




September 2023

CIRCLE CENTER ADULT DAY SERVICES
 4900 WEST MARSHALL STREET
 ACTIVITY ROOM 1 (FORMERLY LARGE ACTIVITY ROOM)

CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>Activity Domains:</p> <ul style="list-style-type: none"> Physical (P) Cognitive (C) Outdoor (O) Creative (CR) Reflective (R) Productive (PR) Social (S) Nature (N) 	<p>1) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise 10:00 Snack 10:30 Are We There Yet? (R) 12:00 Lunch 1:00 Nature Jeopardy (N) 2:00 Snack 2:30 Let's Move/Chair I Fitness (P) 3:15 Cranium Crunches (C)</p>
<p>4) Closed for 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 A-Z Occupational Trivia (C) 12:00 Lunch 1:00 September Picture Reveal (C, R) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)</p>	<p>6) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 12:45 Devotions in Wellness (R) 1:00 Name That Tune - Chuck Berry (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>7) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Snack 9:30 Master Gardeners (N, CR) 10:30 Story of Hans Christian Anderson (C, CR, R) 12:00 Lunch 1:00 This Week in History (C, R) 2:00 Snack 2:30 R.O.M. (P) 3:15 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 Are We There Yet? Denmark (R) 12:00 Lunch 1:00 Wildlife and Where They Live (N) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 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) 12:00 Lunch 1:00 This Week in History (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 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 Stars of the 60's and 70's Trivia Game (C) 12:00 Lunch 1:00 What's in the Bag? (C, R, N) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 Cranium Crunches (C)</p>	<p>13) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:00 Zumba in Wellness (P) 10:30 Participant Support Group (R, S) 12:00 Lunch 12:45 Hymn Sing Along in Wellness (R) 1:00 Music Appreciation (C, R, N) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)</p>	<p>14) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 "How to Make an Apple Pie and See the World" Story (C, CR, R) 12:00 Lunch 1:00 Meditation through Art (R, PR, CR) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)</p>	<p>15) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise 10:00 Snack 10:30 Travel Talk (C, R) 12:00 Lunch 1:00 Nurtured with Nature (N) 2:00 Snack 2:30 Let's Move/Chair I Fitness (P) 3:15 Cranium Crunches (C)</p>

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CIRCLE CENTER ADULT DAY SERVICES
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LARGE ACTIVITY ROOM CALENDAR

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) 12:00 Lunch 1:00 This Week in History (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 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 Visit with Fred (S) 10:30 Game Time Fun (C) 12:00 Lunch 1:00 1950's TV Programs (C, R) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)	20) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 12:45 Devotions in Wellness (R) 1:00 Music Jeopardy (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	21) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:00 Art on Wheels in Wellness (CR, C, S, R) 10:30 Walk of Fame (C, CR, R) 12:00 Lunch 1:00 Meditation through Art (R, PR, CR) 2:00 Snack 2:30 R.O.M. (P) 3:15 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 Are We There Yet? (R) 12:00 Lunch 1:00 Natural Resources (N) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 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 Drivers License (C, R) 12:00 Lunch 1:00 This Week in History (C, R) 2:00 Snack 12:45 Monthly Movie Showing in LAR (S, C, R) 2:30 Weight Lifting (P) 3:15 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 Game (C) 12:00 Lunch 1:00 1960's TV Programs Part I (C, R) 2:00 Snack 2:00 Dear Abby with Rachel (S) 3:15 Cranium Crunches (C)	27) 8:00 Coffee and Conversation (R, S) 8:45 Word Puzzles (C) 9:30 Chair Exercise (P) 10:00 Snack 10:30 Participant Support Group (R, S) 12:00 Lunch 12:45 Hymn Sing Along in Wellness (R) 1:00 Name That Tune — Aretha Franklin (C, R) 2:00 Snack 2:30 Weight Lifting (P) 3:15 Cranium Crunches (C)	28) 8:00 Relax and Create (R, PR, CR) 8:45 Who What, Where, & When (C, R) 9:30 Chair Exercise (P) 10:00 Snack 10:30 "Lost in the Leaves" Story (C, CR, R) 12:00 Lunch 1:00 Meditation through Art (R, PR, CR) 2:00 Snack 2:30 R.O.M. (P) 3:15 Cranium Crunches (C)	29) 8:00 Coffee and Conversation (R, S) 8:45 Name 5 (C) 9:30 Chair Exercise 10:00 Snack 10:00 Happy Birthday September Babies Social with Genworth! (S) 12:00 Lunch 1:00 Are We There Yet? Travel to New England Part I (R, N) 2:00 Snack 2:30 Let's Move/Chair I Fitness (P) 3:15 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.

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

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)

**Highlighted Activities are
programs provided by
volunteers from the
community**