




September 2023

CIRCLE CENTER ADULT DAY SERVICES
4900 WEST MARSHALL STREET
COZY CORNER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>HELLO September</p>		<p>Activity Domains:</p> <p>Physical (P) Cognitive (C) Outdoor (O) Creative (CR) Reflective (R) Productive (PR) Social (S) Nature (N)</p>	<p>1) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Game time Fun (C) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 Nature Jeopardy (N) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)</p>
<p>4) Closed for Labor Day</p>  <p>Happy LABOR DAY</p>	<p>5) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Travel to Denmark (R) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 September Picture Reveal (C, R) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)</p>	<p>6) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzle (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 The Story of Hans Christian Anderson (C, CR, R) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Devotions in Wellness (R) 12:30 Name That Tune — Chuck Berry (C, R) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)</p>	<p>7) 8:00 Coffee and Conversation (R, S) 8:45 Who, What, When, Where? (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Sing Along/Music and Movement (P, R, C) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 Meditation through Art (R, PR, CR) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)</p>	<p>8) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 A-Z Occupational Trivia (C) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 Wildlife and Where They Live (N) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)</p>
<p>11) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Remember When? The Fair (C, R) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 This Week in History (C, R) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:30 Cranium Crunches (C)</p>	<p>12) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Travel Talk (C, R) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 What's in the Bag? (C, R) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)</p>	<p>13) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzle (C) 9:30 Chair Exercise (P) 10:00 Snack/ Zumba in Wellness (P) 10:30 "How to Make an Apple Pie and See the World" (CR, R) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Hymn Sing Along in Wellness (R) 12:30 Music Appreciation (C, R) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)</p>	<p>14) 8:00 Coffee and Conversation (R, S) 8:45 Who, What, When, Where? (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Sing Along/Music and Movement (P, R, C) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 Meditation through Art (R, PR, CR) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)</p>	<p>15) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Stars of the 60's and 70's Trivia Game(C) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 Nurtured with Nature (N) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
18) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Remember When? (C, R) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 This Week in History (C, R) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:30 Cranium Crunches (C)	19) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Are We There Yet? (R)/ Visit with Fred (S) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 1950's TV Programs (C, R) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)	20) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzle (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Walk of Fame (C, CR, R) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Devotions in Wellness (R) 12:30 Music Jeopardy (C, R) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)	21) 8:00 Coffee and Conversation (R, S) 8:45 Who, What, When, Where? (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:00 Art on Wheels in Wellness (CR, C, S, R) 10:30 Sing Along/Music and Movement (P, R, C) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 Meditation through Art (R, PR, CR) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)	22) Wear Fall Colors Day 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Game Time Fun (C) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 Natural Resources (N) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)
25) 8:00 Coffee and Conversation (R, S) 8:45 Junk Drawer Detective (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Remember When? Getting Your Driver's License (C, R) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 This Week in History (C, R) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 12:45 Monthly Movie Showing in LAR (S, C, R) 2:30 Wellness Programming (P) 3:30 Cranium Crunches (C)	26) 8:00 Coffee and Conversation (R, S) 8:45 Matching Games (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 September Jeopardy (C) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 1960's TV Programs Part I (C, R) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)	27) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzle (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 "Lost in the Leaves" Story (C, CR, R) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:45 Hymn Sing Along in Wellness (R) 12:30 Name That Tune — Aretha Franklin (C, R) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)	28) 8:00 Coffee and Conversation (R, S) 8:45 Who, What, When, Where? (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Sing Along/Music and Movement (P, R, C) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 Meditation through Art (R, PR, CR) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)	29) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise (P) 10:00 Snack 10:00 Happy Birthday September Babies with Genworth (S) 11:30 Montessori/Music/Coloring (C, P, R, S) 12:00 Lunch 12:30 Travel to New England Part I (R) 1:45 Trivia/Relaxation/Music (C, CR, R) 2:00 Snack 2:30 Wellness Programming (P) 3:00 Cranium Crunches (C)

NON-DISCRIMINATION STATEMENT: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Wellness Schedule: M-F 9:00am-9:45 am & M-F 10:00 am-11:30 am

Times and days of class subject to change

Monday: Tai Chi and Meditation

Tuesday: Drumming Exercise or Chair 1 Fitness (Alternates per week)

Wednesday: Games

2nd Wednesday of Month: Chair Zumba with Volunteer

Thursday: Art Weekly- *Art on Wheels Program 4th Thursday of each Month

Friday: Drumming Exercise or Chair 1 Fitness (Alternates per week)

Participants are encouraged to choose recreational programs of interest, consistent with their plan of care, and make suggestions of other activities they would enjoy. Activities are subject to change and changes will be posted.

***One to One activities are also available and include the following: Reading, Montessori, puzzles, conversation, walking, coloring, iPad activities, games/cards, gardening and patio time, and spiritual/devotional activities.**

***One to One time scheduled with volunteers Eric, Kimberly, Laurie, and Marian weekly.**

Art Volunteer, Charlotte, scheduled on Thursdays at 1:00 weekly to assist with Art Program

Highlighted Activities are programs provided by volunteers from the community