

Wellington Park Calendar of Events-September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
CALENDAR COLORS: Black: Assisted Living Activities Green: Fitness Class Red: Special Events Purple: Outings	CALENDAR KEY: 1F: First Floor Common Area 2F: Second Floor Common Area WP: Wellington Park CA: Creative Arts Studio FS: Fitness Studio IH: Inverness Hall BW CR: Bridgewater Card Room		Stepte	 <u>National College Colors Day</u> 9:00 AM Water Arthritis *Resident Led* (DP) 10:00 AM Rummikub (WP Studio) 1:30 PM Candy Bingo w/ Sydney (2F) 2:00 PM Walgreens/Fresh Market Trip 2:30 PM Chair Exercise w/ Bryan from Select Rehab (1F) 	12	
3 10:00 AM Protestant Church Service (IH) 10:30 AM Catholic Church Service (CA) 1:00 PM Resident Choice Games (CA) 5:00 PM Sunday Social (Bistro) 5:30 PM TV Series w/ Bob & Dorothy (IH)	4 9:00 AM Pool Aerobics *Resident Led* (DP) 10:15 AM Cody's Exercise DVD (FS) 1:30 PM Rummikub *Resident Led* (1F) Pick up an Activities Booklet from the AL Front Desk!	5 9:00 AM Pool Volleyball (DP) 10:00 AM Town Hall (1F) 10:15 AM Outreach Project: T-Shirt Bags for Less Fortunate (CA) 1:30 PM Prize Bingo w/ Bobbi (IH) 2:30 PM Strength & Balance Class (FS)	 6 <u>National Coffee Ice Cream Day</u> 9:00 AM Pool Aerobics (DP) 9:00 AM Walmart Trip 9:30 AM Bank Trip 10:00 AM Bible Study w/ Pastor Trey (2F) 1:00 PM Publix Trip 1:30 PM Coffee Ice Cream (Bistro) 2:00 PM Noodle Hockey (1F) 3:00 PM Mexican Train Dominoes (WP Studio) 	7 9:00 AM Pool Volleyball (DP) 10:00 AM Painting By Number (WP Studio) 1:00 PM Manicures w/ Jamie (1F) 2:30 PM Drum Fit (FS) 6:30 PM Lecture Series (DT)	8 9:00 AM Water Arthritis (DP 9:00 AM Hand & Foot (WP Studio) 11:00 AM Lunch Outing: The Fish Market *SIGN-UP* 1:30 PM Candy Bingo w/Sydney (2F) 2:00 PM Walgreens/Fresh Market Trip 2:30 PM Chair Exercise w/ Bryan from Select Rehab (1F) 3:30 PM Fellowship Friday (FS)	9 10 12 2: C 6: D
 10 <u>Grandparents Day</u> 10:00 AM Protestant Church Service (IH) 10:30 AM Catholic Church Service (CA) 1:00 PM Resident Choice Games (CA) 2:00 PM Julia Ivey Performs (IH) 5:00 PM TV Series w/ Bob & Dorothy (IH) 	 11 9:00 AM Pool Aerobics (DP) 9:00AM Walmart Trip 10:00 AM Connie Skellie, Violinist (1F) 1:00 PM Publix Trip 1:30 PM Popcorn & A Movie: "Nothing is Impossible" (WP Studio) 2:30 PM Fun Fitness (FS) 	 12 8:30 AM Donuts & Coffee (Bistro) 9:00 AM Pool Volleyball (DP) 10:00 AM Craft Corner—Chip Clips (1F) 1:30 PM Prize Bingo w/ Sydney (2F) 2:30 PM Strength & Balance Class (FS) 3:00 PM Hand in Paw (1F) 3:30 PM Community Council (IH) 	 13 9:00 AM Pool Aerobics (DP) 9:30 AM Bank Trip 10:00 AM Bible Study w/ Pastor Trey (2F) 11:30 AM Lunch & Learn w/ Oasis on Low Vision & Loss *SIGN-UP* (IH) 1:30 PM Dollar Tree Trip 2:00 PM Noodle Hockey (1F) 4:00 PM Assisted Living Dinner: Guthries (1F) *SIGN-UP* 	14 9:00 AM Pool Volleyball (DP) 10:30 AM Win Schepps, Banjo (2F) 1:30 PM Scrabble (2F) 2:00 PM No Talent, Talent Show (IH) 2:30 PM Drum Fit (FS) 6:00 PM No Talent, Talent Show (IH) 6:30 PM Lecture Series (DT)	 15 9:00 AM Water Arthritis (DP) 10:00 AM Painting w/ Darcy (1F) 1:30 PM Candy Bingo w/Sydney (2F) 2:00 PM Device Advice w/ North Shelby Library (IH) 2:00 PM Walgreens/Fresh Market Trip 2:30 PM Chair Exercise w/ Bryan from Select Rehab (1F) 4:45 PM Dinner Outing: Vino *SIGN- UP* 	16 10 12 2: C 6: C





Saturday

10:00 AM Bible Study (CA) 12:00 PM-2:00 PM Tailgate Saturday (Bistro) 2:00 PM Chair Exercise w/ Cody's DVD (FS) 6:30 PM Movie Night "Breakthrough" (IH)

10:00 AM Bible Study (CA) 12:00 PM—2:00 PM Tailgate Saturday (Bistro) 2:00 PM Chair Exercise w/ Cody's DVD (FS) 6:30 PM Movie Night "YES DAY" IH) 16 10:00 AM Bible Study (CA) 12:00 PM-2:00 PM Tailgate Saturday (Bistro)

2:00 PM Chair Exercise w/

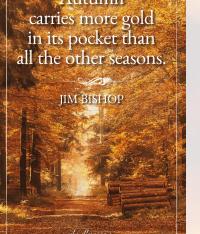
Cody's DVD (FS)

6:30 PM Movie Night "To Catch a Thief' (IH)

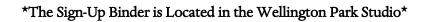


Wellington Park Calendar of Events-September 2023

AT INVERNESS.							
Sunday	Monday	Tuesday	Wednesday	Thursday			
17	18	19	20 <u>National Punch Day</u>	21	22		
10:00 AM Protestant Church	9:00 AM Pool Aerobics (DP)	9:00 AM Pool Volleyball (DP)	9:00 AM Pool Aerobics (DP)	9:00 AM Pool Volleyball (DP)	9:00 AN		
Service (IH)	9:00 AM Walmart Trip	10:15 AM Fluid Art w/ Christy (WP Studio)	9:30 AM Bank Trip	10:00 AM Matching Game (2F)	9:00 AM		
10:30 AM Catholic Church	10:00 AM Crosswords &	"Stay Healthy at Home"	10:00 AM Bible Study w/	1:00 PM Manicures w/ Jamie	11:00 Al *SIGN-I		
Service (CA)	Coffee (2F)	1:00 PM-2:00 PM *SIGN-UP*	Pastor Trey (2F)	(1F)	1:30 PM		
1:00 PM Resident Choice Games	1:00 PM Publix Trip	AL, Exam Room	1:30 PM Aldi Shopping Trip	1:30 PM Catholic Mass (IH)	2:00 PM		
(CA) 1:30 PM Outing: Rodgers &	1:30 PM Books To You w/ Pam	1:30 PM Prize Bingo w/ Sydney (2F)2:00 PM Brothers & Brews w/ Duffy	2:00 PM Noodle Hockey (1F)	2:30 PM Drum Fit (FS)	Market		
Hammerstein Musical *SIGN-UP*	Bainter (1F)	from "Right at Home" (Bistro)	3:00 PM Taste Different Punches	3:00 PM Bunco (2F)	2:30 PM		
5:00 PM TV Series w/ Bob &	2:30 PM Fun Fitness (FS)	2:30 PM Strength & Balance Class (FS)	(Bistro)	6:30 PM Lecture Series (DT)	from Se		
Dorothy (IH)		<u>3:30 PM—4:00 PM Writing Notecards to</u> <u>Missionaries (WP Studio)</u>	1	-34 A. A.	3:30 PM		
24	25	26	27	28	29		
10:00 AM Protestant Church	9:00 AM Pool Aerobics (DP)	9:00 AM Flu Clinic	9:00 AM Pool Aerobics (SP)	9:00 AM Pool Volleyball (DP)	9:00 AM V		
Service (IH)	9:00 AM Walmart Trip	9:00 AM Pool Volleyball (DP)	9:30 AM Bank Trip	10:00 AM Readers Theater	9:45 AM E *SIGN-UF		
10:30 AM Catholic Church	10:00 AM Crosswords &	10:15 AM Sonshine Singers (IH)	10:00 AM Bible Study w/ Pastor	(WP Studio)	10:00 AM		
Service (CA)	Coffee (2F)	1:30 PM Prize Bingo w/ Sydney	Trey (2F)	1:30 AM Scrabble (2F)	1:30 PM C		
1:00 PM Resident Choice Games	1:00 PM Publix Trip	(2F)	10:30 AM Assisted Living Lunch	2:30 PM Drum Fit (FS)	2:00 PM N (IH)		
(CA)	1:30 PM Craft Corner—Fall	2:30 PM Strength & Balance Class	Outing: Olive Garden *SIGN-UP*	3:00 PM Happy Hour w/ Mike &	2:00 PM V		
2:30 PM Tea Party w/ Hoover Belles	Floral Wreaths (1F)	(FS)	2:00 PM Noodle Hockey (1F)	Shelia Performance (Atrium)	Market Tr		
SIGN-UP (IH)	2:30 PM Fun Fitness (FS)	3:00 PM September Birthday 🚜	3:00 PM Ultimate Team Trivia (2F)	3:30 PM Danberry Dollar	2:30 PM C Rehab (1F		
5:00 PM TV Series w/ Bob &	3:00 PM Jerry Ryan "One Man Band"	Celebration w/ Coke Floats		Redemption (WP Studio)	3:30 PM F		
Dorothy (IH)	Performs (IH)	(Bistro)		6:30 PM Lecture Series (DT)	"Parkinson		
Autumn	Events that require Sign Up:						



09/22—Lunch Outing: Bright Star 09/13-Lunch & Learn w/ Oasis on Low Vision & Loss 09/24-Tea Party w/ Hoover Belles 09/26—Flu Clinic 09/27—AL Lunch Outing: Olive Garden 07/17-Outing: Rodgers & Hammerstein Musical 09/29-Breakfast Outing: Big Bad Breakfast



09/08—Lunch Outing: The Fish Market

09/13-AL Dinner: Guthries

09/15—Dinner Outing: Vino

09/19—"Stay Healthy at Home"



Friday

M Water Arthritis (DP)

M Hand & Foot (WP Studio)

AM Lunch Outing: Bright Star I-UP*

M Candy Bingo w/Sydney (2F)

M Walgreens/Fresh

et Trip

M Chair Exercise w/ Bryan Select Rehab (1F)

M Fellowship Friday (FS)

Water Arthritis (DP)

I Breakfast Outing: Big Bad Breakfast

M Missouri Travel Video w/ Donuts (2F)

Candy Bingo w/Sydney (2F)

NLS Demo w/ North Shelby Library

Walgreens/Fresh

Trip

Chair Exercise w/ Brian from Select 1F)

Friday Focus w/ Select Rehab on's Disease w/ Bryan" (CA)

Saturday

23 First Day of Autumn 10:00 AM Bible Study (CA)

12:00 PM—2:00 PM Tailgate

Saturday (Bistro)

2:00 PM Chair Exercise w/ Cody's DVD (FS)

6:30 PM Movie Night "War with Grandpa" (IH)

30

10:00 AM Bible Study (CA)

happy fall

12:00 PM—2:00 PM Tailgate Saturday (Bistro)

2:00 PM Chair Exercise w/

Cody's DVD (FS)

6:30 PM Movie Night "THE KID" (IH)

Attention:

Calendars are subject to change. Please refer to your weekly

runners for the most up to date

information.