

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2022

Sterling Healthcare & Rehabilitation Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				9:15 am – 10:45 am Calendar Review (G,1,2,3) Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Chicken Boy Day (G) Emma Nutt Day (1,2,3)	9:15 am – 11:50 am Exercise / Daily Bread / Daily Chronicle Music / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Trivia / Name That Tune (G,3) Bring your Manners to Work Day (1,2)	9:15 am – 11:50 am Exercise / Brain Fitness (G,3) Daily Bread / Daily Chronicle (1,2) 2:00 pm – 4:00 pm Art / Music / I Love Lucy (G) Resident's Choice (1,2) Puss in Boots / Discussion (3)
4	5	6	7	8	9	10
9:15 am – 10:15 am Daily Chronicle / Music (G,1,2,3) 10:30 – 11:30 am Morning Worship (2) 2:00 – 4:00 pm The Price is Right Day (G,3) Resident Run Bingo (1) Movie Matinee (2)	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Labor Day Social (G,1,2,3)  Labor Day	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Food Committee Meeting (2) Coffee Ice Cream Day (G,1,3)	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Show and Tell (G,3) Truth or Consequences Day (1,2) Don't Wear White Day	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Easy Does It Trivia (G,3) Who am I? / Discussion (1,2)	9:15 am – 11:50 am Daily Bread / Daily Chronicle Music / Finish Line Shake Those Hips Day (G,1,2,3) 2:00 pm – 4:00 pm Noodle Ball / Baby Love / Art (G,3) Bingo / Pokeno (1,2)	9:15 am – 11:50 am Exercise / Brain Fitness (G,3) Daily Bread / Daily Chronicle (1,2) 2:00 pm – 4:00 pm Things That Aren't Anymore (G) Resident's Choice (1,2) Art / Movie / Music (3)
11	12	13	14	15	16	17
9:15 am – 10:15 am Daily Chronicle / Music (G,1,2,3) 10:30 am – 11:30 am Morning Worship (2) 2:00 pm – 4:00 pm Reminiscing Grandparents (G,3) Resident Run Bingo (1) Blue Church (2) Grandparents Day	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Short Story / Art / Music (G) Hallway Bingo (1,2) Manicures and Movie (3) 	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Show and Tell / Noodle Ball / Music (G,3) Sophia Loren Anagram (1) Resident Council Meeting (2)	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Ice Cream Social (G,1,2,3) 	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Timeless Trivia / Art / Music (G,3) What am I? / Discussion (1,2) 	9:15 am – 11:50 am Exercise / Daily Bread / Daily Chronicle Happy Birthday B.B. King (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm When We Were Kids / Art / Music (G,3) Amigo Bingo (1,2)  Mexican Independence Day	9:15 am – 11:50 am Exercise / Brain Fitness (G,3) Daily Bread / Daily Chronicle (1,2) 2:00 pm – 4:00 pm Puppy Party / Music (G) Resident's Choice (1,2) Story Time / Discussion / Music (3) Oktoberfest Begins
18	19	20	21	22	23	24
9:15 am – 10:15 am Daily Chronicle / Music (G,1,2,3) 10:30 am – 11:30 am Morning Worship (2) 2:00 pm – 4:00 pm Movie Matinee (G,3) Resident Run Bingo (1) Christ Christian Community Church (2)	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Art / Manicures / Movie (G) Hallway Bingo (1,2) Short Story / Discussion / Music (3) 	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Back to School Memories Day (G,3) History of Punch Day (G,1,2,3) 	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Show and Tell / Movie (G,3) Modern Jeopardy (1,2)	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Teddy Bear Picnic / Movie (G,3) Who am I? / Discussion (1,2)  Autumn Begins	9:15 am – 11:50 am Exercise / Daily Bread / Daily Chronicle Music / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Longwood Gardens (G) Resident's Rights Bingo (1,2) Finish Line / Music / Discussion (3) 	9:15 am – 11:50 am Exercise / Brain Fitness (G,3) Daily Bread / Daily Chronicle (1,2) 2:00 pm – 4:00 pm Animals Are Amazing / Art (G) Resident's Choice (1,2) Adventures of Flipper (3)
25	26	27	28	29	30	
9:15 am – 10:15 am Daily Chronicle / Music (G,1,2,3) 10:30 am – 11:30 am Morning Worship (2) 2:00 pm – 4:00 pm The Miracles of Jesus (G) Resident's Choice (1,2) Do-Re-Mi Day (3) Rosh Hashanah Begins	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Johnny Appleseed's Birthday (G,1,2,3) 	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Story Time / Movie (G,3) More Jeopardy (1,2)	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Ice Cream Social (G,1,2,3) 	9:15 am – 11:50 am Daily Bread / Daily Chronicle / Music Exercise / Brain Fitness (G,1,2,3) 1:00 am – 1:45 pm Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Name that Tune / Discussion (G,3) What am I? / Discussion (1,2)	9:15 am – 11:50 am Exercise / Daily Bread / Daily Chronicle Music / Brain Fitness (G,1,2,3) Stopping By (G,1,2,3) 2:00 pm – 4:00 pm Making the Band / Music (G,3) History of the Frisby (1) Little Women Day / Reading (2)	All are welcome to attend: Food Committee 09/6 Resident Council 09/13 Resident's Rights Bingo 9/23 

Any calendar changes or additions will be posted.