

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023

						Daily Chronicle Reading Breakfast – 8:30 Chair Exercises Lunch – 2pm Snack Time & Socialize Supper- Americas Funniest Videos	Daily Reading/Morning Walks Afternoon Cards Group 7pm Lawrence Welk Show (Televised)
3 "Day of Rest" Worship Services Televised 11am Coffee & Convers	4 Daily Chronicle Reading Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper – Poems & Coloring <small>Labor Day</small>	5 Daily Chronicle Reading Breakfast – Manicures Lunch – Moving Party Supper – Relax & Music	6 Daily Chronicle Reading Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper - Poems	7 Daily Chronicle Reading Breakfast – 9:30am Coffee and Colors Lunch – Walk & Talk Supper – Relax & Reminisce	8 Daily Chronicle Reading Breakfast – 8:30 Chair Exercises Lunch – 2pm Snack Time & Socialize Supper- Americas Funniest Videos	9 Daily Reading/Morning Walks Afternoon Cards Group 7pm Lawrence Welk Show (Televised)	
10 "Day of Rest" 11am Coffee & Convers 1:30pm Church Services Methodist Church Grinnell <small>Grandparents Day</small>	11 Daily Chronicle Reading Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper – Poems & Coloring	12 Daily Chronicle Reading Breakfast – Manicures Lunch – Moving Party Supper – Relax & Music	13 Daily Chronicle Reading Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper - Poems	14 Daily Chronicle Reading Breakfast – 9:30am Coffee and Colors Lunch – Walk & Talk Supper – Relax & Reminisce	15 Daily Chronicle Reading Breakfast – 8:30 Chair Exercises Lunch – 2pm Snack Time & Socialize Supper- Americas Funniest Videos <small>Rosh Hashanah Begins</small>	16 Daily Reading/Morning Walks Afternoon Cards Group 7pm Lawrence Welk Show (Televised) <small>Oktoberfest Begins</small>	
17 "Day of Rest" Worship Services Televised 11am Coffee & Convers	18 Daily Chronicle Reading Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper – Poems & Coloring	19 Daily Chronicle Reading Breakfast – Manicures Lunch – Moving Party Supper – Relax & Music	20 Daily Chronicle Reading Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper - Poems	21 Daily Chronicle Reading Breakfast – 9:30am Coffee and Colors Lunch – Walk & Talk Supper – Relax & Reminisce	22 Daily Chronicle Reading Breakfast – 8:30 Chair Exercises Lunch – 2pm Snack Time & Socialize Supper- Americas Funniest Videos	23 Daily Reading/Morning Walks Afternoon Cards Group 7pm Lawrence Welk Show (Televised) <small>Autumn Begins</small>	
24 "Day of Rest" Worship Services Televised 11am Coffee & Convers <small>Yom Kippur Begins</small>	25 Daily Chronicle Reading Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper – Poems & Coloring	26 Daily Chronicle Reading Breakfast – Manicures Lunch – Moving Party Supper – Relax & Music	27 Daily Chronicle Reading Breakfast- 9:30am Morning Stroll 11am Coffee & Conversation Lunch – 1pm Sing Along Supper - Poems	28 Daily Chronicle Reading Breakfast – 9:30am Coffee and Colors Lunch – Walk & Talk Supper – Relax & Reminisce	29 Daily Chronicle Reading Breakfast – 8:30 Chair Exercises Lunch – 2pm Snack Time & Socialize Supper- Americas Funniest Videos <small>Sukkot Begins</small>	30 Daily Reading/Morning Walks Afternoon Cards Group 7pm Lawrence Welk Show (Televised)	