

SEPTEMBER

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 COG Daily News</p> <p>10:00 SOC Rise & Shine Social</p> <p>11:00 SPR Bible Study</p> <p>11:15 COG 1 on 1 Visits</p> <p>2:00 COG Game Time!</p> <p>3:00 SOC Matinee Movie & Popcorn!</p>	<p>1</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Senior Ball Fitness</p> <p>11:15 COG 1 on 1 Visits</p> <p>1:00 SOC Sing Fit</p> <p>2:00 COG Bingo Blitz</p> <p>3:00 COG Brain Game Time!</p> <p>4:00 SOC Wind Down Time</p>	<p>2</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Resistant Band Exercises</p> <p>11:15 SOC Play time with Poppy the puppy!</p> <p>1:00 SOC 1st Shopping @ Dollar Tree</p> <p>2:00 SOC 2nd Shopping @ Dollar Tree</p> <p>3:00 COG Card Games</p> <p>4:00 PHY Getting your walking steps in!</p>	<p>3</p> <p>9:00 COG Daily News</p> <p>10:30 PHY 60's Music Chair Workout</p> <p>11:00 SPR Bible Devotional</p> <p>1:00 COG Sing Fit</p> <p>2:00 SOC Prize Bingo</p> <p>3:00 COG Brain Game Time!</p> <p>4:00 SOC Wind Down Time</p>	<p>4</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Stretching for Seniors</p> <p>11:15 SOC 1 on 1 Visits</p> <p>1:00 COG Dominoes</p> <p>2:00 COG Pumpkin Pie Cheesecake Dip</p> <p>3:00 SOC Balloon Volleyball</p> <p>4:00 PHY Getting Your walking Steps in!</p>	<p>5</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Senior Ball Fitness</p> <p>1:00 COG Sing Fit</p> <p>2:00 SOC Rummy Cards</p> <p>3:00 SOC Bunco 4 Candy Bars</p> <p>4:00 PHY Getting Your Walking Steps in!</p>	<p>6</p> <p>9:00 COG Daily News</p> <p>10:00 SOC Rise & Shine Social</p> <p>11:00 COG Puzzle Time</p> <p>1:00 COG Guess who Game Time</p> <p>3:00 SOC Snackivity</p>
<p>9:00 COG Daily News</p> <p>10:00 SOC Rise & Shine Social</p> <p>11:00 SPR Bible Study</p> <p>2:00 COG Game Time!</p> <p>3:00 SOC Matinee Movie & Popcorn!</p>	<p>8</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Senior Ball Fitness</p> <p>1:00 SOC Sing Fit</p> <p>2:00 COG Bingo Blitz</p> <p>3:00 COG Brain Game Time!</p> <p>4:00 SOC Wind Down Time</p>	<p>9</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Resistant Band Exercises</p> <p>11:15 SOC Play time with Poppy the puppy!</p> <p>1:00 SOC 1st Shopping @ Albertsons</p> <p>2:00 SOC 2nd Shopping @ Albertsons</p> <p>3:00 COG Card Games</p> <p>4:00 PHY Getting your walking steps in!</p>	<p>10</p> <p>9:00 COG Daily News</p> <p>10:30 PHY 60's Music Chair Workout</p> <p>11:00 SPR Bible Devotional</p> <p>1:00 COG Sing Fit</p> <p>2:00 SOC Prize Bingo</p> <p>3:00 COG Brain Game Time!</p> <p>4:00 SOC Wind Down Time</p>	<p>11</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Stretching for Seniors</p> <p>11:15 SOC 1 on 1 Visits</p> <p>1:00 COG Dominoes</p> <p>2:00 COG Patchwork Spool Keychains</p> <p>3:00 SOC Balloon Volleyball</p> <p>4:00 PHY Getting Your walking Steps in!</p>	<p>12</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Senior Ball Fitness</p> <p>1:00 COG Sing Fit</p> <p>2:00 SOC Rummy Cards</p> <p>3:00 SOC Bunco 4 Candy Bars</p> <p>4:00 PHY Getting Your Walking Steps in!</p>	<p>13</p> <p>9:00 COG Daily News</p> <p>10:00 SOC Rise & Shine Social</p> <p>11:00 COG Puzzle Time</p> <p>1:00 COG Guess who Game Time</p> <p>3:00 SOC Snackivity</p>
<p>9:00 COG Daily News</p> <p>10:00 SOC Rise & Shine Social</p> <p>11:00 SPR Bible Study</p> <p>2:00 COG Game Time!</p> <p>3:00 SOC Matinee Movie & Popcorn!</p>	<p>15</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Senior Ball Fitness</p> <p>1:00 SOC Sing Fit</p> <p>2:00 COG Bingo Blitz</p> <p>3:00 COG Brain Game Time!</p> <p>4:00 SOC Wind Down Time</p>	<p>16</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Resistant Band Exercises</p> <p>11:15 SOC Play time with Poppy the puppy!</p> <p>1:00 SOC 1st Shopping @ Dollar Tree</p> <p>2:00 SOC 2nd Shopping @ Dollar Tree</p> <p>3:00 COG Card Games</p> <p>4:00 PHY Getting your walking steps in!</p>	<p>17</p> <p>9:00 COG Daily News</p> <p>10:30 PHY 60's Music Chair Workout</p> <p>11:00 SPR Bible Devotional</p> <p>1:00 COG Sing Fit</p> <p>2:00 SOC Prize Bingo</p> <p>3:00 COG Brain Game Time!</p> <p>4:00 SOC Wind Down Time</p>	<p>18</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Stretching for Seniors</p> <p>11:15 SOC 1 on 1 Visits</p> <p>1:00 COG Dominoes</p> <p>2:00 COG Fall Candy Corn Popcorn</p> <p>3:00 SOC Balloon Volleyball</p> <p>4:00 PHY Getting Your walking Steps in!</p>	<p>19</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Senior Ball Fitness</p> <p>1:00 COG Sing Fit</p> <p>2:00 SOC Rummy Cards</p> <p>3:00 SOC Bunco 4 Candy Bars</p> <p>4:00 PHY Getting Your Walking Steps in!</p>	<p>20</p> <p>9:00 COG Daily News</p> <p>10:00 SOC Rise & Shine Social</p> <p>11:00 COG Puzzle Time</p> <p>1:00 COG Guess who Game Time</p> <p>3:00 SOC Snackivity</p>
<p>9:00 COG Daily News</p> <p>10:00 SOC Rise & Shine Social</p> <p>11:00 SPR Bible Study</p> <p>2:00 COG Game Time!</p> <p>3:00 SOC Matinee Movie & Popcorn!</p>	<p>22</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Senior Ball Fitness</p> <p>1:00 SOC Sing Fit</p> <p>2:00 COG Bingo Blitz</p> <p>3:00 COG Brain Game Time!</p> <p>4:00 SOC Wind Down Time</p>	<p>23</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Resistant Band Exercises</p> <p>11:15 SOC Play time with Poppy the puppy!</p> <p>1:00 SOC 1st Shopping @ St. Vincent de Paul</p> <p>2:00 SOC 2nd Shopping @ St. Vincent de Paul</p> <p>3:00 COG Resident Council Meeting</p> <p>4:00 PHY Getting your walking steps in!</p>	<p>24</p> <p>9:00 COG Daily News</p> <p>10:30 PHY 60's Music Chair Workout</p> <p>11:00 SPR Bible Devotional</p> <p>1:00 COG Sing Fit</p> <p>2:00 SOC Prize Bingo</p> <p>3:00 COG Brain Game Time!</p> <p>4:00 SOC Wind Down Time</p>	<p>25</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Stretching for Seniors</p> <p>11:15 SOC 1 on 1 Visits</p> <p>1:00 COG Dominoes</p> <p>2:00 COG Autumn Candle Holders</p> <p>3:00 SOC Balloon Volleyball</p> <p>4:00 PHY Getting Your walking Steps in!</p>	<p>26</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Senior Ball Fitness</p> <p>1:00 COG Sing Fit</p> <p>2:00 SOC Rummy Cards</p> <p>3:00 SOC Bunco 4 Candy Bars</p> <p>4:00 PHY Getting Your Walking Steps in!</p>	<p>27</p> <p>9:00 COG Daily News</p> <p>10:00 SOC Rise & Shine Social</p> <p>11:00 COG Puzzle Time</p> <p>1:00 COG Guess who Game Time</p> <p>3:00 SOC Snackivity</p>
<p>9:00 COG Daily News</p> <p>10:00 SOC Rise & Shine Social</p> <p>11:00 SPR Bible Study</p> <p>2:00 COG Game Time!</p> <p>3:00 SOC Matinee Movie & Popcorn!</p>	<p>29</p> <p>9:00 COG Daily News</p> <p>10:30 PHY Senior Ball Fitness</p> <p>1:00 SOC Sing Fit</p> <p>2:00 COG Bingo Blitz</p> <p>3:00 COG Brain Game Time!</p> <p>4:00 SOC Wind Down Time</p>	<p>30</p>				

