p> <p>2:30 Sing Along</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 Poetry Reading</p>	<p>22 9:30 Hair & Nails</p> <p>10:30 Trinity Devo Day</p> <p>11:00 What's your view? Advise</p> <p>1:00 Dear Diary- Journaling</p> <p>2:00 White Chocolate and Game</p> <p>2:30 Sing Along</p> <p>3:00 Afternoon Fitness</p> <p>5:00 Words of Wisdom</p>	<p>23 9:30 Hair & Nails</p> <p>10:00 Outside Yoga</p> <p>11:00 This or That!?</p> <p>1:00 Yarn Pumpkins</p> <p>2:00 Snack and game</p> <p>2:30 Sing Along- Ray Charles</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 Kick Ball- leg exercise</p>	<p>24 9:30 Hair & Nails</p> <p>10:00 Chair Exercise</p> <p>11:00 Reminiscing</p> <p>1:00 Paint Vases</p> <p>2:00 Cherry Jubilee & Game</p> <p>2:30 Sing Along</p> <p>3:00 Watch 60 minutes/ Quiet time</p> <p>5:00 Kick Ball</p>	<p>25 10:00 Chair Exercise</p> <p>10:30 Button Autumn Tree</p> <p>11:30 Sing Along- One hit wonder</p> <p>1:00 Magazine Time</p> <p>2:00 Snack & Game</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 Reminiscing</p>
<p>26 9:30 Coffee and News</p> <p>10:00 Chair Exercise</p> <p>1:30 Hymns/Sing Along</p> <p>2:00 Apple muffins</p> <p>2:30 Dominoes</p> <p>National Pancake day!</p>	<p>27 9:30 Hair & Nails</p> <p>10:00 Chair Zumba</p> <p>11:00 Ice Breakers</p> <p>1:00 Paint with Leaves</p> <p>2:00 Chocolate milk and game</p> <p>2:30 Sing Along</p> <p>3:00 Europe Tour/ Quiet time</p> <p>5:00 After Dinner Theater</p>	<p>28 9:30 Hair & Nails</p> <p>10:00 Exercise</p> <p>11:00 Stupid Questions!</p> <p>1:00 Q-tip Trees</p> <p>2:00 Root beer float and Game</p> <p>2:30 Sing Along</p> <p>3:00 Movie Matinee/ Quiet time</p> <p>5:00 Poetry Reading</p>	<p>29 9:30 Hair & Nails</p> <p>10:30 Hymns and Devotional</p> <p>11:00 Folding Baby clothes</p> <p>1:00 Felt Hearts</p> <p>2:00 Biscotti and Game</p> <p>2:30 Sing Along</p> <p>3:00 Afternoon Fitness</p> <p>5:00 Words of Wisdom</p>	<p>30 9:30 Hair & Nails</p> <p>10:00 Outside Yoga</p> <p>11:00 Virtual Tour of Boston</p> <p>1:00 Popsicle stick angels</p> <p>2:00 Apple Cider & game</p> <p>2:30 Sing Along</p> <p>4:-7pm OKTOBERFEST!</p>		