

September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Waterford Grand Assisted Living and Memory Care EverFit w/ Don is Monday thru Fri 9am and 10:30am			All Activities are subject to change 600 Waterford Way Eugene, Oregon 97401 541-636-3329		1 Wear Your College Colors Day 10:30 Chair Yoga (yt) 1pm BiMart / Grocery Outlet 1:30-3pm Open Pool/AL 1:45pm Louis Faro (dr) 2pm Sherlock Holmes (bty) 4pm Happy Hour (bst) 6:30 The Bucket List (thr)	2 Play Outside Day Saturday Football in the Theater. 9am: Breakfast at The Original Pancake 10:30 Meditation Hr (thr) 12pm U of O vs Portland (thr) 2:00 pm Bingo! (dta) 3:15 pm Oregon Historical Discussion (dta)
3 American Flag Flown in Battle Day 10:30 Worship with Grace Community Church (thr) 2:00 pm Bingo! (dta) 3:15 pm Doc: History and Evolution of the US Flag 6:30 Groundhog Day (dvd)	4 Happy Labor Day 9 & 10:30 EverFit w Don 10:30 Chair Yoga (yt) 1:30-3 Water Exercises /AL 2pm Phase 10 Card Game 3:15pm Women's Project Circle (atr) 6:30 The Age of Adaline (dvd)	5 International Day of Charity 9 & 10:30 EverFit w/Don 10:30 Steel Feathers Chair Yoga (thr) 1:30-3 Water Exercises /MC 2:00 Bingo! 3:15 Current Events (dta) 6:30 The Ultimate Gift (VUDU)	6 Fight Procrastination Day 9 & 10:30 EverFit w/Don 10:30 Chair Yoga YT (thr) 10:30 Shopping on Division: FM, Albertsons, and St. Vins 1:30-3 Water Exercises /AL 2:00pm Great Performances w/ John M 3:15 Creativity in the Making 6:30 Going in Style (dvd)	7 National Kickoff Day 9 & 10:30 EverFit w/Don 10:30 Chair Yoga (thr) 10:30 Keeping in touch (lby) 10:30 Bible Study (bty) 1:30-3 Water Exercises /AL 2pm Timothy Patrick 3:15 The Vet's League (dta) 6:30 The Blind Side (dvd)	8 Star Trek Anniversary 10:30 Chair Yoga (yt) 1:30-3pm Open Pool /AL 1p Shopping: The Oakway Center (lby) 2pm Theatrical Book Reading w/ Julie (bty) 4pm Happy Hour (bst) 6:30 Movie: Star Trek (dvd)	9 Cloud 9 Day Saturday Football in the theater 9am Three Rivers Casino / or Tour w/ Tim and lunch at Mo's. 10:30 Meditation Hr (thr) 2:00 pm Bingo! B9 Special 3:15 Historical Discussion: Evolution of Music with Julie (dta) 4pm U of O vs Texas Tech (thr)
10 Grandparent's Day 10:30 Worship with Grace Community Church (thr) 2:00 pm Bingo! (dta) 3:15 pm 100 Moments Grandparents Meet Grandchild for the First Time. 6:30 Movie: The Grapes of Wrath.	11 Happy Bday Coach Paul "Bear" Bryant 9 & 10:30 EverFit w/Don 10:30 Chair Yoga (yt) 1:30-3 Water Exercises /AL 2pm 3:15 Women's Project Circle (atr) 6:30 Murder on the Orient Express (dvd)	12 Chocolate Milkshake Day 9 & 10:30 EverFit w/Don 10:30 Steel Feathers Chair Yoga (thr) 1:30-3 Water Exercises /MC 2pm: MC North Shore Claudia Octopus Percussion (2:00 pm Bingo! (dta) 3:15 Current Event (dta)	13 RV Memories Day 9 & 10:30 EverFit w/Don 10:30am Chair Yoga (yt) 10:30 Shopping Fred Meyer, Albertsons and St. Vincent de Paul (lby) 10:30 Hearing Aid Clin (dta) 1:30-3 Open Pool /AL 1:45 Resident Council (dta) 3p Creativity in the Making	14 Cream-Filled Donut Day 9 & 10:30 EverFit w/Don 10:30 Steel Feathers Chair Yoga (thr) 10:30 pm Bible Study (bty) 1-3pm Wine and Dine (dr) 1:30-3 Water Exercises / MC 2:00 pm Bingo! (dta) 3:15pm The Chess Conduit	15 Rosh Hashanah (Jewish New Year) 10am Jeff Oster Plays / MC North Shore 10:30 Chair Yoga (yt) 1p Shopping: Gateway Mall 1:30-3 Open Pool / AL 2pm A Little Rosh Hashanah Celebration 4pm Happy Hour (bst)	16 Tell a Whopper Day Saturday Football in the Theater. 10:30 Meditation Hr (thr) 10:30 Day & Night Donuts 12:30 OSU vs San Diego St. (thr) 2:00 pm Bingo! (dta) 3:15 pm Oregon Historical



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17 Constitution Day 10:30 Worship w/ Grace Community Church (thr) 2:00 pm Bingo! (dta) 3:15 Doc: Constitution Day Lecture (yt) 6:30 A More Perfect Union	18 Happy Birthday US Air Force 9 & 10:30 EverFit w/Don 10a Lost and Found Table 10:30 Chair Yoga (yt) 1:30-3pm Water Exercises / AL 2pm Tim Biggs Sings (dr) 3:15 Women's Proj Circle (atr) 6:30 Memphis Belle	19 Talk Like a Pirate Day 9 & 10:30 EverFit w/Don 10a Hearing Aid Clin(dta) 10:30 Steel Feathers Chair Yoga (thr) 1:30-3pm Water Exercises /MC 2:00 Bingo! (dta) 2pm Old Time Fiddlers (dr) 3:15 Current Ev. w/ Tim 6:30 Pirates of the Caribbean (dvd)	20 Sugar Day & Women's E-Commerce Day 9 & 10:30 EverFit w/Don 10:30 Shop Fred Meyer 10:30am Chair Yoga (yt) 1:30-3 Open Pool / AL 2:00 Chef's Corner (dta) 3p Creativity in the Making 6:30 As Good as it Gets (dvd)	21 World Alzheimer's Day Anniversary of Perry Mason 9 & 10:30 EverFit w/Don 10:00 Holley Jewlery 10:30 Steel Feathers Chair Yoga (thr) 10:30am Bible Study (bty) 1:30-3 Water Exercises MC 2:00pm Bingo! (dta) 3:15 The Gent's Hr (dta) 6:30 Big Fish (dvd)	22 Funny Sayings Friday 9 & 10:30 EverFit w/Don 10:30 Chair Yoga (yt) 1pm: Valley River Ctr 1:30-3pm Open Pool / AL 2pm Sara Scofield (dr) 2pm Theatrical Book Reading w/ Julie (bty) 4pm Happy Hour (bst) 6:30 The Upside	23 Football Saturday ***Colorado VS Oregon *** TBD 10:30 Meditation Hr (thr) 10:30 PF Chang 2:00 pm Bingo! (dta) 3:15 Oregon Historical Discussion (dta)
24 Supreme Court Anniversary 10:30 Worship w/ Grace Community Church (thr) 2:00 pm Bingo! (dta) 3:15 Doc: Evolution of the Court System Justice Sandra Day O'Connor 5:15p NFL Steelers vs Raiders (thr) 6:30 Movie: How to Steal A Million	25 Madam Justice Day (Sandra Day O'Connor, Supreme Court Justice) 9 & 10:30 EverFit w/Don 10:30 Chair Yoga (yt) 1:30-3pm Water Exercises / AL 2pm Phase 10 Card Game 3:15 Women's Proj Circle (atr) 6:30 Gideon's Army (VUDU)	26 Tech Tuesday 9 & 10:30 EverFit w/Don 10:30 Steel Feathers Chair Yoga (thr) 1:30-3pm Water Exercises /MC 2:00pm Bingo! (dta) 3:15 Current Ev w/ Tim (dta) 6:30 The Secretariat (dvd)	27 Ancestor Appreciation Day 9 & 10:30 EverFit w/Don 10:30am Chair Yoga (yt) 10:30 Shop Fred Meyer 1:30-3pm Open Pool/ AL 1:45Activities Forum (dta) 3p Creativity in the Making (Genealogy) 6:30 The Three Faces of Eve (dvd) Happy Birthday Joan E Fern W. Cami S. Bonnie B.	28 Teacher's Day 9 & 10:30 EverFit w/Don 10:30 Steel Feathers Chair Yoga (thr) 10:30 am Bible Study (bty) 1:30-3pm Water Exercises / MC 2:00 pm Bingo! (dta) 2pm Julie Sings / MC North 3:15 The Chess Conduit (dta) 6:30 Remember the Titans (dvd)	29 Harvest Moon 9 & 10:30 EverFit w/Don 10:30 Chair Yoga (yt) 1pm: Thistledown Farms 1:30-3pm Open Pool / AL 1:45 (MC) Pani Soltani Dance Therapy 2pm: Julie Sings (dr) 4pm: Happy Hour (bst) 6:30 The Sting (dvd)	30 Football Saturday ***Oregon VS Stanford*** (TBD) 10:30 Meditation Hr (thr) 10:30 The Olive Garden 2:00 pm Bingo! (dta) 2pm Sara Scofield performs (MC North) 3:15 Oregon Historical Discussion (dta)
				Abbreviations Theater=thr Bistro = bst Delta = dta YouTube = yt Dining Room = dr Bentley = bty Lobby = lby	Calendar Color Key Physical Activity= Blue Creative = Blue Intellectual = Pink Continuous Learning = Purple Bold	Color Key Continued General Interest = Black Bold Resident Meetings= Rust Spiritual/Namaste= Brown Intergenerational = Dark Green