

Sunday

Monday

Tuesday

Wednesday

Thursday



Friday

Saturday

September 2023

ELK RIVER SENIOR LIVING

ELK LODGE

					<u>Breakfast</u> 9:30 Pamper Time 10:30 Word Games <u>Lunch</u> Relaxation 2:00 Prize Bingo <u>Dinner</u>	<u>Breakfast</u> 1-1 Visits <u>Lunch</u> Relaxation 1:30 Movie Matinee <u>Dinner</u>
<u>Breakfast</u> 10:15 Bible Readings <u>Lunch</u> Relaxation <i>2:00 Ice Cream Social</i> <u>Dinner</u>	<u>Breakfast</u> 1 to 1 Visits <u>Lunch</u> Relaxation 3:00 Sing Along <u>Dinner</u> 	<u>Breakfast</u> 9:30 Moments to Remember 10:00 Puzzle Circle <u>Lunch</u> Relaxation 2:00 Move to Music 3:30 Piano Music <u>Dinner</u>	<u>Breakfast</u> 9:30 Shakers/Bakers 10:30 Pamper Time <u>Lunch</u> Relaxation <i>3:00 Happy Hour & Music Entertainment</i> <u>Dinner</u>	<u>Breakfast</u> 9:30 In the News  <i>End of Summer BBQ</i> Relaxation 3:00 Table Ball <u>Dinner</u>	<u>Breakfast</u> 9:30 Pamper Time 10:30 Word Games <u>Lunch</u> Relaxation 2:00 Prize Bingo <u>Dinner</u>	<u>Breakfast</u> 1-1 Visits <u>Lunch</u> Relaxation 1:30 Movie Matinee <u>Dinner</u>
<u>Breakfast</u> 1-1 Visits <u>Lunch</u> Relaxation Courtyard Social <u>Dinner</u> <small>Grandparents Day</small>	<u>Breakfast</u> 10:00 Catholic Service 10:30 Courtyard Visits <u>Lunch</u> Relaxation 2:30 Armchair Travels <u>Dinner</u>	<u>Breakfast</u> 9:30 Moments to Remember 10:00 Table Game <u>Lunch</u> Relaxation 2:00 Move to Music 3:00 Outdoor Walks <u>Dinner</u>	<u>Breakfast</u> 9:30 Shakers/Bakers 10:30 Pamper Time <u>Lunch</u> Relaxation <i>3:00 Happy Hour & Music Entertainment</i> <u>Dinner</u>	<u>Breakfast</u> 9:30 In the News 10:00 Morning Stretch <u>Lunch</u> Relaxation 3:00 Drums Alive <u>Dinner</u> <small>Rosh Hashanah Begins</small>	<u>Breakfast</u> 9:30 Pamper Time 10:30 Word Games <u>Lunch</u> Relaxation 2:00 Prize Bingo <u>Dinner</u>	<u>Breakfast</u> 1-1 Visits <u>Lunch</u> Relaxation 1:30 Movie Matinee <u>Dinner</u> <small>Oktoberfest Begins</small>
<u>Breakfast</u> 10:15 Bible Readings <u>Lunch</u> Relaxation <i>2:00 Ice Cream Social</i> <u>Dinner</u>	<u>Breakfast</u> 10:00 Catholic Service 10:30 Courtyard Visits <u>Lunch</u> Relaxation 2:30 Sing Along <u>Dinner</u>	<u>Breakfast</u> 9:30 Moments to Remember 10:00 Puzzle Circle <u>Lunch</u> Relaxation 2:00 Move to Music 3:30 Piano Music <u>Dinner</u>	<u>Breakfast</u> 9:30 Shakers/Bakers 10:30 Pamper Time <u>Lunch</u> Relaxation <i>3:00 Birthday Party & Music Entertainment</i> <u>Dinner</u>	<u>Breakfast</u> 9:30 In the News 10:00 Morning Stretch <u>Lunch</u> Relaxation 3:00 Table Ball <u>Dinner</u>	<u>Breakfast</u> 9:30 Pamper Time 10:30 Word Games <u>Lunch</u> Relaxation 2:00 Prize Bingo <u>Dinner</u> <small>Autumn Begins</small>	<u>Breakfast</u> 1-1 Visits <u>Lunch</u> Relaxation 1:30 Movie Matinee <u>Dinner</u>
<u>Breakfast</u> 1-1 Visits <u>Lunch</u> Relaxation Courtyard Social <u>Dinner</u> <small>Yom Kippur Begins</small>	<u>Breakfast</u> 10:00 Catholic Service 10:30 Courtyard Visits <u>Lunch</u> Relaxation 2:30 Armchair Travels <u>Dinner</u>	<u>Breakfast</u> 9:30 Moments to Remember 10:00 Table Game <u>Lunch</u> Relaxation 2:00 Move to Music 3:00 Outdoor Walks <u>Dinner</u>	<u>Breakfast</u> 9:30 Shakers/Bakers 10:30 Pamper Time <u>Lunch</u> Relaxation 2:00 OKTOBERFEST! -C <u>Dinner</u>	<u>Breakfast</u> 9:30 In the News 10:00 Morning Stretch <u>Lunch</u> Relaxation 3:00 Drums Alive <u>Dinner</u>	<u>Breakfast</u> 9:30 Pamper Time 10:30 Word Games <u>Lunch</u> Relaxation 2:00 Prize Bingo <u>Dinner</u> <small>Sukkot Begins</small>	<u>Breakfast</u> 1-1 Visits <u>Lunch</u> Relaxation 1:30 Movie Matinee <u>Dinner</u>

Programs and Times are subject to change, please see daily board near kitchen for changes. Email Darlene Anderson, Life Enrichment Director with questions. darlene@elkriverseniorliving.com