



September 2019

Regular Trips & Events: Bowling, Music Therapy-Mondays, Hair Salon, Tai Chi-Wednesdays, ESL Class-Fridays, Casino-9/11, Idaho Springs-9/25, \$5 Movie-9/26, Bingo for \$\$\$\$-9/24 & 9/27
 SCHEDULED ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.

DAILY: Breakfast 10am, Snack 12pm, Lunch 2pm

Independent Activities: Russian & English TV, Wii Fit, Pool Table, Games, Puzzles, Fiber Arts, Computers, Adult Coloring, Conversation

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Happy Labor Day 2 Shopping Trips, Independent Activities, Recreation Therapy-Exercise, Labor Day Facts & Discussion, Balloon-Noodle Game | Denver Botanic Gardens 3 Shopping Trips, Denver Botanic Gardens @ York St. Independent Activities, Recreation Therapy-Exercise, Health Smarts Quiz, Tai Chi | Morrison Nature Center 4 Shopping Trips, Morrison Nature Center @ Star K Ranch, Hair Salon Independent Activities, Recreation Therapy-Exercise, Paper Collage, Uno | 5 Shopping Trips, Independent Activities, Recreation Therapy-Exercise, Words Ending in Z Quiz, Color Scratch Leaf Art | 6 Shopping Trips, Independent Activities, Recreation Therapy-Exercise, Full Moon Reiki Ritual, Lucky Dog Game, ESL Group |
| Grandparents Day 9 Shopping Trips, Bowling Independent Activities, Recreation Therapy-Exercise, Grandparents' Day Discussion, Music Therapy | 10 Shopping Trips, Independent Activities, Recreation Therapy-Exercise, Flickin' Chicken Game, Fall Ornaments | Casino Trip 11 CASINO Trip, Hair Salon Independent Activities, Recreation Therapy-Exercise, Puzzle Canvas Art, Tai Chi | 12 Shopping Trips, Independent Activities, Recreation Therapy-Exercise, Basket Pong Game, Cork Flower Collage | Littleton History Museum 13 Shopping Trips, Littleton History Museum Grounds Tour Independent Activities, Recreation Therapy-Exercise, Uno, Balloon-Noodle, ESL Group |
| Bowling 16 Shopping Trips, Bowling Independent Activities, Recreation Therapy-Exercise, Watercolor Leaf Painting, Music Therapy | Bluff Lake Nature Center 17 Shopping Trips, Bluff Lake Nature Center Independent Activities, Recreation Therapy-Exercise, Cornhole, 3D Paper Tree Project | Hog Haven Farm Visits 18 Shopping Trips, Hair Salon Independent Activities, Recreation Therapy-Pig BINGO, Mini Pig Visit, Tai Chi | Expo Park Walkabout 19 Shopping Trips, Expo Park Walkabout Independent Activities, Recreation Therapy-Exercise, Pokeno, Table Tennis | 20 Shopping Trips, Independent Activities, Recreation Therapy-Exercise, Gratitude Meditation, Fall Centerpieces, ESL Group |
| Bring \$5 for Movie 23 Shopping Trips, Bowling Independent Activities, Recreation Therapy-Exercise, This was the Year, Music Therapy | BINGO for \$\$\$\$ 24 Shopping Trips, Independent Activities, Recreation Therapy-Exercise, Rebus Puzzles, BINGO for \$\$\$\$ | Idaho Springs Trip 25 Swimming @ Idaho Springs, Hair Salon Independent Activities, Recreation Therapy-Exercise, Meme Game, Tai Chi | \$5 Movie 26 Shopping Trips, \$5 Movie Independent Activities, Recreation Therapy-Exercise, Minute to Win it, Games, Spellbinders Storytelling | BINGO for \$\$\$\$ 27 Shopping Trips, Independent Activities, Recreation Therapy-Exercise, Geodes, ESL Group, BINGO for \$\$\$\$ |
| Bowling 30 Shopping Trips, Bowling Independent Activities, Recreation Therapy-Exercise, Watercolor Apple Painting, Music Therapy |  |  |  |  |