




# September 2023

CIRCLE CENTER ADULT DAY SERVICES  
 4900 WEST MARSHALL STREET  
 ACTIVITY ROOM 2 (FORMERLY SMALL ACTIVITY ROOM)

## CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>HELLO September</p>		<p><b>Activity Domains:</b></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)                  8:30 Name 5 (C)                  9:00 Chair Exercise (P)                  9:30 Snack                  10:00 Nature Jeopardy (N)                  11:30 Lunch                  12:30 Are We There Yet? (C, R)                  1:30 Snack                  2:00 Let's Move/Chair I Fitness! (CR, P)                  3:00 Sing Along/Karaoke (C, S)</p>
<p>4) <b>Closed for Labor Day</b></p> 	<p>5)                  8:00 Coffee and Conversation (R, S)                  8:30 Matching Games (C)                  9:00 Chair Exercise (P)                  9:30 Snack                  10:00 September Picture Reveal (C, R)                  11:30 Lunch                  12:30 A-Z Occupational Trivia (C)                  1:30 Snack                  2:00 R.O. M. (P)                  3:00 Sing Along/Karaoke (C, S)</p>	<p>6)                  8:00 Coffee and Conversation (R, S)                  8:30 Word Puzzles (C)                  9:00 Chair Exercise (P)                  9:30 Snack                  10:00 Name That Tune - Chuck Berry (C, R)                  11:30 Lunch                  12:30 Participant Support Group (R, S)                  12:45 Devotions in Wellness (R)                  1:30 Snack                  2:00 Weight Lifting (P)                  3:00 Cranium Crunches (C)</p>	<p>7)                  8:00 Coffee and Conversation (R, S)                  8:30 Junk Drawer Detective (C)                  9:00 Chair Exercise (P)                  9:30 Snack                  10:00 This Week in History (C, R)                  11:30 Lunch                  12:30 "The Story of Hans Christian Anderson" (C, CR, R)                  1:30 Snack                  2:00 R.O.M. (P)                  3:00 Cranium Crunches (C)</p>	<p>8)                  8:00 Coffee and Conversation (R, S)                  8:30 Name 5 (C)                  9:00 Chair Exercise (P)                  9:30 Snack                  10:00 Wildlife and Where They Live (N)                  11:30 Lunch                  12:30 Are We There Yet? Denmark (C, R)                  1:30 Snack                  2:00 Let's Move/Chair I Fitness! (CR, P)                  3:00 Sing Along/Karaoke (C, S)</p>
<p>11)                  8:00 Coffee and Conversation (R, S)                  8:30 Junk Drawer Detective (C)                  9:00 Chair Exercise (P)                  9:30 Snack                  10:00 This Week in History (C, R)                  11:30 Lunch                  12:30 Remember When? Going to the Fair (C, R)                  1:30 Snack                  2:00 Weight Lifting (P)                  3:00 Cranium Crunches (C)</p>	<p>12)                  8:00 Coffee and Conversation (R, S)                  8:30 Matching Games (C)                  9:00 Chair Exercise (P)                  9:30 Snack                  10:00 What's in the Bag? (C, R)                  11:30 Lunch                  12:30 Stars of the 60's and 70's Trivia Game (C)                  1:30 Snack                  2:00 R.O. M. (P)                  3:00 Sing Along/Karaoke (C, S)</p>	<p>13)                  8:00 Coffee and Conversation (R, S)                  8:30 Word Puzzles (C)                  9:00 Chair Exercise (P)                  9:30 Snack                  10:00 Music Appreciation (C, R)                  10:00 <b>Zumba in Wellness (P)</b>                  11:30 Lunch                  12:30 Participant Support Group (R, S)                  12:45 Hymn Sing Along in Wellness (R)                  1:30 Snack                  2:00 Weight Lifting (P)                  3:00 Cranium Crunches (C)</p>	<p>14)                  8:00 Coffee and Conversation (R, S)                  8:30 Junk Drawer Detective (C)                  9:00 Chair Exercise (P)                  9:30 Snack                  10:00 Meditation through Art (R, PR, CR)                  11:30 Lunch                  12:30 "How to Make and Apple Pie and See the World" Story (C, CR, R)                  1:30 Snack                  2:00 R.O.M. (P)                  3:00 Cranium Crunches (C)</p>	<p>15)                  8:00 Coffee and Conversation (R, S)                  8:30 Name 5 (C)                  9:00 Chair Exercise (P)                  9:30 Snack                  10:00 Nurtured with Nature (N)                  11:30 Lunch                  12:30 Travel Talk (C, R)                  1:30 Snack                  2:00 Let's Move/Chair I Fitness! (CR, P)                  3:00 Sing Along/Karaoke (C, S)</p>

# September 2023

CIRCLE CENTER ADULT DAY SERVICES  
4900 WEST MARSHALL STREET  
SMALL ACTIVITY ROOM CALENDAR

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

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**

**2<sup>nd</sup> Wednesday of Month: Chair Zumba with Volunteer Holly**

**Thursday: Art Weekly- \*Art on Wheels Program 4<sup>th</sup> 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**