

# STELLAR CARE - Activities Calendar

## September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Happy Birthday to YOU!</b>  		<p style="text-align: right;">1</p> 9:30am Daily Chronicle 10:00am Morning Stretch 11:00am Word Games 11:30am Hydration Break 12:00pm Sing Along 1:00pm History of the Titanic 2:00pm Memories in the Making 2:30pm Refreshment Hour 3:00pm Quick Stretch 4:00pm Jeopardy 5:00pm Relaxation	<p style="text-align: right;">2</p> 9:30am Daily Chronicle 10:00am Music w/ Laura 11:00am Gentle Stretch 11:30am Hydration Break 12:00pm More Music w/ Laura Famous Inventions 2:00pm Crafty Corner 2:30pm Refreshment Break 3:00pm V-J Day Discussion 4:00pm Comedy Hour 5:00pm Celtic Thunder	<p style="text-align: right;">3</p> 9:30am Daily Chronicle 10:00am Chair Dancing 11:00am Who, What, When 11:30am Hydration Break 12:00pm Frank Sinatra Sing Along 1:00pm Zen Doodling 2:00pm Garden Club 2:30pm Refreshment Break 3:00pm Quick Stretch 4:00pm BINGO 5:00pm Documentary: Secret Life 	<p style="text-align: right;">4</p> 9:30am Daily Chronicle 10:00am Music w/ Laura 11:00am Mid Morning Stretch 11:30am Hydration Break 12:00pm More Music w/ Laura 1:00pm Balloon Game 2:00pm Short Story: Inspiration 2:30pm Refreshment Hour 3:00pm Afternoon Stretch 4:00pm Faces and Places 5:00pm Travel Hour	<p style="text-align: right;">5</p> 9:30am Daily Chronicle 10:00am Morning Workout 11:00am Finish The Song Lyric 11:30am Hydration Break 12:00pm Fun Facts 1:00pm Travel Hour 2:00pm Sing Along 2:30pm Refreshment Break 3:00pm Famous People 4:00pm Activity Leader's Choice 5:00pm Classic TV
<p style="text-align: right;">6</p> 9:30am Daily Chronicle 10:00am Gentle Stretch 11:00am Celebrity Birthdays 11:30am Hydration Break 12:00pm Chicken Soup for the Soul 1:00pm Music Hour 2:00pm Movie & Manicures 2:30pm Refreshment Break 3:00pm Alphabet Game 4:00pm BINGO 5:00pm Activity Leader's Choice	<p style="text-align: right;">7</p> 9:30am Daily Chronicle 10:00am Music w/ Laura 11:00am Gentle Stretch 11:30am Hydration Break 12:00pm More Music w/ Laura 1:00pm Story Hour 2:00pm Labor Day Fun Facts 2:30pm Refreshment Hour 3:00pm Road Trip: Nevada 4:00pm Faces & Places 5:00pm Poetry	<p style="text-align: right;">8</p>  9:30am Daily Chronicle 10:00am Morning Stretch 11:00am Word Games 11:30am Hydration Break 12:00pm Sing Along 1:00pm September IQ 2:00pm Memories in the Making 2:30pm Refreshment Hour 3:00pm Quick Stretch 4:00pm Jeopardy 5:00pm Relaxation	<p style="text-align: right;">9</p> 9:30am Daily Chronicle 10:00am Music w/ Laura 11:00am Gentle Stretch 11:30am Hydration Break 12:00pm More Music w/ Laura 1:00pm Famous Inventions 2:00pm Crafty Corner 2:30pm Refreshment Break 3:00pm Afternoon Stretch 4:00pm Comedy Hour 5:00pm Celtic Thunder	<p style="text-align: right;">10</p> 9:30am Daily Chronicle 10:00am Chair Dancing 11:00am Who, What, When 11:30am Hydration Break 12:00pm Doris Day Sing Along 1:00pm Zen Doodling 2:00pm Garden Club 2:30pm Refreshment Break 3:00pm Quick Stretch 4:00pm BINGO 5:00pm Docum: Greatest Animals	<p style="text-align: right;">11</p>  9:30am Daily Chronicle 10:00am Music w/ Laura 11:00am Mid Morning Stretch 11:30am Hydration Break 12:00pm More Music w/ Laura 1:00pm Balloon Game 2:00pm ShortStory: Harvest Treasures 2:30pm Refreshment Hour 3:00pm Afternoon Stretch 4:00pm Faces and Places 5:00pm Travel Hour	<p style="text-align: right;">12</p> 9:30am Daily Chronicle 10:00am Morning Workout 11:00am Finish The Proverb 11:30am Hydration Break 12:00pm Fun Facts 1:00pm Travel Hour 2:00pm Sing Along 2:30pm Refreshment Break 3:00pm Famous People 4:00pm Activity Leader's Choice 5:00pm Classic TV
<b>Grandparents Day</b>  	<p style="text-align: right;">13</p> 9:30am Daily Chronicle 10:00am Music w/ Laura 11:00am Gentle Stretch 11:00am Celebrity Birthdays 11:30am Famous Grandparents 12:00pm Chicken Soup for the Soul 1:00pm Music Hour 2:00pm Movie & Manicures 2:30pm Grandparent's Social 3:00pm Alphabet Game 4:00pm BINGO 5:00pm Activity Leader's Choice	<p style="text-align: right;">14</p>  9:30am Daily Chronicle 10:00am Music w/ Laura 11:00am Gentle Stretch 11:30am Hydration Break 12:00pm More Music w/ Laura 1:00pm Story Hour 2:00pm Crossword Puzzle 2:30pm Refreshment Hour 3:00pm Road Trip: Alaska 4:00pm Faces & Places 5:00pm Poetry	<p style="text-align: right;">15</p> 9:30am Daily Chronicle 10:00am Morning Stretch 11:00am Word Games 11:30am Hydration Break 12:00pm Sing Along 1:00pm It Happened In September 2:00pm Memories in the Making 2:30pm Refreshment Hour 3:00pm Quick Stretch 4:00pm Jeopardy 5:00pm Relaxation	<p style="text-align: right;">16</p>  9:30am Daily Chronicle 10:00am Music w/ Laura 11:00am Gentle Stretch 11:30am Hydration Break 12:00pm More Music w/ Laura 1:00pm Famous Inventions 2:00pm Crafty Corner 2:30pm Refreshment Break 3:00pm Afternoon Stretch 4:00pm Comedy Hour 5:00pm Celtic Thunder	<p style="text-align: right;">17</p> 9:30am Daily Chronicle 10:00am Chair Dancing 11:00am Who, What, When 11:30am Hydration Break 12:00pm Spiritual Sing Along 1:00pm Zen Doodling 2:00pm Garden Club 2:30pm Refreshment Break 3:00pm Quick Stretch 4:00pm BINGO 5:00pm Documentary: Da Vinci	<b>Rosh Hashanah</b>  
<p style="text-align: right;">18</p> 9:30am Daily Chronicle 10:00am Music w/ Laura 11:00am Mid Morning Stretch 11:30am Hydration Break 12:00pm More Music w/ Laura 1:00pm Balloon Game 2:00pm 10 Things: Rosh Hashanah 2:30pm Refreshment Hour 3:00pm Afternoon Stretch 4:00pm Faces and Places 5:00pm Travel Hour	<p style="text-align: right;">19</p> 9:30am Daily Chronicle 10:00am Morning Workout 11:00am Finish That Show Title 11:30am Hydration Break 12:00pm Fun Facts 1:00pm Travel Hour 2:00pm Sing Along 2:30pm Refreshment Break 3:00pm Famous People 4:00pm Activity Leader's Choice 5:00pm Classic TV					
<p style="text-align: right;">20</p> 9:30am Daily Chronicle 10:00am Gentle Stretch 11:00am Celebrity Birthdays 11:30am Hydration Break 12:00pm Chicken Soup for the Soul 1:00pm Music Hour 2:00pm Movie & Manicures 2:30pm Refreshment Break 3:00pm Alphabet Game 4:00pm BINGO 5:00pm Activity Leader's Choice	<p style="text-align: right;">21</p> 9:30am Daily Chronicle 10:00am Music w/ Laura 11:00am Gentle Stretch 11:30am Hydration Break 12:00pm More Music w/ Laura 1:00pm Story Hour 2:00pm Crossword Puzzle 2:30pm Refreshment Hour 3:00pm Road Trip: Kansas 4:00pm Faces & Places 5:00pm Poetry	<b>First Day of Autumn</b>  	<p style="text-align: right;">22</p> 9:30am Daily Chronicle 10:00am Morning Stretch 11:00am Word Games 11:30am Hydration Break 12:00pm Sing Along 1:00pm Autumn Trivia 2:00pm Memories in the Making 2:30pm Refreshment Hour 3:00pm Quick Stretch 4:00pm Jeopardy 5:00pm Relaxation	<p style="text-align: right;">23</p> 9:30am Daily Chronicle 10:00am Music w/ Laura 11:00am Gentle Stretch 11:30am Hydration Break 12:00pm More Music w/ Laura 1:00pm Famous Inventions 2:00pm Crafty Corner 2:30pm Refreshment Break 3:00pm Afternoon Stretch 4:00pm Comedy Hour 5:00pm Celtic Thunder	<p style="text-align: right;">24</p>  9:30am Daily Chronicle 10:00am Chair Dancing 11:00am Who, What, When 11:30am Hydration Break 12:00pm Sing Along 1:00pm Zen Doodling 2:00pm Garden Club 2:30pm Refreshment Break 3:00pm Quick Stretch 4:00pm BINGO 5:00pm Documentary: Elephants	<b>Comic Book Day</b>  
<p style="text-align: right;">25</p> 9:30am Daily Chronicle 10:00am Music w/ Laura 11:00am Name That Character 11:30am Hydration Break 12:00pm More Music w/ Laura 1:00pm Balloon Game 2:00pm Short Story: Comics 2:30pm Refreshment Hour 3:00pm Afternoon Stretch 4:00pm Faces and Places 5:00pm Travel Hour	<p style="text-align: right;">26</p> 9:30am Daily Chronicle 10:00am Morning Workout 11:00am Finish The Movie Title 11:30am Hydration Break 12:00pm Fun Facts 1:00pm Travel Hour 2:00pm Sing Along 2:30pm Refreshment Break 3:00pm Famous People 4:00pm Activity Leader's Choice 5:00pm Classic TV					
<b>Yom Kippur</b>  	<p style="text-align: right;">27</p> 9:30am Daily Chronicle 10:00am Gentle Stretch 11:00am Celebrity Birthdays 11:30am 10 Things: Yom Kippur 12:00pm Chicken Soup for the Soul 1:00pm Music Hour 2:00pm Movie & Manicures 2:30pm Refreshment Break 3:00pm Alphabet Game 4:00pm BINGO 5:00pm Activity Leader's Choice	<p style="text-align: right;">28</p> 9:30am Daily Chronicle 10:00am Music w/ Laura 11:00am Gentle Stretch 11:30am Hydration Break 12:00pm More Music w/ Laura 1:00pm Story Hour 2:00pm Crossword Puzzle 2:30pm Refreshment Hour 3:00pm Road Trip: Wisconsin 4:00pm Faces & Places 5:00pm Poetry	<p style="text-align: right;">29</p> 9:30am Daily Chronicle 10:00am Morning Stretch 11:00am Word Games 11:30am Hydration Break 12:00pm Sing Along 1:00pm Random Trivia 2:00pm Memories in the Making 2:30pm Refreshment Hour 3:00pm Quick Stretch 4:00pm Jeopardy 5:00pm Relaxation	<p style="text-align: right;">30</p> 9:30am Daily Chronicle 10:00am Music w/ Laura 11:00am Gentle Stretch 11:30am Hydration Break 12:00pm More Music w/ Laura 1:00pm Famous Inventions 2:00pm Crafty Corner 2:30pm Refreshment Break 3:00pm Afternoon Stretch 4:00pm Comedy Hour 5:00pm Celtic Thunder	<b>Our Beauty Salon is now open on Friday, 9am-3pm</b>  	<p style="text-align: center;"><u>Locations for Activities</u></p> DR Dining Room - 1st Floor 2D 2nd Floor Dining Room 3D 3rd Floor Dining Room 3L 3rd Floor Lounge 4L 4th Floor Living Room
						