

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="color: red; font-family: cursive;">September 2021</h1> <p>Key: Craft Room = (CR) Dining Room = (DR) Fitness Classes W/ Anasha = Fit Camp = (FC) Game Room = (GR) Ground Floor = (GF) Library South = (LS) Lounge = (L) Resident Led = Sign Up Required = Theatre = (T) Bistro = (B)</p>						
<p>5</p> <p>Fit Camp Open 10:30am Church Services with Communion /Reverend Dr. Hylton M. Turner (T) 1:10pm Royals vs White Sox (T) 3:00pm Alive Fit & Free Exercise Video (Channel 1851) 4:00pm Card Games (L)</p> <p style="text-align: right;">Labor Day Rosh Hashanah Begins</p>	<p>6</p> <p>HAPPY LABOR DAY OFFICE CLOSED</p> <p>9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Trivia Tuesday (CR) 10:45am JULIET Lunch @ YaYas Euro Bistro Sign Up 11:00am Bodyweight Balance & Core W/Anasha (GF) 1:00pm UNO (GR) 1:00pm Rosary (T) 1:30pm Senior Strong W/Anasha (GF) 2:00pm Balance Event W/Anasha (FC) 2:15pm Chair Volleyball (GF) 3:00pm Show & Tell/ Share Your Favorite Photos & Memories of Your School Days for Welstone Yearbook (L) 6:30pm Bridge (GR) 6:30pm Mexican Train Dominoes (L) 8:00pm America After 911 Documentary (T)</p>	<p>7</p> <p>9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Trivia Tuesday (CR) 10:45am JULIET Lunch @ YaYas Euro Bistro Sign Up 11:00am Bodyweight Balance & Core W/Anasha (GF) 1:00pm UNO (GR) 1:00pm Rosary (T) 1:30pm Senior Strong W/Anasha (GF) 2:00pm Balance Event W/Anasha (FC) 2:15pm Chair Volleyball (GF) 3:00pm Show & Tell/ Share Your Favorite Photos & Memories of Your School Days for Welstone Yearbook (L) 6:30pm Bridge (GR) 6:30pm Mexican Train Dominoes (L) 8:00pm America After 911 Documentary (T)</p>	<p>8</p> <p>9:30am HUR Fitness W/Anasha (WC) 9:30am Hallway Exercise 1st FL South 9:30am Walkin' & Rollin' meet in lobby 9:30am Tell Me Something Good (GR) 10:00am Hallway Exercise 2nd FL North 10:00am Brain Games (GR) 11:00am Chair Cardio kickboxing W/Anasha (GF) 1:00pm Rosary (T) 1:30pm Chair Yoga (GF) 3:00pm BINGO (GR) 4:15pm Resident Led Happy Hour BYOB (L) 6:00pm Disney Plus Movie/ Residents Choice (T) 6:30pm Game Night (GR)</p>	<p>9</p> <p>9:30am Hallway Exercise 1st FL South 9:30am Craft Time /Donate & Drop Off School Supplies for Fairview Elementary School (CR) 10:00am Hallway Exercise 2nd FL North 11:00am HUR Fitness W/Anasha (FC) 12:30pm BINGO (GR) 1:00pm Rosary (T) 1:30am Bodyweight Balance & Core W/Anasha (GF) 2:00pm Netflix Movie Railway Man (T) 2:15pm Chair Volleyball (GF) 2:30pm Welstone Men's Pub Club Sign Up (B) 3:30pm Scrabble (GR) 6:30pm Bible Study (L) 6:30pm Joker (GR) 7:00pm Movie Night Resident Choice (T)</p>	<p>10</p> <p>Find Me Friday Activity/ Find Picture of School Books 9:30am HUR Fitness W/Anasha (FC) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Color Me Calm (CR) 10:00am Right at Home Blood Pressure Clinic (L) 10:15am Nelson-Atkins Art Museum/ Mini Golf Experience Sign Up 11:00am Chair Yoga (GF) 1:00pm Rosary (T) 1:30pm Mindful Movement W/Anasha (GF) 2:00pm Tips & Tricks/ How to Use Your Smartphone (T) 3:00pm Wine Time/ Mix & Mingle (L) 6:30pm Game Night (L)</p>	<p>11</p> <p>Fit Camp Open 1:00pm Mexican Train Dominoes (L) 2:00pm Pictionary Game (GR) 3:00pm Alive Fit & Free Exercise Video (Channel 1851) 5:30pm Shanghai Game (GR) 6:10pm Royals vs White Sox (T)</p>
<p>12</p> <p>Fit Camp Open 10:30am Church Services with Reverend Dr. Hylton M. Turner (T) 1:10pm Royals vs Twins (T) 3:00pm Alive Fit & Free Exercise Video (Channel 1851) 4:00pm Card Games (L)</p> <p style="text-align: right;">Grandparents Day</p>	<p>13</p> <p>9:30am Energizing Yoga W/Anasha (GF) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Coffee/Cocoa & Current Events (CR) 11:00am Rock 'n Band W/Anasha (GF) 11:00am Shopping at Walmart Sign Up 11:00am Making Blankets with Friends (CR) 1:00pm Rosary (T) 1:00pm Deer Pong Talking Deer Game (L) 1:30pm Pilates Fusion W/Anasha (GF) 3:00pm BINGO (L) 3:00pm Hallmark Channel Resident Choice(T) 6:30pm Game Night (L)</p>	<p>14</p> <p>9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Trivia Tuesday w/ Prizes/ Are you Smarter Than A Fifth Grader (CR) 11:00am Making Blankets with Friends (CR) 11:00am Bodyweight Balance & Core W/Anasha (GF) 1:00pm UNO (GR) 1:00pm Resident Led Book Club (2nf Fl LS) 1:00pm Rosary (T) 1:30pm Senior Strong W/Anasha (GF) 2:15pm Chair Volleyball (GF) 2:30 Ladies Tea Sign Up (L) 3:30pm Jenga Game (GR) 6:30pm Bridge (GR) 6:30pm Mexican Train Dominoes (L)</p>	<p>15</p> <p>Wacky Wednesday/ Show Your School Spirit by Wearing Something from Your Alma Mater 9:30am Mystery Trip Sign Up 9:30am Tell Me Something Good (GR) 9:30am HUR Fitness W/Anasha (WC) 9:30am Hallway Exercise 1st FL South 9:30am Walkin' & Rollin' meet in lobby 10:00am Hallway Exercise 2nd FL North 10:00am Brain Games (GR) 11:00am Chair Cardio kickboxing W/Anasha (GF) 1:00pm Hangman (GR) 1:00pm Rosary (T) 1:30pm Chair Yoga (GF) 3:00pm BINGO Sponsored by Casey's Auto Repair (L) 4:15pm Resident Led Happy Hour BYOB (L) 6:00pm Disney Plus Movie/ Residents Choice (T) 6:30pm Game Night (GR)</p> <p style="text-align: right;">Yom Kippur Begins</p>	<p>16</p> <p>9:30am Hallway Exercise 1st FL South 9:30-11:30am Craft Time (CR) 10:00am Knott's Club (CR) 10:00am Hallway Exercise 2nd FL North 11:00am HUR Fitness W/Anasha (FC) 12:30pm BINGO (L) 1:00pm Rosary (T) 1:30am Bodyweight Balance & Core W/Anasha (GF) 2:00pm New Resident Dining Meeting (B) 2:00pm Netflix Movie Railway Man (T) 2:15pm Chair Volleyball (GF) 3:00pm Scrabble (GR) 3:30pm Humana Medicare 101 Presentation -Family Members Welcome Sign Up (L) 6:30pm Bible Study (L) 6:30pm Joker (GR) 7:00pm Movie Night Resident Choice (T)</p>	<p>17</p> <p>9:30am HUR Fitness W/Anasha (FC) 10:30am Lunch @ Mi Ranchito Sign Up 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Color Me Calm (CR) 11:00am Sudoku (GR) 11:00am Chair Yoga (GF) 1:00pm Rosary (T) 1:30pm Mindful Movement W/Anasha (GF) 3:00pm Wine Time /Mix & Mingle Sponsored by Lakeview Village (L) 6:30pm Game Night (L)</p> <p style="text-align: right;">Oktoberfest Begins</p>	<p>18</p> <p>Fit Camp Open 1:00pm Mexican Train Dominoes (L) 2:00pm Pictionary Game (GR) 3:00pm Alive Fit & Free Exercise Video (Channel 1851) 5:30pm Shanghai Game (GR) 6:10pm Royals vs Mariners (T)</p>
<p>19</p> <p>Fit Camp Open 10:30am Church Services with Reverend Dr. Hylton M. Turner (T) 1:10pm Royals vs Mariners (T) 3:00pm Alive Fit & Free Exercise Video (Channel 1851) 4:00pm Card Games (L)</p>	<p>20</p> <p>Falls Presentation Awareness Week 9:30am Energizing Yoga W/Anasha (GF) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Coffee/Cocoa & Current Events (CR) 11:00am Rock 'n Band W/Anasha (GF) 11:00am Shopping at Trader Joe's Sign Up 1:00pm Rosary (T) 1:00pm Resident Activity Meeting (L) 2:00pm Deer Pong Talking Deer Game (L) 1:30pm Pilates Fusion W/Anasha (GF) 3:00pm BINGO (L) 3:00pm Hallmark Channel Resident Choice (T) 6:30pm Game Night (L) Sukkot Begins</p>	<p>21</p> <p>9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Trivia Tuesday (CR) 11:00am Bodyweight Balance & Core W/Anasha (GF) 11:00am Shopping at HyVee Sign Up 11:00am Making Blankets with Friends (CR) 1:00pm UNO (GR) 1:00pm Rosary (T) 1:30pm Senior Strong W/Anasha (GF) 2:00pm Town Hall Meeting (DR) 2:15pm Chair Volleyball (GF) 3:30pm Jenga Game (GR) 6:30pm Bridge (GR) 6:30pm Mexican Train Dominoes (L)</p>	<p>22</p> <p>9:30am HUR Fitness W/Anasha (WC) 9:30am Hallway Exercise 1st FL South 9:30am Walkin' & Rollin' meet in lobby 9:30am Tell Me Something Good (GR) 10:00am Hallway Exercise 2nd FL North 10:00am Brain Games (GR) 11:00am Chair Cardio kickboxing W/Anasha (GF) 1:00pm Travelogue Fred Hartman presents "Yellowstone & Grand Teton National Parks" Sign Up (L) 1:00pm Hangman (GR) 1:00pm Rosary (T) 1:30pm Chair Yoga (GF) 3:00pm BINGO (L) 4:15pm Resident Led Happy Hour BYOB (L) 6:00pm Disney Plus Movie/ Residents Choice (T) 6:30pm Game Night (GR)</p> <p style="text-align: right;">Autumn Begins</p>	<p>23</p> <p>9:30am Hallway Exercise 1st FL South 9:30-11:30am Craft Time (CR) 10:00am Knott's Club (CR) 10:00am Hallway Exercise 2nd FL North 10:30am Browne's Irish Marketplace Bus Trip Sign Up 11:00am HUR Fitness W/Anasha (FC) 12:30pm BINGO (L) 1:00pm Rosary (T) 1:30am Bodyweight Balance & Core W/Anasha (GF) 2:00pm Netflix Movie Poms (T) 2:15pm Chair Volleyball (GF) 3:00pm Scrabble (GR) 3:30pm Falls Presentation Workshop (L) 6:30pm Bible Study (L) 6:30pm Joker (GR) 7:00pm Movie Night Resident Choice (T)</p>	<p>24</p> <p>Name Tag Day Activity 9:30am HUR Fitness W/Anasha (FC) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Right at Home Blood Pressure Clinic (L) 10:00am Color Me Calm (CR) 10:30am Lunch @ Jumpin Catfish Sign Up 11:00am Sudoku (GR) 11:00am Chair Yoga (GF) 1:00pm Rosary (T) 1:00pm Corn Hole (GF) 1:30pm Mindful Movement W/Anasha (GF) 3:00pm Wine Time /Mix & Mingle/ Welstone Pep Rally Sponsored by Lakeview Village (L) 6:30pm Game Night (L)</p>	<p>25</p> <p>Fit Camp Open 1:00pm Mexican Train Dominoes (L) 2:00pm Pictionary Game (GR) 3:00pm Alive Fit & Free Exercise Video (Channel 1851) 5:10pm Royals vs Tigers (T) 5:30pm Shanghai Game (GR)</p>
<p>26</p> <p>Fit Camp Open 10:30am Church Services with Reverend Dr. Hylton M. Turner (T) 12:10pm Royals vs Tigers (T) 3:00pm Alive Fit & Free Exercise Video (Channel 1851) 4:00pm Card Games (L)</p>	<p>27</p> <p>9:30am Energizing Yoga W/Anasha (GF) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Coffee/Cocoa & Current Events (CR) 11:00am Rock 'n Band W/Anasha (GF) 11:00am Shopping at Walmart Sign Up 11:00am Making Blankets with Friends (CR) 1:00pm Rosary (T) 1:00pm Deer Pong Talking Deer Game (L) 1:30pm Pilates Fusion W/Anasha (GF) 3:00pm BINGO (L) 3:00pm Hallmark Channel Resident Choice (T) 6:30pm Game Night (L)</p>	<p>28</p> <p>9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Trivia Tuesday (CR) 10:00am-3:30pm Elemental Massage & Wellness Chair Massage Sign Up (TBD) 10:30am Lunch @ Grand Street Café Sign Up 11:00am Bodyweight Balance & Core W/Anasha (GF) 1:00pm UNO (GR) 1:00pm Rosary (T) 1:30pm Senior Strong W/Anasha (GF) 2:00pm Welstone Home Economics Class/ Demonstration w/ Regina Sign UP (L) 2:15pm Chair Volleyball (GF) 3:30pm Jenga Game (GR) 6:30pm Bridge (GR) 6:30pm Mexican Train Dominoes (L) Simchat Torah Begins</p>	<p>29</p> <p>9:00am Bus Trip to Cockrell Mercantile Sign Up 9:30am HUR Fitness W/Anasha (WC) 9:30am Hallway Exercise 1st FL South 9:30am Walkin' & Rollin' meet in lobby 9:30am Tell Me Something Good (GR) 10:00am Hallway Exercise 2nd FL North 10:00am Brain Games (GR) 11:00am Chair Cardio kickboxing W/Anasha (GF) 1:00pm Hangman (GR) 1:00pm Rosary (T) 1:30pm Chair Yoga (GF) 3:00pm BINGO Sponsored by Casey's Auto Repair (L) 4:15pm Resident Led Happy Hour BYOB (L) 6:00pm Disney Plus Movie/ Residents Choice (T) 6:30pm Game Night (GR)</p>	<p>30</p> <p>9:30am Hallway Exercise 1st FL South 9:30-11:30am Craft Time (CR) 10:00am Knott's Club (CR) 10:00am Hallway Exercise 2nd FL North 11:00am HUR Fitness W/Anasha (FC) 12:30pm BINGO (L) 1:00pm Rosary (T) 1:30am Bodyweight Balance & Core W/Anasha (GF) 2:00pm Netflix Movie Railway Man (T) 2:15pm Chair Volleyball (GF) 3:00pm Scrabble (GR) 6:30pm Bible Study (L) 6:30pm Joker (GR) 7:00pm Movie Night Resident Choice (T)</p>	<p>September Birthdays (Employees*)</p> <p>Ethel Belske 10th * Grace Poterbin 12th Betty Alonge 13th Helen Hagel 13th Phyllis Daley 13th Maria Romero 20th Gladys Olson 23rd Mary Jo Lane 23rd Candy Weber 26th Ralph Dirksen 29th</p>	

The Community reserves the right to modify the contents of this activity calendar at any time without notice.