

# September

2021

## Activity Calendar

8:00-10:30



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pictionary 4 Pictures 1 Word Breakfast Balance and posture Exercises Name That Tune!	2 Dice Breaker Cognitive Workbooks Breakfast Mini Golf YouTube Laughs	3 Penny Ante Familiar phrases Breakfast Chair yoga Pet Therapy @ 10
6 <b>Labor Day Center Closed</b>	7 Boggle Fact or Fiction Breakfast Tai Chi Current events	8 Jar of Questions Tangrams/Puzzles Breakfast Stronger Seniors Stretch Emotional Sorting	9 Dice Breaker Cognitive Workbooks Breakfast Mini Golf Sensory activities	10 Penny Ante Familiar phrases Breakfast Chair yoga Pet Therapy @ 10
13 Blurt Thinking Cards Breakfast Morning Walk YouTube Laughs	14 Yardzee Smart board Crossword Breakfast Cornhole Current events	15 Pictionary Brain Games Breakfast Tai Chi Reminiscing Pictures	16 Dice Breaker Cognitive Workbooks Breakfast Mini Golf YouTube Laughs	17 Blurt Smart board Wordsearch Breakfast Morning Walk Pet Therapy @ 10
20 Card Games Name 5 Breakfast Horseshoes If I was a pirate	21 Dice Breaker 4 Pictures 1 Word Breakfast "Basket" Ball Current events	22 Would you rather Fact or Fiction Breakfast Hot-Potato Exercises Popsicle Stick Scarecrow Magnet	23 TimeSlips Cognitive Workbooks Breakfast Tai Chi Current events	24 Dice Breaker Smart board Jeopardy Breakfast Mini Golf Pet Therapy @ 10
27 Fact or Fiction Name 5 Breakfast Lawn Darts Name That Tune!	28 Yardzee Tangrams/puzzles Breakfast Tai Chi Current events	29 Fact or Fiction This day in history Breakfast Lawn Darts Q-tip Fall Tree	30 Yardzee Brain Games Breakfast Tai Chi Current events	

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## Activity Calendar

11:00-1:30



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Boggle Craft Stick Scarecrows Dumb bell exercises Lunch JuanCarlos @ 1:00	2 Q-tip Indian Corn Bingo W/ Nancy Bingo W/ Nancy Lunch Stretching bands	3 Thinking Cards Dance W/ Joni @ 11 Dance W/ Joni @ 11 Lunch TimeSlips
6 <b>Labor Day Center Closed</b>	7 Collaborative Tree Artwork Yardzee Reminiscing Pictures Lunch Dumb bell exercises	8 Popsicle Apple Core Music Therapy W/ Beth Music Therapy W/ Beth Lunch JuanCarlos @ 1:00	9 Name 5 Bingo W/ Nancy Bingo W/ Nancy Lunch Stretching bands	10 Name That Tune! Dance W/ Joni @ 11 Dance W/ Joni @ 11 Lunch Red, White and Blue Popcorn
13 JuanCarlos @10:30 JuanCarlos @10:30 Conversation Jenga Lunch Heart & Soul @ 1:00	14 DIY Terracotta Scarecrow JD Patriotic Music @ 11:00 JD Patriotic Music @ 11:00 Lunch Dumb bell exercises	15 Jar of Questions Rustic Wood Pumpkins Hot-Potato Exercises Lunch JuanCarlos @ 1:00	16 Fall Windsock Bingo W/ Nancy Bingo W/ Nancy Lunch Indoor Bowling	17 Conversation Jenga Dance W/ Joni @ 11 Dance W/ Joni @ 11 Lunch Mason Jar fall Luminary
20 JuanCarlos @10:30 JuanCarlos @10:30 Reminiscing Pictures Lunch Heart & Soul @ 1:00	21 Maple Tree Leaf Globe Emotional Sorting Disappearing Egg Activity Lunch Dumb bell exercises	22 TimeSlips Music Therapy W/ Beth Music Therapy W/ Beth Lunch JuanCarlos @ 1:00	23 All about me Bingo W/ Nancy Bingo W/ Nancy Lunch Stretching bands	24 Color and Dice Questions Dance W/ Joni @ 11 Dance W/ Joni @ 11 Lunch Tissue Paper Fall Tree
27 JuanCarlos @10:30 JuanCarlos @10:30 Smart board Wordsearch Lunch Heart & Soul @ 1:00	28 Stronger Seniors Stretch Emotional Sorting Stained Glass Pumpkin Suncatcher Lunch Balance and posture Exercises	29 ABC's about me No Bake caramel Pretzel Crack Bars Smart board Jeopardy Lunch JuanCarlos @ 1:00	30 September Trivia Bingo W/ Nancy Bingo W/ Nancy Lunch Dumb bell exercises	

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## Activity Calendar

2:00-4:30



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> JuanCarlos @ 1:00 Apple Pie in a cup Snack Cornhole Fact or Fiction	<b>2</b> States and Capitols Emotional Sorting Snack Horseshoes Card Games	<b>3</b> Rainbow Rainy Day Art Intergenerational @ 2:00 Snack Bean Bag Target Toss Sensory activities
<b>6</b>  <b>Labor Day Center Closed</b>	<b>7</b> TimeSlips Thinking Cards Snack Hot-Potato Exercises An umbrella of emotions	<b>8</b> JuanCarlos @ 1:00 Blurt Snack Trivia ABC's about me	<b>9</b> Make a scarecrow Reminiscing Pictures Snack Exercise Dice Chicken Soup for the Soul	<b>10</b> Wii Sports Intergenerational @ 2:00 Snack Tai Chi Thinking Cards
<b>13</b> Heart & Soul @ 1:00 States and Capitols Snack Exercise by Body part Card Games	<b>14</b> Music W/ Maggie @ 1:30 Music W/ Maggie @ 1:30 Snack An umbrella of emotions Tangrams/puzzles	<b>15</b> JuanCarlos @ 1:00 September Birthday Celebration Snack Ladder golf Familiar phrases	<b>16</b> Act3 Music@ 1:45 Act3 Music@ 1:45 Snack Thinking Cards Chicken Soup for the Soul	<b>17</b> Cornhole Intergenerational @ 2:00 Snack Sensory Dominoes An umbrella of emotions
<b>20</b> Heart & Soul @ 1:00 TimeSlips Snack Balance and posture Exercises Brain Games	<b>21</b> Penny Ante Pumpkin Oatmeal Cookies Snack Lawn Darts Tangrams/puzzles	<b>22</b> JuanCarlos @ 1:00 An umbrella of emotions Snack Horseshoes Pictionary	<b>23</b> Conversation Jenga Sensory activities Snack Guided imagery Jar of Questions	<b>24</b> Frisbee basket toss Intergenerational @ 2:00 Snack Thinking Cards Chicken Soup for the Soul
<b>27</b> Heart & Soul @ 1:00 Ladder golf Snack An umbrella of emotions 4 Pictures 1 Word	<b>28</b> Music W/ Maggie @ 1:30 Music W/ Maggie @ 1:30 Snack Sensory Dominoes States and Capitols	<b>29</b> JuanCarlos @ 1:00 Ladder golf Snack Chicken Soup for the Soul Smart board Jeopardy	<b>30</b> Autumn Leaves Reminiscing Pictures Snack Indoor Bowling Youtube Laughs	

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## Outings and Special events



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Scenic Drive: The Great Salt Lake	3
6 Labor Day Center Closed	7	8	9 Little Dell Reservoir	10
13	14	15	16 Salt Lake City Library	17 Jeanné Wagner Theater
20	21	22	23 Morning in the Canyon	24
27	28	29	30 Planetarium	