Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Let's Travel to GERMANY		National Food Bank Day 1	World Coconut Day 2
			t's Travel	LR = Living Room	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro
	Heri	tage Springs	LetonAl	TR = Theater Room	10:00 Mindfulness Meditation (B)	9:00 Catholic Services (TR)
			GER	CK = Country Kitchen	11:00 Foodie Run to Nick the Greek	10:00 Chair Tai Chi (B)
		NOT DOT			1:00 Easy Crochet with Connie (LR)	10:30 Let's Learn Simple German (B)
PATRIOT D/	a vel			BP = Back Patio	2:00 UNO Card Games (B)	1:00 BINGO (AR)
				CR = Conference Room	2:00 Poker Games with Larry (B)	2:00 Scenic Travels on YouTube (TR)
We Will Never For	get 🛷 💏 😏		a	L = Lobby	3:00 Shopping at the Family Dollar	3:00 Happy Hour with Michael (LR)
				FE = Front Entrance	5:00 Netflix Mystery Movie: (B)	*Serving Drinks and Chips*
					The Watcher	5:30 Resident's Movie Choice (TR)
Skyscraper Day 3	Labor Day 4	International Day of Charity 5	Salami Day 6	Grandma Moses Day 7	International Literacy Day 8	National Teddy Bear Day 9
8:30 David Jeremiah on TV Channel 26	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro
9:00 Joel Osteen on TV Channel 26	10:00 Steel Feathers Yoga with Gee (LR)	10:00 Range of Motion Exercises (B)	10:00 Chair Zumba (B)	10:00 Simple Stretching at the Bistro	9:30 Mindfulness Meditation (B)	9:00 Catholic Services (TR)
9:30 Catholic Mass on TV Channel 12	1:00 Bingo with Julie & Bryan	10:30 Germany Traveling Tips (B)	10:30 Nine Letter Word Group Puzzle (B)	10:00 Aftercare Massages with Maria (TR)	10:00 Outing at Suncoast Casino	10:00 Chair Tai Chi (B)
10:00 Gentle Seated Stretches (B)	from Brighton Health (AR)	1:00 Food Commitee Meeting (DR)	1:00 BINGO at the Activity Room	1:00 BINGO at the Activity Room	1:00 Easy Crochet with Connie (LR)	10:30 Let's Learn Simple German (B)
1:00 Sunday Bingo (AR)	2:00 Poker Games with Larry (B)	2:00 Scenic Travels on YouTube (TR)	2:00 Poker Games with Larry (B)	2:00 Scrabble Club (B)	2:00 UNO Card Games (B)	1:00 BINGO at the Activity Room
2:00 Nail Care with Jasmine (AR)	3:00 Large Word Find Puzzles (B)	2:00 Shopping at Walmart	3:00 Birthday Bash with Tom Mazzaro (B)	2:30 Holy Rosary w/ Bonnie (CR)	2:00 Poker Games with Larry (B)	2:30 RodBox Movie of the Week (TR)
3:00 Musical Trivia (LR)	4:00 Monday Night Football (B)	3:00 Dot-to-Dot Therapy (B)	*Serving Birthday Cake and Drinks*	3:00 Easy German Pastries (CK)	3:00 Shopping at Von's Supermarket	*Serving SodaPop & Popcorn*
5:00 Netflix Series at the Bistro:	5:00 Resident's Movie Choice (TR)	5:00 Netflix Series at the Bistro:	5:00 Film das Kino - Netflix Movie (TR)	5:00 Nature Series at the Bistro:	5:00 Netflix Mystery Movie: (B)	5:00 Evening Card Game w/ Lourdes (B)
The Empress		The Billion Dollar Code	Rumspringa - An Amish in Berlin	Tales by Light	The Watcher	
Grandparents Day 10		.,	Happy Birthday Virginia K! 13	, ,	Rosh Hashanah 15	Octoberfest 16
8:30 David Jeremiah on TV Channel 26	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro
9:00 Joel Osteen on TV Channel 26	10:00 Steel Feathers Yoga with Gee (LR)	10:00 Range of Motion Exercises (B)	10:00 Resident Council Meeting and	10:00 Simple Stretching at the Bistro	10:00 Mindfulness Meditation (B)	9:00 Catholic Services (TR)
9:30 Catholic Mass on TV Channel 12	1:00 Bingo with Kristina from	10:30 German Tourism Do's & Dont's (B)	Food for Thought with Chef Celeste	10:30 Health Talk with Carol (B)	11:00 Foodie Run to Black Bear Diner	10:00 Chair Tai Chi (B)
10:00 Gentle Seated Stretches (B)	Comfort Health (AR)	1:00 Food Commitee Meeting (DR)	1:00 BINGO at the Activity Room	2:00 Loteria with Ericka (AR)	1:00 Easy Crochet with Connie (LR)	10:30 Let's Learn Simple German (B)
1:00 Sunday Bingo (AR)	2:00 Poker Games with Larry (B)	2:00 Scenic Travels on YouTube (TR)	2:00 Poker Games with Larry (B)	2:30 Holy Rosary w/ Bonnie (CR)	2:00 Poker Games with Larry (B)	1:00 BINGO at the Activity Room
2:00 Nail Care with Jasmine (AR)	3:00 Large Word Find Puzzles (B)	2:00 Shopping at Walmart	3:00 Life's Journey with Monica (B)	3:00 Paint by Numbers at the Bistro	3:00 Craft Beer Tasting with Abraham (B)	2:00 Scenic Travels on YouTube (TR)
3:00 Musical Trivia (LR)	4:00 Monday Night Football (B)	3:00 Dot-to-Dot Therapy (B)	*Serving Wine, Cheese & Crackers*	5:00 Nature Series at the Bistro:	3:00 Shopping at the 99 Cents Store	3:00 Oompapa Hour with Donna Lynne
5:00 Netflix Series at the Bistro:	5:00 Resident's Movie Choice (TR)	5:00 Netflix Series at the Bistro:	5:00 Film das Kino - Netflix Movie (TR)	Tales by Light	5:00 Netflix Mystery Movie: (B)	*Serving Beer, and Pretzels*
The Empress	National Chasselandar Day 10	The Billion Dollar Code	Paradise	National Damas Day 24	The Watcher	5:00 Resident's Movie Choice (TR)
Constitution Day 17		· ·	National Fried Rice Day 20		··· · · · · · · · · · · · · · · · · ·	,
8:30 David Jeremiah on TV Channel 26	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro
9:00 Joel Osteen on TV Channel 26	10:00 Steel Feathers Yoga with Gee (LR)	10:00 Range of Motion Exercises (B)	10:00 Chair Zumba (B)	10:00 Simple Stretching at the Bistro	10:00 Mindfulness Meditation (B)	9:00 Catholic Services (TR)
9:30 Catholic Mass on TV Channel 12	1:00 Bingo in the Activity Room	10:30 What is Illegal in Germany? (B)	10:30 Nine Letter Word Group Puzzle (B)	10:30 Health Talk with Carol (B)	1:00 Easy Crochet with Connie (LR)	10:00 Chair Tai Chi (B)
10:00 Scenic Train Ride - YouTube (B)	2:00 Poker Games with Larry (B)	1:00 Food Committee Meeting (DR)	1:00 BINGO at the Activity Room	1:00 BINGO at the Activity Room2:00 Scrabble Club (B)	2:00 UNO Card Games (B) 2:00 Poker Games with Larry (B)	10:30 Let's Learn Simple German (B)
1:00 Large Word Find Puzzles (B)2:00 Nail Care with Jasmine (AR)	3:00 Large Word Find Puzzles (B)	1:00 Tea Tasting with Chef Celeste (DR)	2:00 Making Fried Rice with Pailine (CK)		3 . ,	1:00 BINGO at the Activity Room
3:00 Musical Trivia (LR)	4:00 Monday Night Football (B) *Serving Beer and Snacks*	2:00 Shopping at Walmart	3:00 Happy Hour with Danny Mac (B)	2:30 Holy Rosary w/ Bonnie (CR)	3:00 End of Summer Barbie Pink Party (B)5:00 Pink Party Movie at the Theater:	
5:00 Netflix Series at the Bistro:	5:00 Resident's Movie Choice (TR)	3:00 Dot-to-Dot Therapy (B)5:00 Netflix Series at the Bistro:	*Serving Drinks and Chips* 5:00 Film das Kino - Netflix Movie (TR)	3:00 Wood Puzzles for Men (B) 5:00 Nature Series at the Bistro:	Barbie The Movie	*Serving SodaPop & Popcorn* 5:00 Evening Card Game w/ Lourdes (B)
The Empress	3.00 Resident's Movie Choice (TR)	The Billion Dollar Code	Faraway	Tales by Light	Darble The Movie	5.00 Evening card Game w/ Lourdes (b)
Innergize Day 24	Happy BDay Jeannie & George! 25	Forget Me Not Day 26	Women's Health & Fitness Day 27		National Coffee Day 29	Wrigley Chewing Gum Day 30
8:30 David Jeremiah on TV Channel 26	9:30 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee Tasting & News at the Bistro	9:00 Coffee and News at the Bistro
9:00 Joel Osteen on TV Channel 26	10:00 Steel Feathers Yoga with Gee (LR)	10:00 Range of Motion Exercises (B)	10:00 Chair Zumba on YouTube (B)	10:00 Simple Stretching at the Bistro	10:00 Mindfulness Meditation (B)	9:00 Catholic Services (TR)
9:30 Catholic Mass on TV Channel 12	1:00 Bingo with Torrie from	10:30 What No to Wear in Germany (B)	10:30 Nine Letter Word Group Puzzle (B)	10:30 Health Talk with Carol (B)	11:00 Foodie Run to Archi's Thai Bistro	10:00 Chair Tai Chi (B)
10:00 Gentle Seated Stretches (B)	PAM Rehab and Health (AR)	1:00 Food Commitee Meeting (DR)	1:00 BINGO at the Activity Room	1:00 BINGO at the Activity Room	1:00 Easy Crochet with Connie (LR)	10:30 Let's Learn Simple German (B)
1:00 Sunday Bingo (AR)	2:00 Poker Games with Larry (B)	2:00 Scenic Travels on YouTube (TR)	2:00 Poker Games with Larry (B)	2:30 Eyeshadow Tutorial w/ Rina (AR)	2:00 UNO Card Games (B)	1:00 BINGO at the Activity Room
2:00 Nail Care with Jasmine (AR)	3:00 Large Word Find Puzzles (B)	2:00 Shopping at Walmart	3:00 Wine Down Wednesday at the Bistro	2:30 Holy Rosary w/ Bonnie (CR)	2:00 Poker Games with Larry (B)	2:00 Scenic Travels on YouTube (TR)
3:00 Musical Trivia (LR)	4:00 Monday Night Football (B)	3:00 Dot-to-Dot Therapy (B)	*Serving Wine, Cheese & Crackers*	5:00 Nature Series at the Bistro:	3:00 Shopping at the Dollar Tree	3:00 Happy Hour with Bobby R. (B)
5:00 Netflix Series at the Bistro:	5:00 Resident's Movie Choice (TR)	5:00 Netflix Series at the Bistro:	5:00 Film das Kino - Netflix Movie (TR)	Tales by Light	5:00 Netflix Mystery Movie: (B)	*Serving Drinks and Chips*
The Empress		The Billion Dollar Code	Still Time		The Watcher	5:00 Resident's Movie Choice (TR)
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Heritage Springs Assisted Living Events

All Activities Subject to Change by the Life Enrichment Director