




HEARTFIELDS AT RICHMOND

September Living Life

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LIFE IS A GREAT BIG CANVAS, AND YOU SHOULD THROW ALL THE PAINT ON IT YOU CAN.....</p>	<p>LEARN AS IF YOU WERE TO LIVE FOREVER...Gandhi</p>		<p>1 Out of Africa 10:30 AM- Sit and Stand/Stretch 1:00 PM- Anderson Gallery "Imaging South Africa" 2:00 PM- Afternoon Bio 3:00 PM- Bowling 6:00 PM- Word Find</p>	<p>2 "Medical Appointments" 9:00 AM- Up-Word Board Game 10:00 AM- Devotion w/ Tony 1:00 PM- One to One Activity 2:00 PM- Residents Council 3:00 PM- Bingo 6:20 PM- Movie Night</p>	<p>3 10:00 AM- Yoga For Seniors 1:00 PM Shopping-Wal-Mart 1:00 PM- One to One Activity 2:00 PM- Arts and Crafts 3:00 PM- Cocktail Hour 6:30 PM-Trivia Pursuit</p>	<p>4 9:00 AM- Wii Bowling 10:00 AM- Up-Word 2:00 PM-Trivia 3:00 PM- Word Find 6:30 PM- Movie Night Manager- Amy Wheeler</p>
<p>5 10:00 AM- Chicken Soup For the Golden Soul Story 2:00 PM- Bible Bits 3:00 PM-Ball Toss 6:30 PM- Biography Manager- Amy Wheeler</p>	<p>6 "Medical Appointments" 10:30 AM- Sit and Stretch/Stand 11:00 AM- Mind Stretchers 11:30 AM- Labor Day Cookout 1:00 PM- One to One Activity 2:00 PM- Book Talk 3:00 PM- Up-Words Game 6:30 PM- Bingo</p>	<p>7 "Medical Appointments" 9:00 AM- Up-Word Board Game 10:00 AM – Bible Study 1:00 PM- One to One Activity 2:00 PM- Yoga for Seniors 3:00 PM- Tea and Discussion 6:20 PM- Classic Movie Night</p>	<p>8 Strike out on your own 10:30 AM- Sit-Stand and Stretch 11:00 AM- Mind Stretchers 11:00 AM- Out Lunch and Bowling- AMF Bowling 2:00 PM- Afternoon Bio 3:00 PM- Bowling 6:00 PM- Word Find</p>	<p>9 "Medical Appointments" 9:00: AM- Up Word Board Game 10:00 AM- Devotion w/Tony 1:00 PM-One to One Activity 2:00 PM- Current Events 3:00 PM- Bingo 6:20 PM- Movie Night</p>	<p>10 10:00 AM- Yoga For Seniors 1:00 PM- Shopping- Target 1:00 PM- One to One Activity 2:00 PM- Arts and Crafts 3:00 PM – Singer, Johnny Grey 6:30 PM Trivia Pursuit</p>	<p>11 9:00 AM- Wii Bowling 10:00 AM- Up Word 2:00 PM- Trivia 3:00 PM- Word Find 6:30 PM- Movie Night Manager Tony Brooks</p>
<p>12 Happy Grandparents Day 10:00 AM- Chicken Soup Story 2:00 PM- Bible Bits 3:00 PM- Ball Toss 6:30 PM- Biography Manager- Tony Brooks</p>	<p>13 "Medical Appointments" 10:30 AM- Sit and Stretch/Stand 11:00 AM- Mind Stretchers 2:00 PM- Concert Piano Performance by Terry Davenport 3:00 PM-Up-Words Game 6:30 PM-Bingo</p>	<p>14 "Medical Appointments" 10:AM- Bible Study 10:00AM- Fashion Jewelry Show 2:00- Yoga For Seniors 3:00 PM- Arts for the Heart 5:00 PM- Family and Resident Dinner</p>	<p>15 Travel back to 1813 10:30 AM- Sit-Stand and Stretch 1:00 PM- Designer House Garden Tour(Rothesay House) 2:00 PM- Afternoon Bio 3:00 PM- Table Tennis 6:00 PM- Word Find</p>	<p>16 "Medical Appointments" 10:00 AM- Devotion w/ Tony 11:30 AM- Men's Luncheon 2:00 PM- Current Events 3:00 PM- Bingo 4:00 PM- Wine Tasting/Art Exhibit</p>	<p>17 Lets Dance!!! 10:00 AM-Yoga For Seniors 1:00 PM- Shopping- Wal-Mart 1:00 PM- One to One Activity 2:00 PM- Arts and Crafts 3:00 PM- All 2Dance Performance 6:30 PM- Trivia Pursuit</p>	<p>18 9:00 AM- Wii Bowling 10:00 AM- Up Word 2:00 PM-Memory Care Conference 3:00 PM- Word Find 6:30 PM-Movie Night Manager- Kim Wilson</p>
<p>19 Balance Act Week 10:00 AM- Chicken Soup Story 2:00 PM- Bible Bits 3:00 PM-Ball Toss 6:30 PM- Biography Manager- Kim Wilson</p>	<p>20 "Medical Appointments" 10:30 AM- Sit – Stretch / Stand 11:00 AM- Mind Stretchers 1:00 PM- One to One Activity 2:00 PM-Sing-A-Long w/ Betsy 3:00 PM-Up-Words Game 6:30 PM-Bingo</p>	<p>21 "Medical Appointments" 9:00 AM- Up Word Board Game 10:00 AM- Bible Study 1:00 PM- One to One Activity 2:00 PM- Yoga for Seniors 3:00 PM- Tea and Discussion 6:20 PM- Classic Movie Night</p>	<p>22 Let's Go Flying 10:30 AM- Sit-Stand and Stretch 11:00 AM- Mind Stretchers 1:00 PM-Aviation Museum 2:00 PM-Afternoon Bio 3:00 PM- Bowling 6:00 PM- Word Find</p>	<p>23 "Medical Appointments" 9:00 AM- Up Word Board Game 10:00 AM- Devotion w/ Tony 11:30 AM- Red Hat Society Luncheon 2:00 PM-Current Events 3:00 PM- Bingo 6:20 PM- Movie Night</p>	<p>24 10:00 AM- Yoga For Seniors 1:00 PM-Shopping Target 1:00 PM- One to One Activity 2:00 PM- Arts and Crafts 3:00 PM – Residents Birthday Party 6:30 PM- Trivia Pursuit</p>	<p>25 9:00 AM- Wii Bowling 10:00 AM- Up Word 2:00 PM-Trivia 3:00 PM- Word Find 6:30 PM-Movie Night Manager- Linda Bourgeois</p>
<p>26 10:00 AM- Chicken Soup Story 2:00 PM- Bible bits 3:00 PM-Ball Toss 6:30 PM- Biography Manager- Linda Bourgeois</p>	<p>27 "Medical Appointments" 10:30 AM- Sit-Stretch/Stand 11:00 AM- Mind Stretchers 1:00 PM- One to One Activity 2:00 PM – Book Talk 3:00 PM- Up-Words Game 6:30 PM- Bingo</p>	<p>28 "Medical Appointments" 9:00 AM- Up Word Game 10:00 AM- Bible Study 1:00 PM- One to One Activity 2:00 PM- Yoga for Seniors 3:00 PM- Cooking Demo 6:20 PM- Classic Movie Night</p>	<p>29 Everything Changes 10:30 AM- Sit-Stand and Stretch 11:00 AM- Mind Stretchers 1:00 PM- Short Pump Tour 2:00 PM- Afternoon Bio 3:00 PM- Bowling 6:00 PM- Word Find</p>	<p>30 "Medical Appointments" 9:00 AM- Up Word Board 10:AM- Devotion w/ Toney 1:00 PM- One to One Activity 2:00 PM- Current Events 3:00 PM- Bingo 6:20 PM- Movie night</p>	 <p>There are more mountains to Climb</p>	 <p>There is more of your life to paint</p>

PAMELA BHAGAT – ACTIVITY DIRECTOR – ACTIVITIES ARE SUBJECT TO CHANGE

September 2010

HEARTFIELDS AT RICHMOND

September Living Life

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday