

# September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
				9:00 Shuffleboard 9-11 Visit the Kansas Museum of History 10:15 Exercise w/Tammy 11:00 Seated Aerobics 1:00 Farkle 1-3 Visit the Kansas Museum of History 2:00 Co-Ed Pool 2:30 Catholic Mass 3:00 Movie Matinee 3:30 Banana Bingo 6:00 TV Time: The Crown	9:00 Men's Golf 10:15 Exercise w/Tammy 11:00 Seated Yoga 1:00 Seated Tai Chi 1:30 Nature Time 2:00 Nickel Bingo 3:30 Happy Hour	10:30 Exercise 1:00 Cornhole 2:30 Quarter Bingo  Enjoy our beautiful art on your own at any time!
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
10:15 Worship Service with Pastor Rick 1:00 Golf Card Game 2:00 TV Time: The Crown  Don't forget to visit our pond. You might see the baby geese!	9:00 Ladies Coffee 9:00 Men's Coffee 10:15 Exercise w/Tammy 10:45 Beach Ball Volleyball 11:00 Seated Aerobics 1:00 Cornhole 1:30 Movie Monday 2:30 Nickel Bingo 3:30 Yoga/Floor Stretching Exercise 4:00 Guided Meditation 6:30 Pitch	9:00 Outside Stroll 9:30 Catholic Comm. 10:15 Exercise w/Tammy 10:45 Cardio Drumming 11:00 Seated Yoga 1:00 Seated Pilates 2:00 Co-Ed Pool 2:00 Tell A Story 6:00 Mexican Train Dominoes	9:00 Ladies Golf 10:00 BP Clinic 10:15 Exercise w/Tammy 10:30 Shopping (Dillon's) 1:00 Cribbage 2-5 Arm and Hand Massage 2:30 Nickel Bingo 4:00 Guided Meditation 6:00 Scrabble 6:30 Bridge   Manicure Day	9:00 Shuffleboard 10:15 Exercise w/Tammy 11:00 Seated Aerobics 12:30 Red Carpet Library Services 1:00 Farkle 2:00 Co-Ed Pool 3:00 Movie Matinee 3:30 Banana Bingo 6:00 TV Time: The Crown	9:00 Men's Golf 10:15 Exercise w/Tammy 11:00 Seated Yoga 1:00 Seated Tai Chi 1:30 Nature Time 2:00 Nickel Bingo 3:30 Happy Hour	10:30 Exercise 1:00 Cornhole 2:30 Quarter Bingo 4:00 Guided Meditation  Enjoy our beautiful art on your own at any time!

<p style="text-align: right;"><b>11</b></p> <p>10:15 Worship Service with Pastor Rick 1:00 Golf Card Game 2:00 TV Time: The Crown</p>	<p style="text-align: right;"><b>12</b></p> <p>9:00 Men's Coffee 10:15 Exercise w/Tammy 10:45 Beach Ball Volleyball 11:00 Seated Aerobics 1:00 Cornhole 1:30 Movie Monday 2:30 Nickel Bingo 3:30 Yoga/Floor Stretching Exercise 4:00 Guided Meditation 6:30 Pitch</p>	<p style="text-align: right;"><b>13</b></p> <p>9:00 Outside Stroll 9:30 Catholic Comm. 10:15 Exercise w/Tammy 10:45 Cardio Drumming 11:00 Seated Yoga 1:00 Seated Pilates 2:00 Co-Ed Pool 2:00 Tell A Story 6:00 Mexican Train Dominoes</p>	<p style="text-align: right;"><b>14</b></p> <p>9:00 Ladies Golf 10:00 BP Clinic 10:15 Exercise w/Tammy 10:30 Shopping (Walmart) 1:00 All Aboard: 1:00 Cribbage 2-5 Arm and Hand Massage 2:30 Nickel Bingo 4:00 Guided Meditation 6:00 Scrabble 6:30 Bridge</p> <p style="text-align: center;"><i>Manicure Day</i></p>	<p style="text-align: right;"><b>15</b></p> <p>9:00 Shuffleboard 10:15 Exercise w/Tammy 11:00 Seated Aerobics 1:00 Farkle 2:00 Co-Ed Pool 3:00 Movie Matinee 3:30 Banana Bingo 6:00 TV Time: The Crown</p>	<p style="text-align: right;"><b>16</b></p> <p>9:00 Men's Golf 10:15 Exercise w/Tammy 11:00 Seated Yoga 1:00 Seated Tai Chi 1:30 Nature Time 2:00 Nickel Bingo 3:30 Happy Hour</p>	<p style="text-align: right;"><b>17</b></p> <p>10:30 Exercise 1:00 Cornhole 2:30 Quarter Bingo</p> <p style="text-align: center;"><i>Enjoy our beautiful art on your own at any time!</i></p>
<p style="text-align: right;"><b>18</b></p> <p>10:15 Worship Service with Pastor Rick 1:00 Golf Card Game 2:00 TV Time: The Crown</p>	<p style="text-align: right;"><b>19</b></p> <p>9:00 Ladies Coffee 9:00 Men's Coffee 10:15 Exercise w/Tammy 10:45 Beach Ball Volleyball 11:00 Seated Aerobics 1:00 Cornhole 1:30 Movie Monday 2:30 Nickel Bingo 3:30 Yoga/Floor Stretching Exercise 4:00 Guided Medtation 6:30 Pitch</p>	<p style="text-align: right;"><b>20</b></p> <p>9:00 Outside Stroll 9:30 Catholic Comm. 10:15 Exercise w/Tammy 10:45 Cardio Drumming 11:00 Seated Yoga 1:00 Seated Pilates 2:00 Co-Ed Pool 2:00 Tell A Story 6:00 Mexican Train Dominoes</p>	<p style="text-align: right;"><b>21</b></p> <p>9:00 Ladies Golf 10:00 BP Clinic 10:15 Exercise w/Tammy 10:30 Shopping (Dillon's) 1:00 Cribbage 2-5 Arm and Hand Massage 2:30 Nickel Bingo 4:00 Guided Meditation 6:00 Scrabble 6:30 Bridge</p> <p style="text-align: center;"><i>Manicure Day</i></p>	<p style="text-align: right;"><b>22</b></p> <p>9:00 Shuffleboard 10:15 Exercise w/Tammy 11:00 Seated Aerobics 12:30 Red Carpet Library Services 1:00 Farkle 2:00 Co-Ed Pool 3:00 Movie Matinee 3:30 Banana Bingo 6:00 TV Time: The Crown</p>	<p style="text-align: right;"><b>23</b></p> <p>9:00 Men's Golf 10:15 Exercise w/Tammy 11:00 Seated Yoga 1:00 Seated Tai Chi 1:30 Nature Time 2:00 Nickel Bingo 3:30 Happy Hour 5:00 Friday Night Dinner &amp; Movie</p>	<p style="text-align: right;"><b>24</b></p> <p>10:30 Exercise 1:00 Cornhole 2:30 Quarter Bingo 4:00 Guided Meditation</p> <p style="text-align: center;"><i>Enjoy our beautiful art on your own at any time!</i></p>
<p style="text-align: right;"><b>25</b></p> <p>10:15 Worship Service with Pastor Rick 1:00 Golf Card Game 2:00 TV Time: The Crown</p>	<p style="text-align: right;"><b>26</b></p> <p>9:00 Men's Coffee 10:15 Exercise w/Tammy 10:45 Beach Ball Volleyball 11:00 Seated Aerobics 1:00 Cornhole 1:30 Movie Monday 2:00 September Birthday Bash 3:30 Yoga/Floor Stretching Exercise 4:00 Guided Meditation 6:30 Pitch</p>	<p style="text-align: right;"><b>27</b></p> <p>9:00 Outside Stroll 9:30 Catholic Comm. 10:15 Exercise w/Tammy 10:45 Cardio Drumming 11:00 Seated Yoga 1:00 Seated Pilates 2:00 Co-Ed Pool 2:00 Tell A Story 6:00 Mexican Train Dominoes</p>	<p style="text-align: right;"><b>28</b></p> <p>9:00 Ladies Golf 10:00 BP Clinic 10:15 Exercise w/Tammy 10:30 Shopping (Target) 1:00 Cribbage 2-5 Arm and Hand Massage 2:00 Resident Council 2:30 Nickel Bingo 4:00 Guided Meditation 6:00 Scrabble 6:30 Bridge</p> <p style="text-align: center;"><i>Manicure Day</i></p>	<p style="text-align: right;"><b>29</b></p> <p>9:00 Shuffleboard 10:15 Exercise w/Tammy 11:00 Seated Aerobics 1:00 Farkle 2:00 Co-Ed Pool 3:00 Movie Matinee 3:30 Banana Bingo 6:00 TV Time: The Crown</p>	<p style="text-align: right;"><b>30</b></p> <p>9:00 Men's Golf 10:15 Exercise w/Tammy 11:00 Seated Yoga 1:00 Seated Tai Chi 1:30 Nature Time 2:00 Nickel Bingo 3:30 Happy Hour</p>	

