


September 2024

Living Room 954-900-2564

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	<p>9:00 – 9:45 Coffee & Chit Chat</p> <p>9:45- 10:20 Chair Yoga</p> <p>10:30- 11:20 Music with Jamie D.</p> <p>11:30- 12:30 Lunch</p> <p>12:30- 1:30 Word Game</p>	<p>9:00 – 9:45 Coffee & Chit Chat</p> <p>9:45- 10:40 Yoga & Meditation</p> <p>10:40- 11:20 Chair Sports</p> <p>11:30- 12:30 Lunch</p> <p>12:30- 1:30 Art with Jasmine</p>	<p>9:00 – 9:45 Coffee & Chit Chat</p> <p>9:45- 10:00 Chair Exercise</p> <p>10:00- 10:30 Word Game</p> <p>10:40-11:30 Chicken Soup</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Memory Magic</p>	<p>9:00 – 9:45 Coffee & Chit Chat</p> <p>9:45- 10:15 Sit & Be Fit</p> <p>10:15- 11:30 Shabbat/ Entertainment Tessa</p> <p>11:30- 12:30 Lunch</p> <p>12:30- 1:30 Visit with Viv</p>
9	10	11	12	13
<p>9:00 – 9:45 Coffee & Chit Chat</p> <p>9:45- 10:20 Movin' and Groovin'</p> <p>10:30- 11:20 Brain Games With Shelly</p> <p>11:30- 12:30 Lunch</p> <p>12:15- 1:30 Game Hour</p>	<p>9:00 – 9:45 Coffee & Chit Chat</p> <p>9:45- 10:20 Chair Yoga</p> <p>10:30- 11:20 Games & Giveaways with Amethyst Care</p> <p>11:30- 12:30 Lunch</p> <p>12:30- 1:30 Word Game</p>	<p>9:00 – 9:45 Coffee & Chit Chat</p> <p>9:45- 10:40 Yoga & Meditation</p> <p>10:40- 11:20 Chair Sports</p> <p>11:30- 12:30 Lunch</p> <p>12:30- 1:30 Art with Jasmine</p>	<p>9:00 – 9:45 Coffee & Chit Chat</p> <p>9:45- 10:00 Chair Exercise</p> <p>10:00- 10:30 Word Game</p> <p>10:40-11:30 Chicken Soup</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Memory Magic</p>	<p>9:00 – 9:45 Coffee & Chit Chat</p> <p>9:45- 10:15 Sit & Be Fit</p> <p>10:15- 11:30 Shabbat/ Entertainment Barbra</p> <p>11:30- 12:30 Lunch</p> <p>12:30- 1:30 Visit with Viv & Mens Group with Mark</p>

<p style="text-align: right;">16</p> <p>9:00 – 9:45 Coffee & Chit Chat 9:45- 10:20 Movin' and Groovin' 10:30- 11:20 Brain Games With Shelly 11:30- 12:30 Lunch 12:15- 1:30 Game Hour</p>	<p style="text-align: right;">17</p> <p>9:00 – 9:45 Coffee & Chit Chat 9:45- 10:20 Chair Yoga 10:30- 11:20 Steven Jay the Guitarist 11:30- 12:30 Lunch 12:30- 1:30 Word Game</p>	<p style="text-align: right;">18</p> <p>9:00 – 9:45 Coffee & Chit Chat 9:45- 10:40 Yoga & Meditation 10:40- 11:20 Chair Sports 11:30- 12:30 Lunch 12:30- 1:30 Art with Jasmine</p>	<p style="text-align: right;">19</p> <p>9:00 – 9:45 Coffee & Chit Chat 9:45- 10:00 Chair Exercise 10:00- 10:30 Word Game 10:40-11:30 Chicken Soup 11:30- 12:15 Lunch 12:15- 1:30 Memory Magic</p>	<p style="text-align: right;">20</p> <p>9:00 – 9:45 Coffee & Chit Chat 9:45- 10:15 Sit & Be Fit 10:15- 11:30 Shabbat/ Entertainment Noreena 11:30- 12:30 Lunch 12:30- 1:30 Visit with Viv</p>
<p style="text-align: right;">23</p> <p>9:00 – 9:45 Coffee & Chit Chat 9:45- 10:20 Movin' and Groovin' 10:30- 11:20 Brain Games With Shelly 11:30- 12:30 Lunch 12:15- 1:30 Game Hour</p>	<p style="text-align: right;">24</p> <p>9:00 – 9:45 Coffee & Chit Chat 9:45- 10:20 Chair Yoga 10:30- 11:20 Slowburn Theatre Workshop The Witches of Eastwick 11:30- 12:30 Lunch 12:30- 1:30 Word Game</p>	<p style="text-align: right;">25</p> <p>9:00 – 9:45 Coffee & Chit Chat 9:45- 10:40 Yoga & Meditation 10:40- 11:20 Chair Sports 11:30- 12:30 Lunch 12:30- 1:30 Art with Jasmine</p>	<p style="text-align: right;">26</p> <p>9:00 – 9:45 Coffee & Chit Chat 9:45- 10:00 Chair Exercise 10:00- 10:30 Word Game 10:40-11:30 Chicken Soup 11:30- 12:15 Lunch 12:15- 1:30 Memory Magic</p>	<p style="text-align: right;">27</p> <p>9:00 – 9:45 Coffee & Chit Chat 9:45- 10:15 Sit & Be Fit 10:15- 11:30 Shabbat/ Entertainment Bea Loo 11:30- 12:30 Lunch 12:30- 1:30 Visit with Viv & Mens Group With Mark</p>
<p style="text-align: right;">30</p> <p>9:00 – 9:45 Coffee & Chit Chat 9:45- 10:20 Movin' and Groovin' 10:30- 11:20 Brain Games With Shelly 11:30- 12:30 Lunch 12:15- 1:30 Game Hour</p>				