



SEPTEMBER 2019 INDEPENDENT LIVING



Sunday

Monday



Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p>10:30AM – ROSARY</p> <p>1:30PM –BINGO</p> 	<p>2 LABOR DAY</p> <p>9:30AM – Tai Chi</p> <p>10:30AM – Exercise</p> <p>1:30PM – Pokeno</p> <p>1:00PM – 3:00PM Patriotic Rock Painting</p> <p>6:00PM - Bridge</p>	<p>3</p> <p>9:30AM – Tai Chi</p> <p>9:45AM- Catholic Mass</p> <p>10:30AM – Exercise</p> <p>11:00AM – Shut the Box Number Game</p> <p>1:30PM – Horse Racing</p> <p>3:00PM – Let’s Play Poker</p>	<p>4</p> <p>9:00AM - Shop Rite</p> <p>9:30AM – Tai Chi</p> <p>10:30AM – Exercise</p> <p>11:00AM – Today’s News Debate</p> <p>2:00PM – Rigoletto Opera Showing</p>	<p>5</p> <p>9:30AM – Tai Chi</p> <p>10:30AM – Exercise</p> <p>1:00PM - Pokeno</p> <p>2:30PM-Tom & Gerry 65th Wedding Anniversary Celebration! (IL) followed by 3:30 PM – Happy Hour (IL)</p> 	<p>6</p> <p>9:45AM -Exercise</p> <p>10:30AM- Church Service</p> <p>11:00AM – Meditation</p> <p>1:00PM – Bible Study</p> <p>2:00PM-Crafts with Valerie</p> <p>3:30PM – Wii Sports</p>	<p>7</p> <p>10:30AM – ROSARY</p> <p>1:30PM –BINGO</p>
<p>8</p> <p>1:30PM – Movie</p> <p>3:00PM– Table Games</p>	<p>9</p> <p>9:00AM – TD Bank</p> <p>9:30AM – Tai Chi</p> <p>10:30AM – Exercise</p> <p>11:00AM – Tech Questions</p> <p>1:30PM – Pokeno</p> <p>3:00PM – Aromatherapy</p> <p>6:00PM - Bridge</p>	<p>10</p> <p>9:30AM-Tai Chai</p> <p>10:30AM -Exercise</p> <p>11:00AM – Hand Massages</p> <p>2:00PM – Town Hall Meeting</p> <p>3:30PM-You be the Judge</p>	<p>11</p> <p>9:00AM - Shop Rite</p> <p>9:30AM – Tai Chi</p> <p>10:30AM – Exercise</p> <p>11:00AM – 12:00PM 9/11 Documentary</p> <p>2:00PM- Live Entertainment with <u>Harry Maitland</u></p>	<p>12</p> <p>9:00AM – Aldi’s</p> <p>9:30AM-Tai Chi</p> <p>10:30AM -Exercise</p> <p>11:00AM – Chair Yoga</p> <p>1:30PM – Pokeno</p> <p>2:30PM – Jazz Through the Decades (T)</p>	<p>13</p> <p>9:45AM -Exercise</p> <p>10:30AM – Church Service</p> <p>11:00AM – Meditation</p> <p>11:45AM-Dorian’s</p> <p>1:30PM – Bible Study</p> <p>2:30PM – Ladies Discussion Group (T)</p> <p>3:30PM – Brain Games</p>	<p>14</p> <p>10:30AM – ROSARY</p> <p>1:30PM –BINGO</p>
<p>15</p> <p>1:30PM – Movie</p> <p>3:00PM– Table Games</p>	<p>16</p> <p>9:00AM-TD Bank</p> <p>9:00AM – Tai Chi</p> <p>10:30AM – Exercise</p> <p>11:00AM – Technology Questions</p> <p>1:30PM – Pokeno</p> <p>2:30PM – Left, Center, Right Dice Game</p> <p>6:00PM - Bridge</p>	<p>17</p> <p>9:30AM – Tai Chi</p> <p>10:30AM – Exercise</p> <p>11:00AM – Trivia Teams</p> <p>2:00PM – Live Entertainment with <u>DeJa2</u></p> <p>3:30PM – Wii Dance</p>	<p>18</p> <p>9:00AM – Shop Rite</p> <p>9:30AM – Tai Chi</p> <p>10:30AM – Exercise</p> <p>11:00AM – Book Exchange Meeting</p> <p>2:00PM-Crafts with Valerie</p> <p>3:30PM – Stretch & Bend</p>	<p>19</p> <p>9:30AM – Tai Chi</p> <p>10:30AM – Exercise</p> <p>11:00PM – German Church Service</p> <p>1:30PM – Targets</p> <p>1:30PM – Pokeno</p> <p>2:00PM- Live Entertainment with <u>Peter Lieberman</u></p>	<p>20</p> <p>9:45AM -Exercise</p> <p>10:30AM – Church Service</p> <p>11:00AM – Meditation</p> <p>1:00PM – Hudson County Park Ride</p> <p>1:30PM – Bible Study</p> <p>2:30PM – Andre’ Reiu Concert</p>	<p>21</p> <p>10:30AM – ROSARY</p> <p>1:30PM –BINGO</p>



SEPTEMBER 2019 INDEPENDENT LIVING



Sunday

Monday

Tuesday

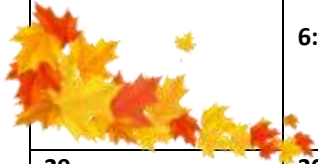
Wednesday

Thursday

Friday

Saturday

<p>22 Autumn Begins</p> <p>1:30PM – Movie</p> <p>3:00PM– Table Games</p>	<p>23</p> <p>9:00AM – TD Bank</p> <p>9:30AM – Tai Chi</p> <p>10:30AM – Exercise</p> <p>11:00AM – Tech Questions</p> <p>1:30PM – Pokeno</p> <p>6:00PM - Bridge</p>	<p>24</p> <p>9:00AM – Shop Rite</p> <p>9:30AM – Tai Chi</p> <p>10:30AM – Exercise</p> <p>11:00AM – The Price is Right</p> <p>1:30PM – Andrea Bocelli Concert</p>	<p>25</p> <p>9:30AM - Catholic Mass</p> <p>9:30AM – Tai Chi</p> <p>10:30AM – Exercise</p> <p>11:00AM – Coffee Chat</p> <p>3:00PM – 4:30PM Travel with Rick Steves</p>	<p>26</p> <p>9:00AM- Aldi's</p> <p>9:30AM – Tai Chi</p> <p>10:30AM – Exercise</p> <p>11:00AM – Chair Yoga</p> <p>1:30 PM – 4:00 PM Pay to Play Big Buck Birthday Bingo in the Community Room</p>	<p>27</p> <p>9:45AM -Exercise</p> <p>10:30AM- Church Service</p> <p>11:00AM – Meditation</p> <p>11:45AM – Barge Inn</p> <p>1:30PM – Bible Study</p> <p>1:30PM – 4:00PM Nail Spa Open for Men/Women</p>	<p>28</p> <p>10:30AM – ROSARY</p> <p>1:30PM –BINGO</p>
<p>29</p> <p>1:30PM – Movie</p> <p>3:00PM– Table Games</p>	<p>30</p> <p>9:00AM- TD Bank</p> <p>9:30AM – Tai Chi</p> <p>10:30AM – Exercise</p> <p>11:00AM – Tech Questions</p> <p>1:30PM – Walmart</p> <p>1:30PM – Pokeno</p> <p>3:30PM – Men's Discussion Group (IL)</p> <p>6:00PM – Bridge</p>				<p>**ALL ACTIVITIES AND TRIPS ARE SUBJECT TO CHANGE**</p> <p>Hairdresser for Men and Women TUESDAYS IN MAIN LOBBY 1:00PM – 4:00PM</p>	



NYC ★ DC ★ PA

WE WILL NEVER FORGET