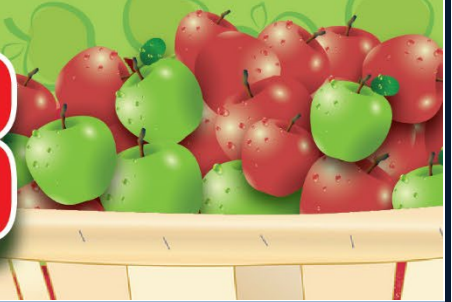


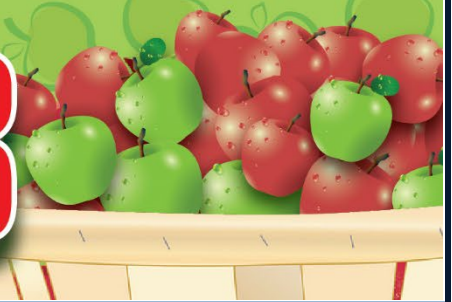
# SEPTEMBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Activities:</b> GF- Gathering of Friends I- Inspirations M- Music V- Vitality MM- Mindful Moments A- Artisans GG- Group Games CC- Creative Cooking L- Lifelong Learning K- Keeping It Sharp O- Out and About	<b>Locations:</b> DR- Health Center Dining Room UR- University Room B- Bistro AL NS- 2nd Floor Nursing Station GL- 2nd Floor Movie Theatre AL Pub- Across from Elevator AR- Art Room FL- Front Lobby O- Outside	<b>Ombudsman Contact:</b>  John Heinz 317-631-9424	If you are interested in an outing, please let a member of life enrichment know.		<b>1</b> GF 9:30 Coffee Break V 10:00 Morning Motions- AL Pub GF 10:30 Bingo Store-AR K 11:30 Friday Funnies- DR K 1:30 Cards- ALNS S 3:30 Birthday Happy Hour- B M 3:30 Music with Robin Harrison- B	<b>2</b> MM 9:30 Activities on Wheels GF 10:00 Coffee Break V 10:30 Balloon Volleyball- UR K 11:00 Old Wives Tales- UR CC 2:00 Movie Treats- UR L 2:00 Movie Matinee- UR GG 3:30 Cards- ALNS
<b>3</b> GF 10:00 Coffee Break M 10:15 Inspirational Hymn Singalong- UR I 10:45 Sunday Bible Study- UR V 11:15 Heart Fit- UR L 1:30 Sunday Film- AL Pub CC 2:00 Sunday Treats- B	<b>4</b> GF 9:30 Coffee Break- DR K 10:00 Bingo- DR MM 1:15 Sensory on Tinsley S 1:00 Resident Council- AR I 1:30 Mediation Mondays- AL Pub V 2:30 Ladder Ball- UR K 3:00 Cards- AL NS GG 5:30 Board Games in the Pub- AL Pub	<b>5</b> GF 9:30 Coffee Break- UR M 10:00 Inspirational Hymns- UR CC 10:15 Love on a Leash I 10:30 Bible Study-UR V 11:00 Balloon Volleyball- UR GG 11:30 Mad Libs- DR O 1:30 Scenic Drive- O A 3:00 Artisans- AR	<b>6</b> GF 9:30 Coffee Break- DR K 10:00 AMIGO Bingo- DR CC 11:00 Chef Circle- DR I 11:30 Poetry GF 2:00 Ice Cream Social- B GF 3:30 AL Social- AL Pub	<b>7</b> GF 9:30 Coffee Break-DR V 10:00 Bowling- DR CC 11:30 Mocktails- DR O 1:00 Shopping Trip- O\$ A 3:00 Artisans- AR GG 5:30 Games in the Pub- AL Pub	<b>8</b> GF 9:30 Coffee Break V 10:00 Morning Motions- UR I 10:30 Spa Day- UR K 11:30 Friday Funnies-UR K 1:30 Cards- ALNS S 3:30 Grandparents Happy Hour- DR M 3:30 Happy Hour Music-DR	<b>9</b> MM 9:30 Activities on Wheels GF 10:00 Coffee Break V 10:30 Chair Yoga- UR K 11:00 State Trivia- UR CC 2:00 Movie Treats- UR L 2:00 Movie Matinee- UR GG 3:30 Cards- ALNS
<b>10</b> GF 10:00 Coffee Break M 10:15 Inspirational Hymn Singalong- UR I 10:45 Sunday Bible Study- UR V 11:15 Heart Fit- UR  L 1:30 Sunday Film- AL Pub CC 2:00 Sunday Treats- B	<b>11</b> GF 9:30 Coffee Break- DR K 10:00 Bingo- DR M 11:30 Music Monday- DR I 1:30 Mediation Mondays- AL Pub V 2:30 Cornhole-UR K 3:00 Cards- AL NS GG 5:30 Board Games in the Pub- AL Pub	<b>12</b> GF 9:30 Coffee Break- UR M 10:00 Inspirational Hymns- UR I 10:30 Bible Study-UR V 11:00 Balloon Volleyball- UR GG 11:30 Mad Libs- DR O 1:30 Scenic Drive- O A 3:00 Artisans- AR	<b>13</b> GF 9:30 Coffee Break- DR K 10:00 AMIGO Bingo- DR CC 11:00 Chef Circle- DR I 11:30 Poetry GF 2:00 Ice Cream Social- B GF 3:30 AL Social- AL Pub	<b>14</b> GF 9:30 Coffee Break-DR V 10:00 Bowling- DR CC 11:30 Mocktails- DR O 1:00 Movie- O\$ A 3:00 Artisans- AR GG 5:30 Games in the Pub- AL Pub	<b>15</b> GF 9:30 Coffee Break V 10:00 Morning Motions- UR K 10:30 School Picture Day- UR GG 11:30 Friday Funnies K 1:30 Cards- ALNS S 3:30 School Happy Hour- DR M 3:30 Music with Dave Laskey- DR	<b>16</b> MM 9:30 Activities on Wheels GF 10:00 Coffee Break V 10:30 Balloon Volleyball- UR K 11:00 Old Wives Tales- UR CC 2:00 Movie Treats- UR L 2:00 Movie Matinee- UR GG 3:30 Cards- ALNS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>17</b> GF 10:00 Coffee Break M 10:15 Inspirational Hymn Singalong- UR I 10:45 Sunday Bible Study- UR V 11:15 Heart Fit- UR L 1:30 Sunday Film- AL Pub CC 2:00 Sunday Treats- B	<b>18</b> GF 9:30 Coffee Break- DR K 10:00 Bingo- DR M 11:30 Music Monday- DR MM 1:15 Sensory on Tinsley V 2:30 Dance Party- UR K 3:00 Cards- AL NS GG 5:30 Board Games in the Pub- AL Pub	<b>19</b> GF 9:30 Coffee Break- UR M 10:00 Inspirational Hymns- UR I 10:30 Bible Study-UR V 11:00 Balloon Volleyball- UR GG 11:30 Mad Libs- DR O 1:30 Scenic Drive- O A 3:00 Artisans- AR	<b>20</b> GF 9:30 Coffee Break- DR K 10:00 AMIGO Bingo- DR CC 11:00 Chef Circle- DR I 11:30 Poetry GF 2:00 Ice Cream Social- B GF 3:30 AL Social- AL Pub	<b>21</b> GF 9:30 Coffee Break-DR V 10:00 Bowling- DR O 11:00 Lunch Bunch- O\$ CC 11:30 Mocktails- DR A 3:00 Artisans- AR GG 5:30 Games in the Pub- AL Pub	<b>22</b> GF 9:30 Coffee Break V 10:00 Scavenger Hunt- UR K 11:00 Friday Funnies-DR K 1:30 Cards- ALNS S 3:30 Fall Festival Happy Hour-O M 3:30 Happy Hour Music- O	<b>23</b> MM 9:30 Activities on Wheels GF 10:00 Coffee Break V 10:30 Chair Yoga- UR K 11:00 State Trivia- UR CC 2:00 Movie Treats- UR L 2:00 Movie Matinee- UR GG 3:30 Cards- ALNS
<b>24</b> GF 10:00 Coffee Break M 10:15 Inspirational Hymn Singalong- UR I 10:45 Sunday Bible Study- UR V 11:15 Heart Fit- UR L 1:30 Sunday Film- AL Pub CC 2:00 Sunday Treats- B	<b>25</b> GF 9:30 Coffee Break- DR K 10:00 Bingo- DR M 11:30 Music Monday- DR I 1:30 Mediation Mondays- AL Pub V 2:30 Balloon Volleyball-UR K 3:00 Cards- AL NS GG 5:30 Board Games in the Pub- AL Pub	<b>26</b> GF 9:30 Coffee Break- UR M 10:00 Inspirational Hymns- UR I 10:30 Bible Study-UR O 11:00 Bingo Bash- O\$ V 11:00 Balloon Volleyball- UR GG 11:30 Mad Libs- DR A 3:00 Artisans- AR	<b>27</b> GF 9:30 Coffee Break- DR K 10:00 AMIGO Bingo- DR CC 11:00 Chef Circle- DR I 11:30 Poetry GF 2:00 Ice Cream Social- B GF 3:30 AL Social- AL Pub	<b>28</b> GF 9:30 Coffee Break-DR V 10:00 Bowling- DR CC 11:30 Mocktails- DR O 1:30 Scenic Drive- O A 3:00 Artisans- AR GG 5:30 Games in the Pub- AL Pub	<b>29</b> GF 9:30 Coffee Break V 10:00 Morning Motions- UR K 10:30 Oktoberfest Trivia-UR GG 11:30 Friday Funnies- DR K 1:30 Cards- ALNS S 3:30 Oktoberfest Happy Hour- DR M 3:30 Music with RJ Sutton- DR	<b>30</b> MM 9:30 Activities on Wheels GF 10:00 Coffee Break V 10:30 Balloon Volleyball- UR K 11:00 Old Wives Tales- UR CC 2:00 Movie Treats- UR L 2:00 Movie Matinee- UR GG 3:30 Cards- ALNS

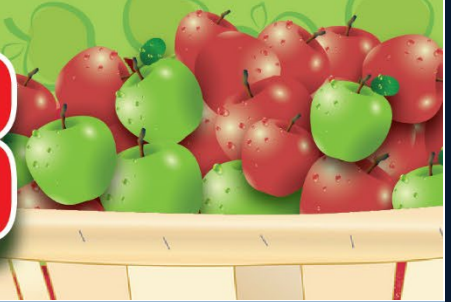
# SEPTEMBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Activities:</b> GF- Gathering of Friends I- Inspirations M- Music V- Vitality MM- Mindful Moments A- Artisans GG- Group Games CC- Creative Cooking L- Lifelong Learning K- Keeping It Sharp O- Out and About	<b>Locations:</b> DR- Health Center Dining Room UR- University Room B- Bistro AL NS- 2nd Floor Nursing Station GL- 2nd Floor Movie Theatre AL Pub- Across from Elevator AR- Art Room FL- Front Lobby O- Outside	<b>Ombudsman Contact:</b>  John Heinz 317-631-9424	If you are interested in an outing, please let a member of life enrichment know.		<b>1</b> GF 9:30 Coffee Break V 10:00 Morning Motions- AL Pub GF 10:30 Bingo Store-AR K 11:30 Friday Funnies- DR MM 1:15 Sensory on Tinsley K 1:30 Cards- ALNS S 3:30 Birthday Happy Hour- B M 3:30 Music with Robin Harrison- B	<b>2</b> MM 9:30 Activities on Wheels GF 10:00 Coffee Break V 10:30 Balloon Volleyball- UR K 11:00 Old Wives Tales- UR CC 2:00 Movie Treats- UR L 2:00 Movie Matinee- UR
<b>3</b> GF 10:00 Coffee Break M 10:15 Inspirational Hymn Singalong- UR I 10:45 Sunday Bible Study- UR V 11:15 Heart Fit- UR L 1:30 Sunday Film- AL Pub CC 2:00 Sunday Treats- B	<b>4</b> GF 9:30 Coffee Break- DR K 10:00 Bingo- DR S 11:00 Resident Council- DR M 11:30 Music Monday- DR MM 1:15 Sensory on Tinsley I 1:30 Mediation Mondays- AL Pub V 2:30 Ladder Ball- UR K 3:00 Cards- AL NS GG 5:30 Board Games in the Pub- AL Pub	<b>5</b> GF 9:30 Coffee Break- UR M 10:00 Inspirational Hymns- UR CC 10:15 Love on a Leash I 10:30 Bible Study-UR V 11:00 Balloon Volleyball- UR GG 11:30 Mad Libs- DR MM 1:15 Mindful Moments- Tinsley NS O 1:30 Scenic Drive- O A 3:00 Artisans- AR	<b>6</b> GF 9:30 Coffee Break- DR K 10:00 AMIGO Bingo- DR CC 11:00 Chef Circle- DR I 11:30 Poetry MM 1:15 Sensory on Tinsley GF 2:00 Ice Cream Social- B	<b>7</b> GF 9:30 Coffee Break-DR V 10:00 Bowling- DR CC 11:30 Mocktails- DR O 1:00 Shopping Trip- O\$ MM 1:15 Mindful Moments on Tinsley A 3:00 Artisans- AR GG 5:30 Games in the Pub- AL Pub	<b>8</b> GF 9:30 Coffee Break V 10:00 Morning Motions- UR I 10:30 Spa Day- UR K 11:30 Friday Funnies-UR MM 1:15 Sensory on Tinsley K 1:30 Cards- ALNS S 3:30 Grandparents Happy Hour- DR M 3:30 Happy Hour Music-DR	<b>9</b> MM 9:30 Activities on Wheels GF 10:00 Coffee Break V 10:30 Chair Yoga- UR K 11:00 State Trivia- UR CC 2:00 Movie Treats- UR L 2:00 Movie Matinee- UR
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<b>24</b> GF 10:00 Coffee Break M 10:15 Inspirational Hymn Singalong- UR I 10:45 Sunday Bible Study- UR V 11:15 Heart Fit- UR L 1:30 Sunday Film- AL Pub CC 2:00 Sunday Treats- B	<b>25</b> GF 9:30 Coffee Break- DR K 10:00 Bingo- DR M 11:30 Music Monday- DR MM 1:15 Sensory on Tinsley I 1:30 Mediation Mondays- AL Pub V 2:30 Balloon Volleyball-UR K 3:00 Cards- AL NS GG 5:30 Board Games in the Pub- AL Pub	<b>26</b> GF 9:30 Coffee Break- UR M 10:00 Inspirational Hymns- UR I 10:30 Bible Study-UR O 11:00 Bingo Bash- O\$ V 11:00 Balloon Volleyball- UR GG 11:30 Mad Libs- DR MM 1:15 Mindful Moments- Tinsley NS A 3:00 Artisans- AR	<b>27</b> GF 9:30 Coffee Break- DR K 10:00 AMIGO Bingo- DR CC 11:00 Chef Circle- DR I 11:30 Poetry MM 1:15 Sensory on Tinsley GF 2:00 Ice Cream Social- B	<b>28</b> GF 9:30 Coffee Break-DR V 10:00 Bowling- DR CC 11:30 Mocktails- DR MM 1:15 Mindful Moments on Tinsley O 1:30 Scenic Drive- O A 3:00 Artisans- AR GG 5:30 Games in the Pub- AL Pub	<b>29</b> GF 9:30 Coffee Break V 10:00 Morning Motions- UR K 10:30 Oktoberfest Trivia-UR GG 11:30 Friday Funnies- DR MM 1:15 Sensory on Tinsley K 1:30 Cards- ALNS S 3:30 Oktoberfest Happy Hour- DR M 3:30 Music with RJ Sutton- DR	<b>30</b> MM 9:30 Activities on Wheels GF 10:00 Coffee Break V 10:30 Balloon Volleyball- UR K 11:00 Old Wives Tales- UR CC 2:00 Movie Treats- UR L 2:00 Movie Matinee- UR

# SEPTEMBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> V - Catch and Reminisce K - What's in the Purse CC - German Chocolate Fudge Healthy Hands Relax and Recharge A - Pressed Flowers M - Beyond the Sea Happy Hour GG - Roll a Garden Game Healthy Hands GF - Earth Sensory Art Nighttime Traditions	<b>2</b> V - Wildflower Tour K - Match Up CC - Cheese Bread Healthy Hands Relax and Recharge A - Newspaper Art M - Match the Song to the Sitcom GG - Hardware Store Shopping Healthy Hands GF - Let's Go To the Beach Nighttime Traditions
<b>3</b> V - Foam Ball FIT K - Summer Colors CC - Veggie Mini Pizzas Healthy Hands Relax and Recharge A - Creative Storytelling M - Dance Your Own Way GG - Summer Fair Midway Games Healthy Hands GF - Hangman Nighttime Traditions	<b>4</b> V - Robot Dance K - Guess the Animal CC - Cinnamon Muffins Healthy Hands Relax and Recharge A - Labor Day Cards M - Groovin' to Songs with Numbers GG - Double Dip Phrases Healthy Hands GF - Gratitude Game Nighttime Traditions	<b>5</b> V - Smile Yoga K - Penny Ante CC - Tomato Spinach Quiche Healthy Hands Relax and Recharge A - Fleece Blankets M - Jazz GG - Ladder Ball Healthy Hands GF - Garden Joys Nighttime Traditions	<b>6</b> V - Let's Take a Trip K - Wacky Word Wednesday CC - S'more Puppy Chow Healthy Hands Relax and Recharge A - Wrap'n'Llama M - Bust a Move GG - Water Balloon Bucket Toss Healthy Hands GF - Flower Arranging Nighttime Traditions	<b>7</b> V - Quick Qigong K - Let's Spell Fall CC - Cream of Mushroom Soup Healthy Hands Relax and Recharge A - Warm Vanilla Sugar Scrub M - Summertime GG - Corn Hole Healthy Hands GF - Category Snap Nighttime Traditions	<b>8</b> V - Catch and Reminisce K - What's in the Purse CC - Chocolate Peanut Butter Bark Healthy Hands Relax and Recharge A - Sunflower Painting M - Beyond the Sea Happy Hour GG - Roll a Garden Game Healthy Hands GF - Earth Sensory Art Nighttime Traditions	<b>9</b> V - Wildflower Tour K - Match Up CC - Nutella Muffins Healthy Hands Relax and Recharge A - Chalk Prints M - Match the Song to the Sitcom GG - Hardware Store Shopping Healthy Hands GF - Let's Go To the Beach Nighttime Traditions
<b>10</b> V - Foam Ball FIT K - Summer Colors CC - Margherita Mini Pizzas Healthy Hands Relax and Recharge A - Grandparents Day Family Tree M - Dance Your Own Way GG - Summer Fair Midway Games Healthy Hands GF - Hangman Nighttime Traditions	<b>11</b> V - Robot Dance K - Guess the Animal CC - Chocolate Chip Muffins Healthy Hands Relax and Recharge A - Fleece Blankets M - Groovin' to Songs with Numbers GG - Double Dip Phrases Healthy Hands GF - Gratitude Game Nighttime Traditions	<b>12</b> V - Smile Yoga K - Penny Ante CC - Bacon Cheddar Quiche Healthy Hands Relax and Recharge A - Watercolor - Artfully Aging M - Jazz GG - Ladder Ball Healthy Hands GF - Garden Joys Nighttime Traditions	<b>13</b> V - Let's Take a Trip K - Wacky Word Wednesday CC - Brownie Puppy Chow Healthy Hands Relax and Recharge A - Slime Experiment M - Bust a Move GG - Water Balloon Bucket Toss Healthy Hands GF - Flower Arranging Nighttime Traditions	<b>14</b> V - Quick Qigong K - Let's Spell Fall CC - Broccoli Cheddar Soup Healthy Hands Relax and Recharge A - The Dot Art Day 1 M - Summertime GG - Corn Hole Healthy Hands GF - Category Snap Nighttime Traditions	<b>15</b> V - Catch and Reminisce K - What's in the Purse CC - Mint Chocolate Oreo Bark Healthy Hands Relax and Recharge A - The Dot Art Day 2 M - Beyond the Sea Happy Hour GG - Roll a Garden Game Healthy Hands GF - Earth Sensory Art Nighttime Traditions	<b>16</b> V - Wildflower Tour K - Match Up CC - Buttery Cornbread Healthy Hands Relax and Recharge A - Clay Mountain Photo Holder Day 1 M - Match the Song to the Sitcom GG - Hardware Store Shopping Healthy Hands GF - Let's Go To the Beach Nighttime Traditions

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>17</b> V - Foam Ball FIT K - Summer Colors CC - Hawaiian Pizza Healthy Hands Relax and Recharge A - Clay Mountain Photo Holder Day 2 M - Dance Your Own Way GG - Summer Fair Midway Games Healthy Hands GF - Hangman Nighttime Traditions	<b>18</b> V - Robot Dance K - Guess the Animal CC - Salted Caramel Cupcakes Healthy Hands Relax and Recharge A - Fleece Blankets M - Groovin' to Songs with Numbers GG - Double Dip Phrases Healthy Hands GF - Gratitude Game Nighttime Traditions	<b>19</b> V - Smile Yoga K - Penny Ante CC - Mushroom Garlic Pepper Quiche Healthy Hands Relax and Recharge A - Ask a Beautiful Question M - Jazz GG - Ladder Ball Healthy Hands GF - Garden Joys Nighttime Traditions	<b>20</b> V - Let's Take a Trip K - Wacky Word Wednesday CC - Funfetti Puppy Chow Healthy Hands Relax and Recharge A - Fall Leaf Garland M - Bust a Move GG - Water Balloon Bucket Toss Healthy Hands GF - Flower Arranging Nighttime Traditions	<b>21</b> V - Quick Qigong K - Let's Spell Fall CC - Baked Potato Soup Healthy Hands Relax and Recharge A - Salted Painting M - Summertime GG - Corn Hole Healthy Hands GF - Category Snap Nighttime Traditions	<b>22</b> V - Catch and Reminisce K - What's in the Purse CC - White Chocolate Peppermint Fudge Healthy Hands Relax and Recharge A - Rustic Wood Pumpkins M - Beyond the Sea Happy Hour GG - Roll a Garden Game Healthy Hands GF - Earth Sensory Art Nighttime Traditions	<b>23</b> V - Wildflower Tour K - Match Up CC - Grandma's Irish Soda Bread Healthy Hands Relax and Recharge A - Apple Chalkboard Greetings M - Match the Song to the Sitcom GG - Hardware Store Shopping Healthy Hands GF - Let's Go To the Beach Nighttime Traditions
<b>24</b> V - Foam Ball FIT K - Summer Colors CC - Create-Your-Own Mini Pizzas Healthy Hands Relax and Recharge A - Nature Bookmarks M - Dance Your Own Way GG - Summer Fair Midway Games Healthy Hands GF - Hangman Nighttime Traditions	<b>25</b> V - Robot Dance K - Guess the Animal CC - Fruitcake Healthy Hands Relax and Recharge A - Fleece Blankets M - Groovin' to Songs with Numbers GG - Double Dip Phrases Healthy Hands GF - Gratitude Game Nighttime Traditions	<b>26</b> V - Smile Yoga K - Penny Ante CC - Ham and Cheese Quiche Healthy Hands Relax and Recharge A - Fall Leaf Candle Mason Jars M - Jazz GG - Ladder Ball Healthy Hands GF - Garden Joys Nighttime Traditions	<b>27</b> V - Let's Take a Trip K - Wacky Word Wednesday CC - Fluffernutter Puppy Chow Healthy Hands Relax and Recharge A - Watercolor - Artfully Aging M - Bust a Move GG - Water Balloon Bucket Toss Healthy Hands GF - Flower Arranging Nighttime Traditions	<b>28</b> V - Quick Qigong K - Let's Spell Fall CC - Corn Chowder Healthy Hands Relax and Recharge A - Clay Pinch Pots Day 1 M - Summertime GG - Corn Hole Healthy Hands GF - Category Snap Nighttime Traditions	<b>29</b> V - Catch and Reminisce K - What's in the Purse CC - Chocolate Pecan Fudge Healthy Hands Relax and Recharge A - Clay Pinch Pots Day 2 M - Beyond the Sea Happy Hour GG - Roll a Garden Game Healthy Hands GF - Earth Sensory Art Nighttime Traditions	<b>30</b> V - Wildflower Tour K - Match Up CC - Pretzels Healthy Hands Relax and Recharge A - Have a Gentle Conversation M - Match the Song to the Sitcom GG - Hardware Store Shopping Healthy Hands GF - Let's Go To the Beach Nighttime Traditions