

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**September 2023**

Programs & Location Are Subject To Change Independence Manor

**Locations**  
**DR-Dining Room**  
**CK- Country Kitchen**  
**UAL-Upper Level Activity Room**  
**LR-Living Room**  
**L- Library**

**SP-Sun Porch**      **P-Puzzle Room**  
**PDR-Private Dining Room**  
**MR-Music Room**  
**BR-Bird Room**  
**FD-Front Desk**

<p>3                  9:30 Coffee &amp; Tea (SP)                  9:45 Daily Chronicle (SP)                  10:30 Sunday Communion  <b>1:15 Heritage Baptist Church (BR)</b>  <b>2:00 Bingo (DR)</b>                  3:30 Trivia Master (BR)</p>	<p>4                  9:30 Move to Music (UAL)  <b>10:30 Manicures (MR)</b>                  1:00 Daily Chronicle (LR)  <b>2:00 Bingo (DR)</b>                  3:15 Open Gym                  3:30 Labor Day Trivia (BR)  <b>5:30 The Last Thing He Told Me Show (BR) Book Club</b>                  Labor Day</p>	<p>5                  9:30 Stretch &amp; Flex (UAL)  <b>11:00 Catholic Mass (UAL)</b>                  12:45 Rosary                  1:00 Daily Chronicle (LR)                  2:00 Pokeno (DR)                  3:30 Cranium Crunch (BR)</p>	<p>6                  9:30 Stretch &amp; Move (UAL)                  10:30 Daily Chronicle (LR)                  1:00 Walking Club  <b>2:00 Happy Hour w/ Hal Brinster (DR)</b>                  3:15 Open Gym                  3:30 Cranium Crunch (BR)</p>	<p>7                  9:30 AM Exercise (UAL)                  10:30 Daily Chronicle (LR)                  12:45 Rosary                  1:00 Nature Trails  <b>2:00 Bingo (DR)</b>                  3:30 Can You Solve It (BR)</p>	<p>8                  9:30 Morning Exercise (UAL)  <b>10:30 History w/Jim (UAL)</b>                  1:00 Daily Chronicle (LR)  <b>2:00 Bingo (DR)</b>                  3:15 Open Gym                  4:00 Name 10 (BR)</p>	<p>9                  9:30 Move and Groove (UAL)                  10:30 Daily Chronicle (LR)  <b>1:30 Movie &amp; Chips (BR)</b>                  3:30 Word Find (BR)</p>
<p>10                  9:30 Coffee &amp; Tea (SP)                  9:45 Daily Chronicle (SP)                  10:30 Sunday Communion                  1:00 PM Exercise (UAL)  <b>NO Church Today</b>  <b>2:00 Bingo (DR)</b>                  3:30 Giant Crossword Fun (BR)  <b>Grandparents Day</b>  <b>National Environmental Service Week</b></p>	<p>11                  9:30 Stretch &amp; Move (UAL)  <b>10:30 Manicures (MR)</b>                  1:00 Daily Chronicle (LR)  <b>2:00 Bingo (DR)</b>                  3:15 Open Gym                  3:30 Johnny Appleseed Facts and Trivia (BR)  <b>5:30 The Last Thing He Told Me Show (BR) Book Club</b></p>	<p>12                  9:30 Light Stretch (UAL)  <b>10:30 Pet Therapy</b>                  12:45 Rosary (MR)  <b>1:00-3:30 Carnival (Weather Permitting Outdoor)</b></p>	<p>13  <b>Doughnuts and Coffee for Staff &amp; Residents (PDR)</b>                  9:30 Exercise to Music (UAL)                  10:30 Daily Chronicle (LR)                  1:00 Crafty Crafters (UAL)  <b>2:00 Happy Hour Bingo (DR)</b>                  3:15 Open Gym                  4:00 Word Find (BR)</p>	<p>14                  9:30 Move &amp; Stretch (UAL)                  10:30 Daily Chronicle (BR)                  12:45 Rosary (MR)  <b>2:00 Bingo (DR)</b>  <b>2:00 Rosh Hashanah Jewish Service (BR)</b>                  3:30 Who Am I (BR)</p>	<p>15  <b>Trip To Dollar Store</b>                  9:30 Stretch &amp; Flex (UAL)                  10:30 Daily Chronicle (LR)  <b>2:00 Bingo (DR)</b>                  3:00 Car Club (UAL)                  3:15 Open Gym                  4:00 Ad Libs (BR)                  Rosh Hashanah Starts</p>	<p>16                  9:30 AM Work Out (UAL)                  10:30 Daily Chronicle (LR)  <b>1:30 Movie &amp; Chips (BR)</b>                  3:30 Trivia Master (BR)</p>
<p>17                  9:30 Coffee &amp; Tea (SP)                  9:45 Daily Chronicle (SP)                  10:30 Sunday Communion  <b>1:15 Living Water Lutheran (BR)</b>  <b>2:00 Bingo (DR)</b>                  3:30 Spelling Bee (BR)</p>	<p>18                  9:30 AM Exercise (UAL)  <b>10:30 Manicures (MR)</b>                  1:00 Daily Chronicle (LR)  <b>1:30 Cooking Club (DR)</b>                  3:15 Open Gym                  3:30 Trivia Crunch (BR)  <b>6:00 Outdoor Movie &amp; Popcorn (LTBD) Weather Permitting</b></p>	<p>19                  9:30 Morning Moves (UAL)  <b>10:30 Duke the Dane Visits</b>                  12:45 Rosary (MR)                  1:00 Daily Chronicle (LR)  <b>2:00 Exercise with Patrick Health and Wellness Program (DR)</b>                  3:30 Word Games (BR)</p>	<p>20                  9:30 AM Moves (UAL)                  10:30 Daily Chronicle (LR)                  1:00 Walking Club  <b>2:00 October Fest Happy Hour BINGO (DR)</b>                  3:15 Open Gym                  3:30 Mind Games (BR)</p>	<p>21                  9:30 Morning Moves (UAL)                  10:30 Daily Chronicle (LR)                  12:45 Rosary (MR)                  1:00 Walking Club  <b>2:00 Bingo (DR)</b>                  3:30 Clue (BR)</p>	<p>22                  9:30 AM Exercise (UAL)  <b>10:30 History w/ Jim (UAL)</b>                  1:00 Nature Walk  <b>1:30 Chat With Daria (MR)</b>  <b>2:00 Bingo (DR)</b>                  3:15 Open Gym                  4:00 You Guessed It (BR)</p>	<p>23                  9:30 Stretch &amp; Move (UAL)                  10:30 Daily Chronicle (LR)  <b>1:30 Movie &amp; Chips (BR)</b>                  3:30 20 Questions (BR)</p>
<p>24                  9:30 Coffee &amp; Tea (SP)                  9:45 Daily Chronicle (SP)                  10:30 Sunday Communion                  1:15 The Episcopal Church of the Holy Spirit (BR)                  2:00 Bingo (DR)                  3:30 Cranium Crunch (BR)                  Yom Kippur</p>	<p>25                  9:30 Am Stretch (UAL)                  10:30 Daily Chronicle (LR)  <b>10:30 Manicures (MR)</b>                  1:00 Star Struck Trivia (BR)  <b>2:00 Bingo (DR)</b>                  3:15 Open Gym                  3:30 Name 10 (BR)  <b>5:30 The Last Thing He Told Me Show (BR) Book Club</b></p>	<p>26                  9:30 Balloon Exercise (UAL)                  10:30 Daily Chronicle (LR)  <b>1:30 Vito Vittles (DR)</b>  <b>2:00 Fireside Chat (DR)</b>  <b>2:30 Bingo (DR)</b>                  3:45 Giant Crossword (BR)</p>	<p>27                  9:30 Deep Breathing (UAL)                  10:30 Daily Chronicle (LR)                  1:00 Nature Walk  <b>2:00 Paul Elwood Happy Birthday September Happy Hour (DR)</b>                  3:15 Open Gym                  3:30 Unscramble (BR)</p>	<p>28                  9:30 Slow Moves (UAL)                  10:30 Daily Chronicle (LR)                  12:45 Rosary (UAL)                  1:00 September Trivia (BR)  <b>2:00 Bingo (DR)</b>                  3:30 Corn Hole (UAL)</p>	<p>29                  9:30 Move to Music (UAL)                  10:30 Daily Chronicle (LR)                  1:00 Book Club (CK)  <b>2:00 Bingo (DR)</b>                  3:15 Open GYM                  4:00 You Be The Judge (BR)                  Sukkot</p>	<p>30                  9:30 30 Minutes of Deep Breathing (UAL)  <b>10:00 Pet Therapy</b>  <b>1:30 Movie &amp; Chips (BR)</b>                  3:30 Biography Of Who (BR)</p>