



# Golden Meadows Activity Calendar

## September 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Activities subject to change without notice</u></p>			<p><b>1</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL'S 11:00 Move to the groove 11:30 LUNCH 1:00 Dominoes 2:30 Fruit snack 4:00 DINNER 6:00 Evening News</p>	<p><b>2</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:30 Sit N' Be Fit 11:30 LUNCH 1:30-3:00 BINGO &amp; Snacks 4:00 DINNER 6:00 Jeopardy</p>	<p><b>3</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL'S 11:00 Stretch &amp; Bend 11:30 LUNCH 1:30 Tasty Treats 2:30 Play Dough 4:00 DINNER 6:00 Comedy on Tape</p>	<p><b>4</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:00 Chair Dance 11:30 LUNCH 1:00 Art's &amp; Crafts 2:00-3:00 <b>Duke Michaels</b> 4:00 DINNER 6:00 Current Events</p>
<p><b>5</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL'S 10:00 Church/Family Visits 11:30 LUNCH 1:00 Paper Shading 2:00 Snack Attack 4:00 DINNER 6:00 Nightly News</p>	<p><b>6 Labor Day</b> </p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:00 Walk About 11:30 LUNCH 1:00 BINGO 2:30 Play Dough 3:00 Crunchy Snack 4:00 DINNER 6:00 I Love Lucy</p>	<p><b>7</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL'S 10:00 Bible Study 11:00 Seniorcise 11:30 LUNCH 1:30 BINGO and Snacks 3:00-4:00 BINGO and Snacks 4:00 DINNER 6:00 Jeopardy</p>	<p><b>8</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:00 Exercise 11:30 LUNCH 1:00-2:00 <b>Doug Anderson</b> 3:30 Cowboy Word Search 4:00 DINNER 6:00 Let's Make A Deal</p>	<p><b>9 Banning Stage Coach Days</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:00 Chair dance 11:30 LUNCH 2:00-3:00 <b>Solera Line Dancers</b> 4:00 DINNER 6:00 Evening News</p>	<p><b>10</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:00 Toss the Ball 11:30 LUNCH 2:00 Crunch N' Munch 3:00 Horse Racing 4:00 DINNER 6:00 I Love Lucy</p>	<p><b>11</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL'S 11:00 Lawn Bowling 11:30 LUNCH 1:00 BINGO 3:00-4:00 <b>Rex Paris Sings</b> 4:00 DINNER 6:00 Lifetime movie</p>
<p><b>12</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL'S 10:00 Church/Family Visits 11:30 LUNCH 2:00 Tasty Treats 3:00 Card Games 4:00 DINNER 6:00 Nightly News</p>	<p><b>13</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:00 Sit N' Be Fit 11:30 LUNCH 1:00 Nail Care 2:30 Brain Games 3:00 Snack Attack! 4:00 DINNER 6:00 Gospel on tape</p>	<p><b>14</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 10:00 Bible Study 11:00 Move to the Groove 11:30 LUNCH 1:30 BINGO and Snacks 3:00-4:00 <b>Rex Paris Sings</b> 4:00 DINNER 6:00 Millionaire</p>	<p><b>15</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:00 Sit N' Be Fit 11:30 LUNCH 1:00 Fruit Snack 3:00 Name that Tune 4:00 DINNER 6:00 Evening News</p>	<p><b>16</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:00 Exercise 11:30 LUNCH 1:30 BINGO 2:00 Snack attack 4:00 DINNER 6:00 TMZ</p>	<p><b>17</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:00 Seniorcise 11:30 LUNCH 1:00 Movie &amp; Popcorn 4:00 DINNER 6:00 Gospel on Tape</p>	<p><b>18</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:00 Chair Dance 11:30 LUNCH 1:00 Jigsaw Puzzle 2:00-3:00 <b>Duke Michaels</b> 4:00 DINNER 6:00 Fox News</p>
<p><b>19</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 10:00 Church/Family Visits 11:30 LUNCH 2:00 Word Find 3:00 Cookies &amp; Milk 4:00 DINNER 6:00 Nightly News</p>	<p><b>20</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:00 Exercise 11:30 LUNCH 1:00 Nail Care 2:30 Card Games 3:00 Snack Attack! 4:00 DINNER 6:00 I Love Lucy</p>	<p><b>21</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:00 Sit N' Be Fit 11:30 LUNCH 1:30 BINGO and Snacks 3:00-4:00 <b>Rex Paris Sings</b> 4:00 DINNER 6:00 Comedy on Tape</p>	<p><b>22</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:00 Exercise 11:30 LUNCH 1:00-2:00 <b>Doug Anderson</b> 2:00 Crunch N' Munch 3:00 Play Dough 4:00 DINNER 6:00 AMC Movie</p>	<p><b>23</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:00 Chair Dance 11:30 LUNCH 1:30 BINGO 3:00 Tasty Treats 4:00 DINNER 6:00 Let's Talk!</p>	<p><b>24</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 10:00 Move to the groove 11:30 LUNCH 1:00 Brain Games <b>Wags &amp; Kisses</b> 3:15 Fruit Snack 4:00 DINNER 6:00 I Love Lucy</p>	<p><b>25</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 10:00 Sit N' Be Fit 11:30 LUNCH 1:00 BINGO 3:00 Pudding me on! 4:00 DINNER 6:00 Lawrence Welk</p>
<p><b>26</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 10:00 Church/Family Visits 11:30 LUNCH 2:00 Flower Arranging 3:00 Chewy Chocolate Treat 4:00 DINNER 6:00 Nightly News</p>	<p><b>27</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 10:30 Lawn Bowling 11:30 LUNCH 1:00 Nail Care 2:30 Fun with Colors 3:00 Tasty Treats 4:00 DINNER 6:00 Golden Girls</p>	<p><b>28</b> </p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 10:00 Bible Study 11:00 Exercise 11:30 LUNCH 1:30 BINGO and Snacks 3:00-4:00 <b>Birthday Celebrations w/Rox</b> 4:00 DINNER 6:00 Jeopardy</p>	<p><b>29</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL'S 11:00 Disco Moves 11:30 LUNCH 1:30 Snack Attack 2:30 Brain Games 4:00 DINNER 6:00 Nightly News</p>	<p><b>30</b></p> <p>7:00 BREAKFAST 7:30-10:00 ADL's 11:00 Walking &amp; Wheeling 11:30 LUNCH 1:30 BINGO &amp; Snacks 4:00 DINNER 6:00 Gospel Music</p>	<p><b>Alzheimer Support Group Friday the 25th @ 1:00</b></p> <p><b>Birthdays!</b></p> <p><b>8th Betsy Koerner</b>      <b>19th Alfred Nadoiski</b> <b>24th Doris Atkinson</b>      <b>29th Irene Bristol</b></p>	