

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# SEPTEMBER 2023

## Recreation Calendar for Harmony Lane of Orchard Heights

<p>10:15 am-Exercise-R3 <b>11:00 am-TV Mass-3</b> 11:45am-Parachute fun-R2 2:15 pm-Hymn sing-R2 3:30pm-Junk Drawer Detective -R5 6:45pm-Peace and color-R8</p> <p style="text-align: right;"><b>3</b></p>	<p>9:30 am- Arthritis Exercise-R5 10:15am-Indoor hockey-R5 11:30am-You be the judge-R5 <b>2:15pm-Guitarist David Stockton performs-R5</b> 3:00pm-Bingo-R5 3:30pm-Armchair Travels-San Francisco</p> <p style="text-align: right;"><b>4</b></p>	<p>9:30am- Sing and stretch-R3 10:15am-Gone Fishing-R3 11:15am-Greenhouse Time-R3 2:00pm- Walk to ice cream parlor 2:45pm -Let's Bake cookie bars-R3 3:15pm- Pretty nails/family stories-R3 3:30pm-Water painting-R5 4:30pm-Baskets of Fun-R5 6:45pm-Online sing along-R5</p> <p style="text-align: right;"><b>5</b></p>	<p>9:30am-Sit and Stretch -R5 10:15am-In the Spotlight-R5 Linda and Larry the poodle visits 11:00am-Old Time Sing a long-R5 2:15pm-Proverbs Plus-R5 <b>3:15pm-Rosary-R5</b> 4:30pm-Sing and Stroll-R5 6:45pm-Americas funniest home videos-R6</p> <p style="text-align: right;"><b>6</b></p>	<p>9:30am-Dance moves-R7 <b>10:15am- Communion Service-R7</b> <b>11:00am-Picnic at Buffalo state park-O2</b> 2:15pm-Sing a long-P5 3:00pm-Picture this on the patio-P5 3:30pm-Charades-P5 4:30 pm-Fun with color-R5 <b>7:00pm-OP Wesleyan Church Svc. -R2</b></p> <p style="text-align: right;"><b>7</b></p>	<p>9:30am-Move to Music -R7 10:15am-Its a match-R7 12:00pm- Greenhouse Time-R7 2:00pm- Walk to Ice cream parlor-2 2:45pm-Penny's In game-R5 3:15pm- Hand Massages-R5 4:30pm- Table Ball-R5 6:30pm-Bingo-R5</p> <p style="text-align: right;"><b>1</b></p>	<p>10:15am-Morning news -R2 10:45am-Am Stretch-R2 11:30am-One and done dice game-R3 <b>2:00pm-Guitar Music by Joe Mahfoud-R3</b> 3:30pm-Ladderball-R3 7:00pm-Movie Night-L8</p> <p style="text-align: right;"><b>2</b></p>
<p>10:15 am-Exercise-R3 <b>11:00am-TV Mass-3</b> 11:45am-Talk and Toss -R2 <b>2:15pm-Bubble Show by WOW entertainment in celebration of Grandparents Day-R1</b> 3:30pm- Baskets of fun-R5 6:45pm-Peace and color-R8</p> <p style="text-align: right;"><b>10</b></p>	<p>9:30 am- Arthritis Exercise-R6 10:30am-Bowling-R5 11:30am-True or False-R5 2:15 pm-Creating collages-R5 2:45pm-Bingo-R5 3:30pm-Paper puzzles-R5 <b>6:45pm-Flute music with Donna Docenko-R7</b></p> <p style="text-align: right;"><b>11</b></p>	<p>9:30am- Sing and stretch-R3 10:30am-Buckets-P3 11:15am-Greenhouse Time-R3 2:00pm- Walk to ice cream parlor 2:45pm-Baking Cookies-R3 3:15pm-Pretty nails/family stories-R3 3:45pm-Its Puzzling-R5 6:45pm-Online Sing a long-R5</p> <p style="text-align: right;"><b>12</b></p>	<p>9:30am- Sit and Stretch -R5 10:15am-Five second rule-R5 Linda and Larry the poodle visits 11:15am- Basket ball-R5 2:15pm-Bulletin Board Art-R5 <b>3:30pm- Community Meeting</b> 4:30pm-Sing and Stroll-R5 6:45pm- Americas funniest home videos-R6</p> <p style="text-align: right;"><b>13</b></p>	<p>9:30am-Dance moves-R7 <b>10:15am- Catholic Mass-R7</b> <b>11:00am-Country Ride-R7</b></p> <p style="text-align: center;"><b>Under the Sea Family and Friends Picnic 5:30pm-7:30pm</b></p> <p style="text-align: right;"><b>14</b></p>	<p>9:30am- Move to Music -R7 10:15am-Penny Pitch-R7 12:00pm- Table Ball-R5 2:00pm-Walk to Ice cream parlor-2 2:45pm-Laughter and Lemonade-P5 3:30pm-Garden Time-P5 4:30pm-Penny's in -P5 6:30pm-Bingo-R5</p> <p style="text-align: right;"><b>15</b></p>	<p>10:15am- Morning news -R2 10:45am-Exercise-R2 11:15am-Shooting Gallery-R3 <b>2:15pm-Pianist Joe Brancato performs-R3</b> 3:30pm-Octaband-R3 7:00pm-Movie Night-L8</p> <p style="text-align: right;"><b>16</b></p>
<p>10:15 am-Exercise-R3 <b>11:00 am-TV Mass-3</b> 11:45am-Parachute fun-R2 <b>2:00pm-Reading Chicken soup for the soul-R2</b> 3:30pm-Junk Drawer Detective-R5 6:45pm-Peace and color-R8</p> <p style="text-align: right;"><b>17</b></p>	<p>9:30 am- Arthritis Exercise-R5 10:15am-Indoor hockey-R5 11:30am-Checkers-R5 2:15pm-Drum Circle-R5 2:45pm-Bingo-R5 3:30pm-Armchair Travels-Honolulu-R5 <b>6:45pm-Music by Sinatra and more-R7</b></p> <p style="text-align: right;"><b>18</b></p>	<p>9:30am- Sing and stretch-R3 <b>10:15am-Country Ride-O3</b> 12:00am-Greenhouse Time-R3 2:00pm-Walk to ice cream parlor 2:45pm-Baking a cake-R3 3:15pm-Pretty nails/family stories-R3 3:45pm-Water painting-R5 4:30pm-Baskets of Fun-R5 6:45pm-Online Sing a long-R5</p> <p style="text-align: right;"><b>19</b></p>	<p>9:30am-Sit and Stretch-R5 10:15am-I hear memories-R5 11:15am-Dart ball P5 <b>2:15pm-Music with Brian Beaudry-R5</b> <b>3:30pm- Rosary-R5</b> 4:30pm-Sing and Stroll-R5 6:45pm-Americas funniest home videos-R6</p> <p style="text-align: right;"><b>20</b></p>	<p>9:30am- Move to music-R7 <b>10:00am-Morning in the park-O4</b> <b>10:15am-Communion Service-R7</b> 2:15pm-Sing a long-R5 3:00pm-Balloon Swat-R5 3:30pm-A-Z game-P5 4:30pm-Fun with color-R5 6:00pm-Easel Escapades-R2</p> <p style="text-align: right;"><b>21</b></p>	<p>9:30am- Move to Music -R7 10:15am- Its a match-R7 12:00pm-Greenhouse Time-R7 2:00pm-Walk to Ice cream parlor-2 2:45pm- Hand Massage-P5 3:30pm- Spelling Bee -P5 4:30pm- Table Ball-R5 6:30pm-Bingo-R5</p> <p style="text-align: right;"><b>22</b></p>	<p>10:15am- Morning news -R2 10:45am-Zumba-R3 11:30am-One and done dice game-R3 <b>2:15pm-Kirk McWhorter from Back in the Day performs-R3</b> 3:30pm-Balloon swat-R3 7:00pm-Movie Night-L8</p> <p style="text-align: right;"><b>23</b></p>
<p>10:15 am-Exercise-R3 <b>11:00 am-TV Mass-3</b> 11:45am-Talk and Toss-R2 2:15 pm-Devotions and Hymns-R 3:30pm-Baskets of fun-R5 6:45pm-Peace and color-R8</p> <p style="text-align: right;"><b>24</b></p>	<p>9:30 am- Arthritis Exercise-R5 10:15am-Bowling-R5 11:30am-Pictionary-R5 2:15pm-Drum Circle-R5 2:45pm-Bingo-R5 3:30pm-Armchair Travels-West Palm beach 6:45pm-Bingo-R</p> <p style="text-align: right;"><b>25</b></p>	<p>9:30am- Sing and stretch-R3 10:15am-Penny Pitch-R3 11:15am-Greenhouse Time-R3 2:00pm-Walk to ice cream parlor 2:45pm-Baking bread -R3 3:15pm-Pretty nails/family stories-R3 3:45pm-Water painting-R5 4:30pm-Baskets of Fun-R5 6:45pm-Online Sing a long-R5</p> <p style="text-align: right;"><b>26</b></p>	<p>9:30am-Sit and Stretch-R5 10:15am-I hear memories-R5 Linda and Larry visit-Pet visit 11:15am- Tic Tac Toe Toss- R5 2:15pm- Say Anything-R5 <b>3:30pm-Rosary-R5</b> 4:30pm-Sing and Stroll-R5 <b>6:45pm-Cairde' band performs-R6</b></p> <p style="text-align: right;"><b>27</b></p>	<p>9:30am- Move to music-R7 <b>10:00am-Morning in the park-O4</b> <b>10:15am-Communion Service-R7</b> 2:15pm-Sing a long-R5 3:00pm- A-Z game-P5 4:30pm-Fun with color-R5 6:00pm-Easel Escapades-R2</p> <p style="text-align: right;"><b>28</b></p>	<p>9:30am- Move to Music -R7 10:15am- Its a match-R7 12:00pm- Greenhouse Time-R7 2:00pm-Walk to Ice cream parlor-2 2:45pm- Hand Massage-P5 3:30pm- Spelling Bee -P5 4:30pm- Table Ball-R5 6:30pm-Bingo-R5</p> <p style="text-align: right;"><b>29</b></p>	<p>10:15am- Morning news -R2 10:45am-Zumba-R3 11:30am-One and done dice game-R3 <b>2:15pm-Pianist Judd Sunshine performs-R3</b> 3:30pm-Corn Hole Toss-R3 7:00pm-Movie Night-L8</p> <p style="text-align: right;"><b>30</b></p>

Calendar Key Staff:1-Lee 2-Jacie 3-Linda 4-Lori 5-Recreation staff 6. Nursing staff 7.Jen 8-Volunteer- 9-independent .Room: A-Activities Room (AL side) R-Recreation Room P-Patio  
This calendar is subject to change. Questions may be brought to Lee in Recreation.