



Assisted Living Activity Calendar for September, 2019

Sunday Sep 1, 2019	Monday Sep 2, 2019	Tuesday Sep 3, 2019	Wednesday Sep 4, 2019	Thursday Sep 5, 2019	Friday Sep 6, 2019	Saturday Sep 7, 2019
		9am Walmart Van Trip 2pm Bingo w/Burr Oak Methodist Church NH	8:30am Exercises MPR 11am First Lutheran Church Service MPR 12:30pm Card Games RR 2pm Norma Hervey, "South Africa" MPR 4:30pm Rosary NH	1pm Chair Yoga w/Odette MPR 2pm Decorah Garden Club Flower Arranging MPR 4:30pm Thirsty Thursday PR	10am Exercises MPR 12:30pm Card Games RR 2pm Harold Peterson, Music MPR 4:15pm Catholic Communion RR	9am Van Trip to Winneshiek Farmer's Market 2pm Coffee Party with Congregational Church NH
Sep 8, 2019	Sep 9, 2019	Sep 10, 2019	Sep 11, 2019	Sep 12, 2019	Sep 13, 2019	Sep 14, 2019
 <p>Assisted Living Wk. (9/8-9/14) Happy Birthday, Dick! Happy Anniversary, Soltows!</p>	8:30am Exercises MPR 12:30pm Card Games RR 2pm Kate Martinson, "Braids & Braiding" MPR 6:30pm AFAL Movie Night "Wild Strawberries" RR	9:30am Walmart Van Trip 2pm Bingo AL DR and NH 3pm Harley Refsal, Woodcarving and Coffee" AL DR	8:30am Exercises MPR 11am Washington Prairie Lutheran Church Service MPR 12:30pm Card Games RR 2pm Van Trip to West Music (Formerly Kephart's) 4:30pm Rosary NH	1pm Chair Yoga w/Odette MPR 2pm Model Car Making AL DR 4:30pm Thirsty Thursday PR 6:30pm AFAL Movie Night "Bohemian Rhapsody"	10am Exercises MPR 12:30pm Card Games RR 2pm Play Reading PR 4:15pm Catholic Communion RR	
Sep 15, 2019	Sep 16, 2019	Sep 17, 2019	Sep 18, 2019	Sep 19, 2019	Sep 20, 2019	Sep 21, 2019
	8:30am Exercises MPR 12:30pm Card Games RR 2pm Tenant Meeting AL DR 3pm Book Club RR	9:30am Fareway Van Trip 2pm Bingo w/St. Ben's Catholic Church NH	8:30am Exercises MPR 11am Decorah Lutheran Church Service MPR 12:30pm Card Games RR 2pm Sept. Monthly B-Day Party AL DR and PR Happy Birthday, Bernie!	1pm Chair Yoga w/Odette MPR 3:30pm Catholic Mass MPR Happy Anniversary, Bocks!	10am Exercises MPR 12:30pm Card Games RR 2pm Curt & Linda Gjere, Music, MPR	
Sep 22, 2019	Sep 23, 2019	Sep 24, 2019	Sep 25, 2019	Sep 26, 2019	Sep 27, 2019	Sep 28, 2019
1pm-4pm OES 50 th Anniversary Celebration *1:15pm Program MPR *Music and food in the AFAL parking lot	8:30am Exercises MPR 12:30pm Card Games RR 2pm Nutrition Q & A with Dietician Diana MPR	9:30am Walmart Van Trip 2pm Larry Reis, "Fall Wildflowers" MPR 6pm Van Trip to Decorah Public Library Program "WWII: The Home Front"	8:30am Exercises MPR 11am Glenwood/Canoe Ridge Lutheran Church Service MPR 12:30pm Card Games RR 2pm Bingo AL DR and NH 4:30pm Rosary NH	1pm Chair Yoga w/Odette MPR 2pm Dan Bellrichard, "SOGO Snacks" MPR 4:30pm Thirsty Thursday PR	10am Exercises MPR 12:30pm Card Games RR 4:15pm Catholic Communion RR	
Sep 29, 2019	Sep 30, 2019	Oct 1, 2019	Oct 2, 2019	Oct 3, 2019	Oct 4, 2019	Oct 5, 2019
	8:30am Exercises MPR 12:30pm Card Games RR 2pm Ralph Campbell, Music MPR Happy Birthday, Millard!		Walmart and Fareway Trips: Walmart: First Tuesday at 9am; Remaining Tuesdays at 9:30am Fareway: Third Tuesday at 9:30am Please sign up in advance and be ready to board the bus 15+ minutes before posted time	Activity Calendar is Subject to Change! information board in the AL Dining Room for the most current info.	Abbreviation Key AL: Assisted Living DR: Dining Room MPR: Multipurpose Rm NH: Nursing Home PR: Piano Room RR: Red Room	Coffee and Snacks Served daily at 3pm in the AL Dining Rm.