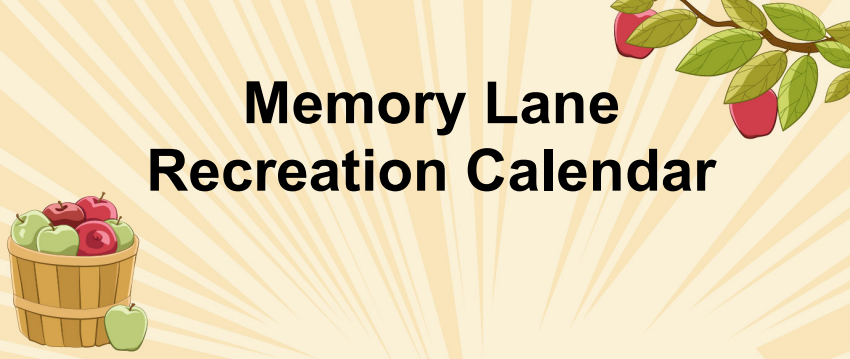






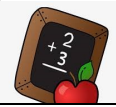


























Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2 style="margin: 0;">Memory Lane Recreation Calendar</h2>						
		10:30 Meditation 11:00 Musical Memories 1:30 Exercise with Donna 2:15 Bingo 	2 10:00 Chair Yoga 11:15 Independent Activities 1:30 Exercise with Donna 3:00 Bingo 	3 10:30 Sing Along 11:00 Musical Memories 1:30 Exercise with Donna 2:00 This Day in History 	4 10:00 Chair Yoga 11:00 Pamper and Polish 1:30 Exercise with Donna. 2:15 Bingo 	5 10:45 Light Range Motions with Recreation 11:15 Intellectual Games 1:30 Discussion Group 2:00 1:1 Visits 2:45 Bingo 
6 10:00 Light Range Motions with Recreation 10:30 Spiritual Corner 11:00 Bingo 	7 10:30 Light Range Motion with Recreation 11:15 Nursery Rhymes 1:30 This Day in History 2:30 Games of Choice 3:00 Bingo 	8 10:30 Meditation 11:00 Musical Memories 1:30 Exercise with Donna 2:15 Bingo 	9 10:00 Chair Yoga 11:15 Independent Activities 1:30 Exercise with Donna 3:00 Bingo 	10 10:30 Sing Along 11:00 Intellectual Games 1:30 Exercise with Donna 2:00 This Day in History 6:15 Reading Circle 	11 10:00 Chair Yoga 11:00 Pamper and Polish 1:30 Exercise with Donna. 2:15 Bingo 	12 10:45 Light Range Motions with Recreation 11:15 Sing Along 1:30 Games of Choice 2:00 1:1 Visits 2:45 Bingo 
13 10:00 Light Range Motions with Recreation 10:30 Grandparent's Day Discussion 11:00 Bingo 	14 10:00 Chair Yoga 1:30 Exercise with Donna 3:00 Java Music Club 6:15 Manicures and Massages 	15 10:30 Meditation 11:00 Musical Memories 1:30 Exercise with Donna 2:15 Bingo 	16 10:00 Chair Yoga 11:15 Independent Activities 1:30 Exercise with Donna 3:00 Bingo 	17 10:30 Sing Along 11:00 Intellectual Games 1:30 Exercise with Donna 2:00 This Day in History 6:15 Reading Circle 	18 10:00 Chair Yoga 11:00 Pamper and Polish 1:30 Exercise with Donna. 2:15 Bingo Rosh Hashanah Begins 	19 10:45 Light Range Motions with Recreation 11:15 Intellectual Games 1:30 Octoberfest Fun Facts! 2:00 1:1 Visits 2:45 Bingo 
20 10:00 Light Range Motions with Recreation 10:30 Spiritual Corner 11:00 Bingo 	21 10:00 Chair Yoga 1:30 Exercise with Donna 3:00 Nursery Rhymes 6:15 Manicures and Massages 	22 10:30 Meditation 11:00 Musical Memories 1:30 Exercise with Donna 2:15 Fun Facts about Autumn! Autumn Begins 	23 10:00 Chair Yoga 11:15 Independent Activities 1:30 Exercise with Donna 3:00 Bingo 	24 10:00 Creative Expression with Vishali and Arthika 11:15 Intellectual Games 1:30 Exercise with Donna 2:00 This Day in History 	25 10:00 Chair Yoga 11:00 Pamper and Polish 1:30 Exercise with Donna. 2:15 Bingo 	26 10:45 Light Range Motions with Recreation 11:15 Sing Along 1:30 Games of Choice 2:00 1:1 Visits 2:45 Bingo 
27 10:00 Light Range Motions with Recreation 10:30 Spiritual Corner 11:00 Bingo 	28 10:00 Chair Yoga 1:30 Exercise with Donna 3:00 Java Music Club 6:15 Manicures and Massages 	29 10:30 Meditation 11:00 Musical Memories 1:30 Exercise with Donna 2:15 Bingo 	30 10:00 Chair Yoga 11:15 Independent Activities 1:30 Exercise with Donna 3:00 Bingo 	 <h1 style="margin: 0;">September 2020</h1> <p style="margin: 0;">Daily 1:1 outdoor walks are provided by nursing staff.</p> <p style="margin: 0;">Monday-Friday in between programs, recreation team will facilitate Facetime/Skype & Zoom calls with loved ones.</p>		

Please note that programs are subject to change.