

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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				1 <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) 
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) <u>Pick up an Activities Booklet from the AL Front Desk!</u> 	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 10:00 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)
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 10:00 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>10:00 AM Protestant Church Service (IH)</p> <p>10:30 AM Catholic Church Service (CA)</p> <p>1:00 PM Resident Choice Games (CA)</p> <p>1:30 PM Outing: Rodgers & Hammerstein Musical *SIGN-UP*</p> <p>5:00 PM TV Series w/ Bob & Dorothy (IH)</p>	<p>18</p> <p>9:00 AM Pool Aerobics (DP)</p> <p>9:00 AM Walmart Trip</p> <p>10:00 AM Crosswords & Coffee (2F)</p> <p>1:00 PM Publix Trip</p> <p>1:30 PM Books To You w/ Pam Bainter (1F)</p> <p>2:30 PM Fun Fitness (FS)</p>	<p>19</p> <p>9:00 AM Pool Volleyball (DP)</p> <p>10:15 AM Fluid Art w/ Christy (WP Studio)</p> <p>"Stay Healthy at Home"</p> <p>1:00 PM—2:00 PM *SIGN-UP*</p> <p>AL Exam Room</p> <p>1:30 PM Prize Bingo w/ Sydney (2F)</p> <p>2:00 PM Brothers & Brews w/ Duffy from "Right at Home" (Bistro)</p> <p>2:30 PM Strength & Balance Class (FS)</p> <p>3:30 PM—4:00 PM Writing Notecards to Missionaries (WP Studio)</p>	<p>20 <i>National Punch Day</i></p> <p>9:00 AM Pool Aerobics (DP)</p> <p>9:30 AM Bank Trip</p> <p>10:00 AM Bible Study w/ Pastor Trey (2F)</p> <p>1:30 PM Aldi Shopping Trip</p> <p>2:00 PM Noodle Hockey (1F)</p> <p>3:00 PM Taste Different Punches (Bistro)</p>	<p>21</p> <p>9:00 AM Pool Volleyball (DP)</p> <p>10:00 AM Matching Game (2F)</p> <p>1:00 PM Manicures w/ Jamie (1F)</p> <p>1:30 PM Catholic Mass (IH)</p> <p>2:30 PM Drum Fit (FS)</p> <p>3:00 PM Bunco (2F)</p> <p>6:30 PM Lecture Series (DT)</p>	<p>22</p> <p>9:00 AM Water Arthritis (DP)</p> <p>9:00 AM Hand & Foot (WP Studio)</p> <p>11:00 AM Lunch Outing: Bright Star *SIGN-UP*</p> <p>1:30 PM Candy Bingo w/Sydney (2F)</p> <p>2:00 PM Walgreens/Fresh Market Trip</p> <p>2:30 PM Chair Exercise w/ Bryan from Select Rehab (1F)</p> <p>3:30 PM Fellowship Friday (FS)</p>	<p>23 <i>First Day of Autumn</i></p> <p>10:00 AM Bible Study (CA)</p> <p>12:00 PM—2:00 PM Tailgate Saturday (Bistro)</p> <p>2:00 PM Chair Exercise w/ Cody's DVD (FS)</p> <p>6:30 PM Movie Night "War with Grandpa" (IH)</p> 
<p>24</p> <p>10:00 AM Protestant Church Service (IH)</p> <p>10:30 AM Catholic Church Service (CA)</p> <p>1:00 PM Resident Choice Games (CA)</p> <p>2:30 PM Tea Party w/ Hoover Belles *SIGN-UP* (IH)</p> <p>5:00 PM TV Series w/ Bob & Dorothy (IH)</p>	<p>25</p> <p>9:00 AM Pool Aerobics (DP)</p> <p>9:00 AM Walmart Trip</p> <p>10:00 AM Crosswords & Coffee (2F)</p> <p>1:00 PM Publix Trip</p> <p>1:30 PM Craft Corner—Fall Floral Wreaths (1F)</p> <p>2:30 PM Fun Fitness (FS)</p> <p>3:00 PM Jerry Ryan "One Man Band" Performs (IH)</p>	<p>26</p> <p>9:00 AM Flu Clinic</p> <p>9:00 AM Pool Volleyball (DP)</p> <p>10:15 AM Sonshine Singers (IH)</p> <p>1:30 PM Prize Bingo w/ Sydney (2F)</p> <p>2:30 PM Strength & Balance Class (FS)</p> <p>3:00 PM September Birthday Celebration w/ Coke Floats (Bistro)</p> 	<p>27</p> <p>9:00 AM Pool Aerobics (SP)</p> <p>9:30 AM Bank Trip</p> <p>10:00 AM Bible Study w/ Pastor Trey (2F)</p> <p>10:30 AM Assisted Living Lunch Outing: Olive Garden *SIGN-UP*</p> <p>2:00 PM Noodle Hockey (1F)</p> <p>3:00 PM Ultimate Team Trivia (2F)</p>	<p>28</p> <p>9:00 AM Pool Volleyball (DP)</p> <p>10:00 AM Readers Theater (WP Studio)</p> <p>1:30 AM Scrabble (2F)</p> <p>2:30 PM Drum Fit (FS)</p> <p>3:00 PM Happy Hour w/ Mike & Shelia Performance (Atrium)</p> <p>3:30 PM Danberry Dollar Redemption (WP Studio)</p> <p>6:30 PM Lecture Series (DT)</p>	<p>29</p> <p>9:00 AM Water Arthritis (DP)</p> <p>9:45 AM Breakfast Outing: Big Bad Breakfast *SIGN-UP*</p> <p>10:00 AM Missouri Travel Video w/ Donuts (2F)</p> <p>1:30 PM Candy Bingo w/Sydney (2F)</p> <p>2:00 PM NLS Demo w/ North Shelby Library (IH)</p> <p>2:00 PM Walgreens/Fresh Market Trip</p> <p>2:30 PM Chair Exercise w/ Brian from Select Rehab (1F)</p> <p>3:30 PM Friday Focus w/ Select Rehab "Parkinson's Disease w/ Bryan" (CA)</p>	<p>30</p> <p>10:00 AM Bible Study (CA)</p> <p>12:00 PM—2:00 PM Tailgate Saturday (Bistro)</p> <p>2:00 PM Chair Exercise w/ Cody's DVD (FS)</p> <p>6:30 PM Movie Night "THE KID" (IH)</p>

Events that require Sign Up:

09/08—Lunch Outing: The Fish Market	09/22—Lunch Outing: Bright Star
09/13—Lunch & Learn w/ Oasis on Low Vision & Loss	09/24—Tea Party w/ Hoover Belles
09/13—AL Dinner: Guthries	09/26—Flu Clinic
09/15—Dinner Outing: Vino	09/27—AL Lunch Outing: Olive Garden
07/17—Outing: Rodgers & Hammerstein Musical	09/29—Breakfast Outing: Big Bad Breakfast
09/19—"Stay Healthy at Home"	

The Sign-Up Binder is Located in the Wellington Park Studio



Attention:

Calendars are subject to change.
Please refer to your weekly runners for the most up to date information.

