

The Springs of Mooresville
Assisted Living Activity Calendar

SEPTEMBER 2023

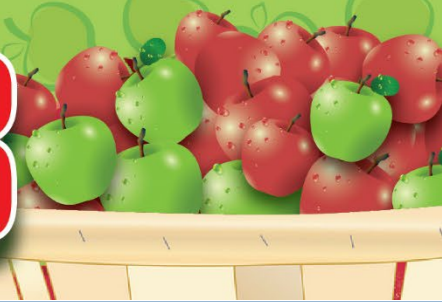


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A – Artisans GF – Gathering of Friends GG – Group Games I – Inspirations JG – Just the Guys K – Keeping it Sharp	MM – Mindful Moments M – Music to My Ears O – Out and About S – Signature Event V – Vitality		Activities are subject to change. Please check the monitors on your hall for updates to the daily schedule.		1 V - 9:30 Balloon Volleyball K - 10:00 Crossword Group M - 10:30 Live Music – Doug DeBaun MM – 1:30 Cooking K – 2:00 Remember When S – (3:00 – 4:00) Happy Hour – Kinda Corny	2 V – 10:30 Ball Fitness in the Courtyard MM – 11:00 Pampering Partners K – 2:00 Card Club/Board Games GF – 2:30 Cookies and Conversation I – 3:30 Meditation Moments
3 I – 10:30 Mt Gilead Church Service MM – 1:30 Nurturing M – 2:00 Gospel Choir A- 2:30 Color Me Calm	4 V – 9:30 Chair Yoga K – 10:00 Perk and Chronicles S – 10:30 Inspired Living MM – 1:30 Cooking A – 2:00 Canvas Dot Art I – 5:30 Church Service with Dawn	5 V – 9:30 Toss and Twist O – 10:00 Walmart JG – 1:30 Beer & Muscle Cars GF – 2:00 Shootin the Breeze GG – 2:30 Bingo MM – 4:00 Music and Memories K – 5:30 LRC	6 V – 9:30 Music and Movement MM – 10:00 Art A – 10:30 Creative Writing O – 11:00 Bob Evans M - 2:30 Follow the Beat K – 3:00 Go Low	7 V- 9:30 Morning Stretches I – 10:00 Catholic Mass I – 10:30 Bible Study MM – 11:00 Fishing S – 2:00 Chef’s Circle GG – 2:30 Bingo K – 5:30 Word in Word	8 V – 9:30 Balloon Volleyball K – 10:00 Crossword Group M – 10:30 Live Music – Steve Elston MM – 1:30 Gardening K – 2:00 Remember When S – (3:00 – 4:00) Happy Hour – Colts Kickoff Party!	9 V – 10:30 Ball Fitness in the Courtyard MM – 11:00 Pampering Partners K – 2:00 Card Club/Board Games GF – 2:30 Ice Cream Social I – 3:30 Meditation Moments
10 I – 10:30 Mt Gilead Church Service MM – 1:30 Nurturing M – 2:00 Gospel Choir A – 2:30 Color Me Calm	11 V – 9:30 Chair Yoga K – 10:00 Perk and Chronicles S – 10:30 Resident Council MM – 1:30 Cooking A – 2:00 Apple Suncatchers GF – 3:00 Apple Tasting Party	12 V – 9:30 Toss and Twist O – 10:30 Blueberry Hill GF – 2:00 Shootin the Breeze GG – 2:30 Bingo MM – 4:00 Music and Memories K – 5:30 LRC	13 V – 9:30 Music and Movement MM – 10:00 Art A – 10:30 Creative Writing O – 1:30 Hunters Honeybee Farm M – 4:00 Follow the Beat	14 V – 9:30 Morning Stretches I – 10:00 Catholic Mass I – 10:30 Bible Study MM – 11:00 Fishing S – 2:00 Chef’s Circle GG – 2:30 Bingo K – 5:30 Word in Word	15 V – 9:30 Balloon Volleyball K – 10:00 Crossword Group K – 10:30 Remember When MM – 11:00 Cooking M – 2:00 Live Music – Gary Grubbs S – (3:00 – 4:00) Happy Hour – Wine and Dine!	16 V – 10:30 Ball Fitness in the Courtyard MM – 11:00 Pampering Partners K – 2:00 Card Club/Board Games GF – 2:30 Cookies and Conversation I – 3:30 Meditation Moments

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 I - 10:30 Mt Gilead Church Service S - Family Brunch 11 AM - 1 PM MM - 1:30 Nurturing M - 2:00 Gospel Choir A - 2:30 Color Me Calm	18 V - 9:30 Chair Yoga K - 10:30 Perk and Chronicles MM - 1:30 Cooking A - 2:00 Apple Suncatchers I - 5:30 Church Service with Dawn	19 V - 9:30 Toss and Twist O - 10:00 Scenic Drive to Monrovia JG - 1:30 Talk & Treats GF - 2:00 Shootin the Breeze GG - 2:30 Bingo MM - 4:00 Music and Memories K - 5:30 LRC	20 V - 9:30 Music and Movement A - 10:00 Creative Writing O - 10:30 Picnic in the park M - 2:30 Follow the Beat MM - 3:00 Art K - 3:30 Go Low	21 V - 9:30 Morning Stretches I - 10:00 Catholic Mass I - 10:30 Bible Study MM - 11:00 Fishing S - 2:00 Chef's Circle GG - 2:30 Bingo K - 5:30 Word in Word	22 V - 9:30 Balloon Volleyball K - 10:00 Crossword Group M - 10:30 Live Music with Mike and LuAnn MM - 1:30 Gardening K - 2:00 Remember When S - (3:00 - 4:00) Happy Hour - One Last Summer Bash!	23 V - 9:30 Ball Fitness in the Courtyard MM - 10:00 Pampering Partners K - 2:00 Card Club/Board Games GF - 2:30 Ice Cream Social I - 3:30 Meditation Moments
24 I - 10:30 Mt Gilead Church Service MM - 1:30 Nurturing M - 2:00 Gospel Choir K - 2:30 Card Club/ Board Games	25 V - 9:30 Chair Yoga K - 10:30 Perk and Chronicles MM - 1:30 Cooking A - 2:00 Apple Stencil Bags	26 V - 9:30 Toss and Twist O - 10:00 Treasures Flea Market GF - 2:00 Shootin the Breeze GG - 2:30 Bingo MM - 4:00 Music and Memories K - 5:30 LRC	27 V - 9:00 Music and Movement MM - 9:30 Art A - 10:00 Creative Writing O - 1:30 Anderson Apple Orchard M - 4:00 Follow the Beat	28 V - 9:30 Morning Stretches I - 10:00 Catholic Mass I - 10:30 Bible Study MM - 11:00 Fishing S - 2:00 Chef's Circle GG - 2:30 Bingo K - 5:30 Word in Word	29 V - 9:30 Balloon Volleyball K - 10:00 Crossword Group M - 10:30 Live Music with Greg Anderson MM - 1:30 Gardening K - 2:00 Remember When S - (3:00 - 4:00) Happy Hour - Apples, Apples Everywhere!	30 V - 9:30 Ball Fitness in the Courtyard MM - 10:00 Pampering Partners K - 2:00 Card Club/Board Games GF - 2:30 Cookies and Conversation I - 3:30 Meditation Moments

The Springs of Mooresville
Healthcare Activity Calendar

SEPTEMBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A – Artisans GF – Gathering of Friends GG – Group Games I – Inspirations JG – Just the Guys K – Keeping it Sharp	MM – Mindful Moments M – Music to My Ears O – Out and About S – Signature Event V – Vitality		Activities are subject to change. Please check the monitors on your hall for updates to the daily schedule.		1 V - 9:30 Balloon Volleyball M - 10:30 Live Music – Doug DeBaun MM – 1:30 Cooking K – 2:00 Remember When S – (3:00 – 4:00) Happy Hour – Kinda Corny	2 V – 10:30 Ball Fitness in the Courtyard MM – 11:00 Pampering Partners A – 2:00 Color Me Calm GF – 2:30 Cookies and Conversation I – 3:30 Meditation Moments
3 I – 10:30 Mt Gilead Church Service MM – 1:30 Nurturing M – 2:00 Gospel Choir K – 2:30 Board Games	4 V – 9:30 Chair Yoga K – 10:00 Perk and Chronicles MM – 1:30 Cooking A – 2:00 Canvas Dot Art S – 3:00 Inspired Living I – 5:30 Church Service with Dawn	5 V – 9:30 Toss and Twist O – 10:00 Walmart JG – 1:30 Beer & Muscle Cars GG – 2:30 Bingo MM – 4:00 Music and Memories K – 5:30 LRC	6 V – 9:30 Music and Movement MM – 10:00 Art A – 10:30 Creative Writing O – 11:00 Bob Evans M - 2:30 Follow the Beat	7 V- 9:30 Morning Stretches I – 10:00 Catholic Mass I – 10:30 Bible Study MM – 11:00 Fishing S – 2:00 Chef’s Circle GG – 2:30 Bingo K – 5:30 Word in Word	8 V – 9:30 Balloon Volleyball M – 10:30 Live Music – Steve Elston MM – 1:30 Gardening K – 2:00 Remember When S – (3:00 – 4:00) Happy Hour – Colts Kickoff Party!	9 V – 10:30 Ball Fitness in the Courtyard MM – 11:00 Pampering Partners A – 2:00 Color Me Calm GF – 2:30 Ice Cream Social I – 3:30 Meditation Moments
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