

# September 2023

## Amber Manor Assisted Living Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Activity Types		Community Location											
<ul style="list-style-type: none"> <li>● Artisans</li> <li>● Community Connections</li> <li>● Creative Cooking</li> <li>● Gathering of Friends</li> <li>● Generations</li> <li>● Group Games</li> <li>● Inspirations</li> <li>● Just The Guys</li> <li>● Keeping it Sharp/Reminisce</li> <li>● Lifelong Learning</li> <li>● Mindful Moments</li> <li>● Music to My Ears</li> <li>● Out &amp; About</li> <li>● Signature Events</li> <li>● Vitality</li> </ul>		Activities Room = AR Health Center Courtyard = CT Y Health Center Dinning Room = H DR Assited Living Dining Room = A DR Day Room = DR								<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 1</li> <li>● 9:30 Breakfast Bingo (AR)</li> <li>● 10:30 Move and Groove (AR)</li> <li>● 1:00 Lemonade Happy Hour (AR)</li> <li>● 2:00 Jeopardy (AR)</li> </ul>		<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 2</li> <li>● 10:00 Move and Groove (AR)</li> <li>● 1:30 Bingo (AR)</li> <li>● 3:00 Card Games (AR)</li> </ul>	
<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 3</li> <li>● 10:00 Move and Groove (AR)</li> <li>● 1:30 Bingo (AR)</li> <li>● 3:00 Sing and Preach with George Bruce (AR)</li> </ul>		<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 4</li> <li>● 10:00 Gospel Music (AR)</li> <li>● 1:30 Labor Day Bingo (AR)</li> <li>● 3:00 Creative Complexion (AR)</li> </ul>		<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 5</li> <li>● 10:30 Bible Study with Doug (DR)</li> <li>● 1:00 Dream Catcher Crafts (AR)</li> <li>● 3:00 Board Games (AR)</li> <li>● 6:00 Bingo (AR)</li> </ul>		<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 6</li> <li>● 9:30 Cooking Class – Cloud Bread (AR)</li> <li>● 10:30 Faith Chat (AR)</li> <li>● 2:30 Expressive Arts – Dreams (AR)</li> <li>● 2:30 Noodle Ball (AR)</li> <li>● 3:30 Chef Circle (AR)</li> </ul>		<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 7</li> <li>● 10:00 Country Cruise</li> <li>● 1:00 Afternoon Stretch (AR)</li> <li>● 3:00 Bingo (AR)</li> <li>● 6:00 Family Night Luau &amp; Music with Terry Lee</li> </ul>		<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 8</li> <li>● 9:30 Breakfast Bingo (AR)</li> <li>● 10:30 Move and Groove (AR)</li> <li>● 2:00 Jeopardy (AR)</li> <li>● 3:00 Dream Happy Hour (AR)</li> </ul>		<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 9</li> <li>● 10:00 Move and Groove (AR)</li> <li>● 1:30 Bingo (AR)</li> <li>● 3:00 Card Games (AR)</li> </ul>	
<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 10</li> <li>● 10:00 Move and Groove (AR)</li> <li>● 1:30 Bingo (AR)</li> <li>● 3:00 Card Games (AR)</li> </ul>		<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 11</li> <li>● 10:00 Gospel Music (AR)</li> <li>● 1:00 Country Cruise</li> <li>● 3:00 Board Games (AR)</li> </ul>		<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 12</li> <li>● 10:30 Bible Study with Doug (DR)</li> <li>● 1:00 Gum Ball Machines Crafts (AR)</li> <li>● 2:00 Just the Gals (AR)</li> <li>● 6:00 Music with Lowell and Steeve (AR)</li> </ul>		<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 13</li> <li>● 9:30 Cooking Class – Cream Cheese Mints (AR)</li> <li>● 10:30 Faith Chat (AR)</li> <li>● 1:30 Expressive Arts – Candyland (AR)</li> <li>● 2:30 Just the Guys (AR)</li> <li>● 3:30 Chef Circle (AR)</li> </ul>		<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 14</li> <li>● 10:00 Daily Stretch (AR)</li> <li>● 11:00 Out to Eat</li> <li>● 3:00 Bingo (AR)</li> <li>● 6:00 Encouraging Lights (AR)</li> </ul>		<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 15</li> <li>● 9:30 Breakfast Bingo (AR)</li> <li>● 10:30 Move and Groove (AR)</li> <li>● 2:00 Jeopardy (AR)</li> <li>● 3:00 Candyland Happy Hour (AR)</li> </ul>		<ul style="list-style-type: none"> <li>● 9:00 Mindful Moments (DR) 16</li> <li>● 10:00 Move and Groove (AR)</li> <li>● 1:30 Bingo (AR)</li> <li>● 3:00 Card Games (AR)</li> </ul>	

# September 2023

## Amber Manor Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <ul style="list-style-type: none"> <li>9:00 Mindful Moments (DR)</li> <li>10:00 Move and Groove (AR)</li> <li>1:30 Bingo (AR)</li> <li>3:00 Sing and Preach with George Bruce (AR)</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>9:00 Mindful Moments (DR)</li> <li>10:00 Gospel Music (AR)</li> <li>1:00 Shopping Trip</li> <li>3:00 Creative Complexion (AR)</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>9:00 Mindful Moments (DR)</li> <li>10:30 Bible Study with Doug (DR)</li> <li>1:00 Pirate Ship Crafts (AR)</li> <li>2:00 Showtime "Blackbeard" (AR)</li> <li>6:00 Bingo (AR)</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>9:00 Mindful Moments (DR)</li> <li>9:30 Cooking Class - Rum Cake (AR)</li> <li>10:30 Faith Chat (AR)</li> <li>1:30 Expressive Arts - Pirate Pictures (AR)</li> <li>3:30 Chef Circle (AR)</li> </ul>	<p>21</p> <p><b>AD Amber Manor Fishing Trip (O)</b></p>	<p>22</p> <ul style="list-style-type: none"> <li>9:00 Mindful Moments (DR)</li> <li>9:30 Breakfast Bingo (AR)</li> <li>10:30 Move and Groove (AR)</li> <li>2:00 Jeopardy (AR)</li> <li>3:00 Pirate Happy Hour (AR)</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>9:00 Mindful Moments (DR)</li> <li>10:00 Move and Groove (AR)</li> <li>1:30 Bingo (AR)</li> <li>3:00 Card Games (AR)</li> </ul>
<p>24</p> <ul style="list-style-type: none"> <li>9:00 Mindful Moments (DR)</li> <li>10:00 Move and Groove (AR)</li> <li>1:30 Bingo (AR)</li> <li>3:00 Card Games (AR)</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>9:00 Mindful Moments (DR)</li> <li>10:00 Gospel Music (AR)</li> <li>1:00 Country Cruise</li> <li>3:00 Inspired Living Committee Meeting (AR)</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>9:00 Mindful Moments (DR)</li> <li>10:30 Bible Study with Doug (DR)</li> <li>1:30 BeDazzle Projects (AR)</li> <li>2:30 Resident Council (DR)</li> <li>6:00 Karaoke with Bobby Allen (AR)</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>9:00 Mindful Moments (DR)</li> <li>9:30 Cooking Class - Veggie Pizza (AR)</li> <li>10:30 Faith Chat (AR)</li> <li>1:30 Expressive Arts - Denim Creations (AR)</li> <li>3:30 Chef Circle (AR)</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>9:00 Mindful Moments (DR)</li> <li>9:30 Daily Stretch (AR)</li> <li>11:00 Out to Eat</li> <li>3:00 Bingo (AR)</li> <li>6:00 Bingo (AR)</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>9:00 Mindful Moments (DR)</li> <li>9:30 Breakfast Bingo (AR)</li> <li>10:30 Move and Groove (AR)</li> <li>2:00 Jeopardy (AR)</li> <li>3:00 Denim and Diamonds Happy Hour (AR)</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>9:00 Mindful Moments (DR)</li> <li>10:00 Move and Groove (AR)</li> <li>1:30 Bingo (AR)</li> <li>3:00 Card Games (AR)</li> </ul>

# September 2023

## Amber Manor Health Center Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Activity Types		Community Location											
<ul style="list-style-type: none"> <li><span style="color: orange;">●</span> Artisans</li> <li><span style="color: yellow;">●</span> Community Connections</li> <li><span style="color: cyan;">●</span> Creative Cooking</li> <li><span style="color: lightblue;">●</span> Gathering of Friends</li> <li><span style="color: pink;">●</span> Generations</li> <li><span style="color: blue;">●</span> Group Games</li> <li><span style="color: grey;">●</span> Inspirations</li> <li><span style="color: black;">●</span> Just The Guys</li> <li><span style="color: green;">●</span> Keeping it Sharp/Reminisce</li> <li><span style="color: red;">●</span> Lifelong Learning</li> <li><span style="color: purple;">●</span> Mindful Moments</li> <li><span style="color: teal;">●</span> Music to My Ears</li> <li><span style="color: brown;">●</span> Out &amp; About</li> <li><span style="color: lightgreen;">●</span> Signature Events</li> <li><span style="color: magenta;">●</span> Vitality</li> </ul>		Activities Room = AR Health Center Courtyard = CT Y Health Center Dinning Room = H DR Assited Living Dining Room = A DR Day Room = DR								<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>1</b></li> <li><span style="color: blue;">●</span> 9:30 Breakfast Bingo (AR)</li> <li><span style="color: pink;">●</span> 10:30 Move and Groove (AR)</li> <li><span style="color: teal;">●</span> 3:00 pm Lemonade Happy Hour (AR)</li> <li><span style="color: green;">●</span> 2:00 Jeopardy (AR)</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>2</b></li> <li><span style="color: pink;">●</span> 10:00 Move and Groove (AR)</li> <li><span style="color: green;">●</span> 1:30 Bingo (AR)</li> <li><span style="color: green;">●</span> 3:00 Card Games (AR)</li> </ul>	
<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>3</b></li> <li><span style="color: pink;">●</span> 10:00 Move and Groove (AR)</li> <li><span style="color: green;">●</span> 1:30 Bingo (AR)</li> <li><span style="color: grey;">●</span> 3:00 Sing and Preach with George Bruce (AR)</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>4</b></li> <li><span style="color: teal;">●</span> 10:00 Gospel Music (AR)</li> <li><span style="color: green;">●</span> 1:30 Labor Day Bingo (AR)</li> <li><span style="color: red;">●</span> 3:00 Creative Complexion (AR)</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>5</b></li> <li><span style="color: grey;">●</span> 10:30 Bible Study with Doug (DR)</li> <li><span style="color: orange;">●</span> 1:00 Dream Catcher Crafts (AR)</li> <li><span style="color: blue;">●</span> 3:00 Board Games (AR)</li> <li><span style="color: green;">●</span> 6:00 Bingo (AR)</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>6</b></li> <li><span style="color: lightblue;">●</span> 9:30 Cooking Class – Cloud Bread (AR)</li> <li><span style="color: grey;">●</span> 10:30 Faith Chat (AR)</li> <li><span style="color: orange;">●</span> 2:30 Expressive Arts – Dreams (AR)</li> <li><span style="color: pink;">●</span> 2:30 Noodle Ball (AR)</li> <li><span style="color: lightgreen;">●</span> 3:30 Chef Circle (AR)</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>7</b></li> <li><span style="color: brown;">●</span> 10:00 Country Cruise</li> <li><span style="color: pink;">●</span> 1:00 Afternoon Stretch (AR)</li> <li><span style="color: green;">●</span> 3:00 Bingo (AR)</li> <li><span style="color: teal;">●</span> 6:00 Family Night Luau &amp; Music with Terry Lee</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>8</b></li> <li><span style="color: blue;">●</span> 9:30 Breakfast Bingo (AR)</li> <li><span style="color: pink;">●</span> 10:30 Move and Groove (AR)</li> <li><span style="color: green;">●</span> 2:00 Jeopardy (AR)</li> <li><span style="color: teal;">●</span> 3:00 Dream Happy Hour (AR)</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>9</b></li> <li><span style="color: pink;">●</span> 10:00 Move and Groove (AR)</li> <li><span style="color: green;">●</span> 1:30 Bingo (AR)</li> <li><span style="color: green;">●</span> 3:00 Card Games (AR)</li> </ul>	
<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>10</b></li> <li><span style="color: pink;">●</span> 10:00 Move and Groove (AR)</li> <li><span style="color: green;">●</span> 1:30 Bingo (AR)</li> <li><span style="color: blue;">●</span> 3:00 Card Games (AR)</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>11</b></li> <li><span style="color: teal;">●</span> 10:00 Gospel Music (AR)</li> <li><span style="color: red;">●</span> 1:00 Country Cruise</li> <li><span style="color: blue;">●</span> 3:00 Board Games (AR)</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>12</b></li> <li><span style="color: grey;">●</span> 10:30 Bible Study with Doug (DR)</li> <li><span style="color: orange;">●</span> 1:00 Gum Ball Machines Crafts (AR)</li> <li><span style="color: lightgreen;">●</span> 2:00 Just the Gals (AR)</li> <li><span style="color: teal;">●</span> 6:00 Music with Lowell and Steeve (AR)</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>13</b></li> <li><span style="color: lightblue;">●</span> 9:30 Cooking Class – Cream Cheese Mints (AR)</li> <li><span style="color: grey;">●</span> 10:30 Faith Chat (AR)</li> <li><span style="color: orange;">●</span> 1:30 Expressive Arts – Candyland (AR)</li> <li><span style="color: black;">●</span> 2:30 Just the Guys (AR)</li> <li><span style="color: lightgreen;">●</span> 3:30 Chef Circle (AR)</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>14</b></li> <li><span style="color: pink;">●</span> 10:00 Daily Stretch (AR)</li> <li><span style="color: brown;">●</span> 11:00 Out to Eat</li> <li><span style="color: green;">●</span> 3:00 Bingo (AR)</li> <li><span style="color: teal;">●</span> 6:00 Encouraging Lights (AR)</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>15</b></li> <li><span style="color: blue;">●</span> 9:30 Breakfast Bingo (AR)</li> <li><span style="color: pink;">●</span> 10:30 Move and Groove (AR)</li> <li><span style="color: green;">●</span> 2:00 Jeopardy (AR)</li> <li><span style="color: teal;">●</span> 3:00 Candyland Happy Hour (AR)</li> </ul>		<ul style="list-style-type: none"> <li><span style="color: purple;">●</span> 9:00 Mindful Moments (DR) <b>16</b></li> <li><span style="color: pink;">●</span> 10:00 Move and Groove (AR)</li> <li><span style="color: green;">●</span> 1:30 Bingo (AR)</li> <li><span style="color: green;">●</span> 3:00 Card Games (AR)</li> </ul>	

# September 2023

## Amber Manor Health Center Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>● <b>9:00</b> Mindful Moments (DR) <span style="float: right;">17</span></p> <p>● <b>10:00</b> Move and Groove (AR)</p> <p>● <b>1:30</b> Bingo (AR)</p> <p>● <b>3:00</b> Sing and Preach with George Bruce (AR)</p>	<p>● <b>9:00</b> Mindful Moments (DR) <span style="float: right;">18</span></p> <p>● <b>10:00</b> Gospel Music (AR)</p> <p>● <b>1:00</b> Shopping Trip</p> <p>● <b>3:00</b> Creative Complexion (AR)</p>	<p>● <b>9:00</b> Mindful Moments (DR) <span style="float: right;">19</span></p> <p>● <b>10:30</b> Bible Study with Doug (DR)</p> <p>● <b>1:00</b> Pirate Ship Crafts (AR)</p> <p>● <b>2:00</b> Showtime "Blackbeard" (AR)</p> <p>● <b>6:00</b> Bingo (AR)</p>	<p>● <b>9:00</b> Mindful Moments (DR) <span style="float: right;">20</span></p> <p>● <b>9:30</b> Cooking Class - Rum Cake (AR)</p> <p>● <b>10:30</b> Faith Chat (AR)</p> <p>● <b>1:30</b> Expressive Arts - Pirate Pictures (AR)</p> <p>● <b>3:30</b> Chef Circle (AR)</p>	<p>● <b>AD Amber Manor Fishing Trip (O)</b> <span style="float: right;">21</span></p>	<p>● <b>9:00</b> Mindful Moments (DR) <span style="float: right;">22</span></p> <p>● <b>9:30</b> Breakfast Bingo (AR)</p> <p>● <b>10:30</b> Move and Groove (AR)</p> <p>● <b>2:00</b> Jeopardy (AR)</p> <p>● <b>3:00</b> Pirate Happy Hour (AR)</p>	<p>● <b>9:00</b> Mindful Moments (DR) <span style="float: right;">23</span></p> <p>● <b>10:00</b> Move and Groove (AR)</p> <p>● <b>1:30</b> Bingo (AR)</p> <p>● <b>3:00</b> Card Games (AR)</p>
<p>● <b>9:00</b> Mindful Moments (DR) <span style="float: right;">24</span></p> <p>● <b>10:00</b> Move and Groove (AR)</p> <p>● <b>1:30</b> Bingo (AR)</p> <p>● <b>3:00</b> Card Games (AR)</p>	<p>● <b>9:00</b> Mindful Moments (DR) <span style="float: right;">25</span></p> <p>● <b>10:00</b> Gospel Music (AR)</p> <p>● <b>1:00</b> Country Cruise</p> <p>● <b>3:00</b> Inspired Living Committee Meeting (AR)</p>	<p>● <b>9:00</b> Mindful Moments (DR) <span style="float: right;">26</span></p> <p>● <b>10:30</b> Bible Study with Doug (DR)</p> <p>● <b>1:30</b> BeDazzle Projects (AR)</p> <p>● <b>2:30</b> Resident Council (DR)</p> <p>● <b>6:00</b> Karaoke with Bobby Allen (AR)</p>	<p>● <b>9:00</b> Mindful Moments (DR) <span style="float: right;">27</span></p> <p>● <b>9:30</b> Cooking Class - Veggie Pizza (AR)</p> <p>● <b>10:30</b> Faith Chat (AR)</p> <p>● <b>1:30</b> Expressive Arts - Denim Creations (AR)</p> <p>● <b>3:30</b> Chef Circle (AR)</p>	<p>● <b>9:00</b> Mindful Moments (DR) <span style="float: right;">28</span></p> <p>● <b>9:30</b> Daily Stretch (AR)</p> <p>● <b>11:00</b> Out to Eat</p> <p>● <b>3:00</b> Bingo (AR)</p> <p>● <b>6:00</b> Bingo (AR)</p>	<p>● <b>9:00</b> Mindful Moments (DR) <span style="float: right;">29</span></p> <p>● <b>9:30</b> Breakfast Bingo (AR)</p> <p>● <b>10:30</b> Move and Groove (AR)</p> <p>● <b>2:00</b> Jeopardy (AR)</p> <p>● <b>3:00</b> Denim and Diamonds Happy Hour (AR)</p>	<p>● <b>9:00</b> Mindful Moments (DR) <span style="float: right;">30</span></p> <p>● <b>10:00</b> Move and Groove (AR)</p> <p>● <b>1:30</b> Bingo (AR)</p> <p>● <b>3:00</b> Card Games (AR)</p>