

# Sunday

# Monday

# Tuesday

# Wednesday

# Thursday

# Friday

# Saturday



<b>National Food Bank Day</b> 1
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 Brain Boosters and Puzzles
2:00 Create Art with Dough
2:30 Snack and Hydrate
3:30 Book Club Read Aloud
5:30 Armchair Travel & Snack

<b>Happy Birthday Diane!</b> 2
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Catholic Service
10:00 Snack & Hydrate
10:30 Chair Zumba Exercises
2:00 Candy Bingo
2:30 Snack & Hydrate
3:00 Namaste and Sangeet
5:30 Popcorn Movie Night

<b>Skyscraper Day</b> 3
9:00 Joel Osteen on Channel 26
9:30 Catholic Mass on Channel 12
10:00 Snack & Hydrate
10:30 The Daily Chronicle
1:30 Karaoke Fun with HS Staff
2:30 Snack & Hydrate
3:00 BINGO for Prizes
5:30 Evening Movie & Snack

<b>Labor Day</b> 4
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 Travel Guide to Germany
2:30 Snack & Hydrate
3:00 Brain Booster Trivia
5:30 Board Games
5:30 Monday Night Football

<b>International Day of Charity</b> 5
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Scenic Drive & Snack
10:30 Sing Along Songs
2:00 Classic Card Games
2:30 Snack & Hydrate
3:00 Large Jigsaw Puzzles
5:00 Popcorn Movie Night

<b>Salami Day</b> 6
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 Test Your Problem Solving Skills
2:00 How to Say it in German
2:30 Snack & Hydrate
3:00 Birthday Bash with Tony B.
5:30 Classic Card Games

<b>Grandma Moses Day</b> 7
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 Let's Share Recipes
1:00 YouTube's Scenic Travel to Frankfurt
2:30 Snack & Hydrate
3:00 Large Jigsaw Puzzles
5:30 Popcorn Movie Night

<b>International Literacy Day</b> 8
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 Brain Boosters and Puzzles
2:00 Let's Make Strudels
2:30 Snack and Hydrate
3:30 Book Club Read Aloud
5:30 Armchair Travel & Snack

<b>National Teddy Bear Day</b> 9
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Catholic Service
10:00 Snack & Hydrate
10:30 Chair Zumba Exercises
2:00 Candy Bingo
2:30 Snack & Hydrate
3:00 Namaste and Sangeet
5:30 Popcorn Movie Night

<b>Grandparents Day</b> 10
9:00 Joel Osteen on Channel 26
9:30 Catholic Mass on Channel 12
10:00 Snack & Hydrate
10:30 The Daily Chronicle
1:30 Karaoke Fun with HS Staff
2:30 Snack & Hydrate
3:00 BINGO for Prizes
5:30 Evening Movie & Snack

<b>Patriot Day</b> 11
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 German Tourism Do's & Dont's
2:30 Snack & Hydrate
3:00 Brain Booster Trivia
5:30 Board Games
5:30 Monday Night Football

<b>Happy Birthday Bernice!</b> 12
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Scenic Drive & Snack
10:30 Sing Along Songs
2:00 Classic Card Games
2:30 Snack & Hydrate
3:00 Large Jigsaw Puzzles
5:30 Popcorn Movie Night

<b>National Peanut Day</b> 13
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 Test Your Problem Solving Skills
2:00 How to Say it in German
2:30 Snack & Hydrate
3:00 Happy Hour with Brenda H.
5:30 Classic Card Games

<b>Live Creatively Day</b> 14
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 Let's Share Recipes
2:00 YouTube's Scenic Travel to Munich
2:30 Snack & Hydrate
3:00 Large Jigsaw Puzzles
5:30 Popcorn Movie Night

<b>Rosh Hashanah</b> 15
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 Brain Boosters and Puzzles
2:00 Create Art with Dough
2:30 Snack and Hydrate
3:30 Book Club Read Aloud
5:30 Armchair Travel & Snack

<b>Octoberfest</b> 16
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Catholic Service
10:00 Snack & Hydrate
10:30 Chair Zumba Exercises
2:00 Candy Bingo
2:30 Snack & Hydrate
3:00 Namaste and Sangeet
5:30 Popcorn Movie Night

<b>Constitution Day</b> 17
9:00 Joel Osteen on Channel 26
9:30 Catholic Mass on Channel 12
10:00 Snack & Hydrate
10:30 The Daily Chronicle
1:30 Karaoke Fun with HS Staff
2:30 Snack & Hydrate
3:00 BINGO for Prizes
5:30 Evening Movie & Snack

<b>National Cheeseburger Day</b> 18
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 What is Illegal in Germany?
2:30 Snack & Hydrate
3:00 Brain Booster Trivia
5:30 Board Games
5:30 Monday Night Football

<b>Talk Like a Pirate Day</b> 19
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Scenic Drive & Snack
10:30 Sing Along Songs
2:00 Classic Card Games
2:30 Snack & Hydrate
3:00 Large Jigsaw Puzzles
5:30 Evening Movie & Snack

<b>National Fried Rice Day</b> 20
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 Test Your Problem Solving Skills
2:00 How to Say it in German
2:30 Snack & Hydrate
3:00 Happy Hour with Bobby R.
5:30 Classic Card Games

<b>National Dance Day</b> 21
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 Let's Share Recipes
2:00 YouTube's Scenic Travel to Austria
2:30 Snack & Hydrate
3:00 Large Jigsaw Puzzles
5:30 Evening Movie & Snack

<b>Wear Pink and Have Fun Day</b> 22
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 Brain Boosters and Puzzles
2:00 Let's Make Pretzels
2:30 Snack and Hydrate
3:00 End of Summer Pink Party (B)
5:30 Armchair Travel & Snack

<b>First Day of Autumn</b> 23
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Catholic Service
10:00 Snack & Hydrate
10:30 Chair Zumba Exercises
2:00 Candy Bingo
2:30 Snack & Hydrate
3:00 Namaste and Sangeet
5:30 Evening Movie & Snack

<b>Happy Birthday Connie!</b> 24
9:00 Joel Osteen on Channel 26
9:30 Catholic Mass on Channel 12
10:00 Snack & Hydrate
10:30 The Daily Chronicle
1:30 Karaoke Fun with HS Staff
2:30 Snack & Hydrate
3:00 BINGO for Prizes
5:30 Evening Movie & Snack

<b>National Quesadilla Day</b> 25
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 What Not to Wear in Germany
2:30 Snack & Hydrate
3:00 Brain Booster Trivia
5:30 Board Games
5:30 Monday Night Football

<b>Forget Me Not Day</b> 26
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Scenic Drive & Snack
10:30 Sing Along Songs
2:00 Classic Card Games
2:30 Snack & Hydrate
3:00 Large Jigsaw Puzzles
5:30 Popcorn Movie Night

<b>Women's Health &amp; Fitness Day</b> 27
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 Test Your Problem Solving Skills
2:00 How to Say it in German
2:30 Snack & Hydrate
3:00 Happy Hour With Mike J.
5:30 Classic Card Games

<b>National Good Neighbor Day</b> 28
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 Let's Share Recipes
2:00 YouTube's Scenic Travel to Berlin
2:30 Snack & Hydrate
3:00 Large Jigsaw Puzzles
5:30 Evening Movie & Snack

<b>National Coffee Day</b> 29
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Everfit Exercises
10:00 Snack & Hydrate
10:30 Brain Boosters and Puzzles
2:00 Create Art with Dough
2:30 Snack and Hydrate
3:30 Book Club Read Aloud
5:30 Armchair Travel & Snack

<b>Wrigley Chewing Gum Day</b> 30
9:00 Zen Music Meditation
9:30 The Daily Chronicle
9:45 Catholic Service
10:00 Snack & Hydrate
10:30 Chair Zumba Exercises
2:00 Candy Bingo
2:30 Snack & Hydrate
3:00 Namaste and Sangeet
5:30 Evening Movie & Snack