







# September 2019



Mon	Tue	Wed	Thu	Fri
<p><b>2</b></p> <p>Closed for</p> 	<p><b>3</b></p> <p>9:00 Announcements 9:30 Chair Aerobics 10:00 Painting Class 10:00 Balloon Volleyball 10:00 Carolyn's Cronies 12:30 It Happened On This Day 1:00 BINGO 2:00 Afternoon Snack 3:00 Small Group</p>	<p><b>4</b></p> <p>9:00 Announcements 9:30 Ageless Fitness 10:00 Bible Study 10:00 Table Games 10:00 Crosswords/Make a Word 12:30 Compliments to the Chef 1:00 Arts &amp; Crafts 1:00 Table Games 2:00 Afternoon Snack 3:00 Small Group Discussion</p>	<p><b>5</b></p> <p>9:00 Announcements 9:30 Morning Stretch 10:00 Creative Writing 10:00 Goodies Group 10:00 Carolyn's Cronies 12:30 Bulletin Board Trivia 1:00 BINGO 1:00 Carolyn's Cronies 2:00 Happy Hour Goodies 3:00 Small Group Discussion</p>	<p><b>6</b></p> <p>9:00 Announcements 9:30 Sit &amp; Be Fit 10:00 Garden Club 10:00 Sewing Circle 10:00 Carolyn's Cronies 11:30 Early lunch 12:30 Movie Matinee 1:00 Carolyn's Cronies 2:00 Afternoon Snack 3:00 Small Group Discussion</p>
<p><b>9</b></p> <p>9:00 Announcements 9:30 Seniorsize 10:00 Carolyn's Cronies 10:00 Word Games 10:00 Book Club 10:00 Ladder Ball 12:30 Would You Rather 1:00 Just Friends Band 2:00 Afternoon Snack 3:00 Small Group Discu</p> 	<p><b>10</b></p> <p>9:00 Announcements 9:30 Chair Aerobics 10:00 Painting Class 10:00 Root Beer Pong 10:00 Carolyn's Cronies 12:30 Jokes for Dessert 1:00 BINGO 2:00 Afternoon Snack 3:00 Small Group Discussion</p>	<p><b>11</b></p> <p>9:00 nouncements 9:30 Ageless Fitness 10:00 Bible Study 10:00 Table Games 10:00 Crosswords/Make a Word 12:30 <b>Watch Your Step!</b> Achieve Physical Therapy 1:00 Arts &amp; Crafts 1:00 Table Games 2:00 Afternoon Snack 3:00 Small Group Discussion</p>	<p><b>12</b></p> <p>9:00 Announcements 9:30 Morning Stretch 10:00 Creative Writing 10:00 Goodies Group 10:00 Carolyn's Cronies 12:30 Buzz Word 1:00 BINGO 2:00 Happy Hour Goodies 3:00 Small Group Discussion 5:30 <b>AGING Gracefully</b> Speaker—Prevent Scams</p>	<p><b>13</b></p> <p>9:00 Announcements 9:30 Sit &amp; Be Fit 10:00 Garden Club 10:00 Sewing Circle 10:00 Carolyn's Cronies 11:30 Early Lunch 12:30 Movie Matinee 1:00 Carolyn's Cronies 2:00 Afternoon Snack 3:00 Small Group Discussion</p>
<p><b>16</b></p> <p>9:00 Announcements 9:30 Seniorsize 10:00 Bean Bag Toss 10:00 Word Games 10:00 Book Club 10:00 Carolyn's Cronies 12:30 The Joke's on You 1:00 Just Friends Band 2:00 Afternoon Snack 3:00 Small Group Discussion</p> 	<p><b>17</b></p> <p>9:00 Announcements 9:30 Chair Aerobics 10:00 Painting Class 10:00 Croquet Our Way 10:00 Carolyn's Cronies 12:30 Would you Rather? 1:00 BINGO 2:00 Afternoon snack 3:00 Small Group Discussion</p>	<p><b>18</b></p> <p>9:00 Announcements 9:30 Ageless Fitness 10:00 Bible Study 10:00 Table Games 10:00 Crosswords/Make a Word 12:00 Compliments to the Chef 12:30 <b>Nutrition News</b> 1:00 Arts and Crafts 1:00 Table Games 2:00 <b>Birthday Celebration</b> 3:00 Small Group Discussion</p> 	<p><b>19</b></p> <p>9:00 Announcements 9:30 Morning Stretch 10:00 <b>SHINE-Prevent Fraud</b> 10:00 Carolyn's Cronies 10:00 Creative Writing 10:00 Goodies Group 12:30 Talking about Trivia 1:00 BINGO 2:00 Happy Hour Goodies 3:00 Small Group Discussion</p>	<p><b>20</b></p> <p>9:00 Announcements 9:30 Sit &amp; Be Fit 10:00 Garden Club 10:00 Sewing Circle 10:00 Carolyn's Cronies 11:30 Early Lunch 12:30 Movie Matinee 1:00 Carolyn's Cronies 2:00 Afternoon Snack 3:00 Small Group Discussion</p>






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Mon	Tue	Wed	Thu	Fri
<p><b>23</b></p> <p>9:00 Announcements            9:30 Seniorsize            10:00 <b>Special Garden Project</b>            12:30 20 Questions            1:00 Just Friends Band            2:00 Afternoon Snack            3:00 Small Group Discussion</p> 	<p><b>24</b></p> <p>9:00 Announcements            9:30 Chair Aerobics            10:00 Painting Class            10:00 Balloon Volleyball            10:00 Carolyn's Cronies            12:30 Buzz words            1:00 BINGO            2:00 Afternoon Snack            3:00 Small Group Discussion</p>	<p><b>25</b></p> <p>9:00 Announcements            9:30 Ageless Fitness            10:00 <b>Nail Pampering</b>            10:00 Bible Study            10:00 Table Games            10:00 Crosswords/Make a Word            12:30 Compliments to the Chef            1:00 Arts &amp; Crafts            1:00 Table Games            2:00 Afternoon Snack            3:00 Small Group Discussion</p>	<p><b>26</b></p> <p>9:00 Announcements            9:30 Morning Stretch            10:00 Creative Writing            10:00 Goodies Group            10:00 <b>Puppies with a Purpose</b>            10:00 Carolyn's Cronies            12:30 Bulletin Board Trivia            1:00 BINGO            1:00 Carolyn's Cronies            2:00 Happy Hour Goodies            3:00 Small Group Discussion</p>	<p><b>27</b></p> <p>9:00 Announcements            9:30 Sit &amp; Be Fit            10:00 Garden Club            10:00 Sewing Circle            10:00 Carolyn's Cronies            11:30 Early Lunch            12:30 Movie Matinee            1:00 Carolyn's Cronies            2:00 Afternoon Snack            3:00 Small Group Discussion</p>
<p><b>30</b></p> <p>9:00 Announcements            9:30 Seniorsize            10:00 Bean Bag Toss            10:00 Book Club            0:00 Word Games            10:00 Carolyn's Cronies            12:30 Silly Trivia            1:00 Just Friends Band            2:00 Afternoon Snack</p>	 <p><b>We always need BINGO prizes!</b>            Consider donating small gifts to delight our winners!</p>	 <p><b>Aggie Correia 9/23</b>  <b>Fito Sanchez 9/24</b>  <b>Delphine Wheeler 9/28</b></p>	<p><b>NEW</b> <i>New for Caregivers!</i>  <b>Aging Gracefully</b>  <b>Thursday September 12th</b>  <b>5:30-7:00 PM</b>  <b>Speaker:</b>  <b>Preventing Financial Scams and Senior Fraud</b>  <b>Please RSVP</b></p>	<p><b>September is Fall Prevention Month</b>            Special Program            September 25th</p>  <p><b>Watch Your Step!</b></p>

**Caregiver Counseling Available By Appointment**



**Come Visit for a Tour**  
 10920 SR 70 East  
 Spring Forest Plaza  
 941-748-3001



**Please Note:**  
 Events are subject to change or cancellation