

























SEPTEMBER
Wed

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>01</p> <p>8:00 Catholic Rosary & Mass 10:45 Ecumenical Service 3:00 Bottomless Cup</p> 	<p>02</p> <p align="center">HAPPY Labor Day <small>COME TO ME... I WILL GIVE YOU REST. MATTHEW 11:28</small></p> <p>12:00 Picnic style lunch 2:00 Movie & Popcorn</p>	<p>03</p> <p>8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Shopping 2:00 Campus Walks/Rides 3:00 Bottomless Cup</p> 	<p>04</p> <p>8:30 Exercise 9:00 Devotions 9:30 Rosary 11:00 Tai Chi @ Solarium 1:00-3:00 Manicures 3:00 Bottomless Cup 4:30 Breakfast for Supper 6:30 Music by the Andregg family@ GNH</p>	<p>05</p> <p>8:30 Exercise 9:00 Devotions 9:30 Master Gardeners 10:15 Rosary 2:00 Mass at GNH 3:00 Bottomless Cup 3:15 Bible Study</p> 	<p>06</p> <p>8:30 Exercise 9:30 Rosary 10:00 Weights 11:30 Lunch at Choung Garden 1:30 Community Euchre Card Tournament 3:00 Bottomless Cup</p> 	<p>07</p> <p>9:00 Rosary 9:45 Exercise 10:30 Devotions 1:15 Bus Trip to Guttenberg for Ice Cream 3:00 Bottomless Cup</p>
<p>08</p> <p>8:00 Catholic Rosary & Mass 10:45 Ecumenical Service 11:30 -1:00 Family Picnic 12:15 -1:15 Balloon Art by Mike Chapman 1:30 Iowa Accordion Club 3:00 Bottomless Cup</p> <p>“Ntl. Assistant Living Week”</p> 	<p>09 *Miss Match Day</p> <p>8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Weights 10:00 Shopping 10:30 Tai-Chi @ GNH 2:00 Jane Rissler Chicken Creek Art Studio 3:00 Bottomless Cup</p> 	<p>10 *Crazy Sock Day</p> <p>8:30 Exercise 9:00 Devotions 9:30 Rosary 10:30 Camp Courageous Picnic lunch and tour 3:00 Bottomless Cup 3:30 Club 200</p> 	<p>11 *Patriotic Day</p> <p>8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Bible Study w/ Pastor Ede 11:00 Tai Chi @ Solarium 3:00 Bottomless Cup 4:30 Potato Bar for Supper 5:40 Music by Daryl, Jacque, & Connie</p>	<p>12 *Hat Day</p> <p>8:30 Exercise 9:00 Devotions 9:30 Rosary 9:45 **Bank Visit** 10:00 Sewing for a Cause 11:00 Methodist Communion 2:00 Mass at GNH 3:00 Bottomless Cup 3:15 Bible Reading Marathon</p> 	<p>13 *Favorite Sports Apparel</p> <p>8:30 Exercise 9:30 Rosary 10:00 Weights 2:00 MEGA BINGO 3:00 Bottomless Cup</p> 	<p>14</p> <p>9:00 Rosary 9:45 Exercise 10:30 Devotions 1:30 Soap Making with Kelli Brink with Heirloom Farms 3:00 Bottomless Cup</p>
<p>15</p> <p>8:00 – 11:30 Pancake Breakfast @ The Neighborhood Retreat Senior Center 8:00 Catholic Rosary & Mass 10:45 Ecumenical Service 3:00 Bottomless Cup</p> 	<p>16</p> <p>8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Weights 10:30 Tai-Chi @ GNH 10:15 Tour and Picnic at the Monastery 3:00 Bottomless Cup</p>	<p>17*Tenant weights before breakfast*</p> <p>8:30 Exercise 9:00 Devotions 9:30 Rosary & Communion 10:00 Shopping 1:45 TOWN TALK 2:00 Music by Casey Klein 3:00 Bottomless Cup</p> 	<p>18</p> <p>8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Bible Study w/Pastor Ede 11:00 Tai Chi @ Solarium 1:00 - 3:00 Manicures 3:00 Bottomless Cup 4:00 Club 200 5:45 Discover Colorado with Barb</p>	<p>19</p> <p>8:30 Exercise 9:00 Devotions 9:30 Master Gardeners 10:00 Lutheran Communion 10:15 Rosary (Solarium) 2:00 Mass at GNH 3:00 Bottomless Cup 3:15 Bible Study</p> 	<p>20</p> <p>8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Weights 11:00 Lunch/Craft at the Neighborhood Retreat 10:00 Weights 3:00 Bottomless Cup</p>	<p>21</p> <p>9:00 Rosary 9:45 Exercise 10:30 Devotions 1:30 Bus Trip 3:00 Bottomless Cup</p>
<p>22</p> <p>8:00 Catholic Rosary & Mass 10:15 Ecumenical Service 2:00 Music by David Poggenklass 3:00 Bottomless Cup</p> 	<p>23</p> <p>8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Weights 10:30 Tai-Chi @ GNH 2:00 Hand Relaxation Station 3:00 Bottomless Cup</p> 	<p>24</p> <p>8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Shopping 1:30 Staff Meeting 2:00 Visit from Dog, Pearl and handler Jo Schreck 3:00 Bottomless Cup</p> 	<p>25</p> <p>8:30 Exercise 9:00 Devotions 9:30 Rosary 11:00 Tai Chi @ Solarium 1:15 Bean bags/beach ball with Neighborhood Retreat Friends 3:00 Bottomless Cup 4:00 Club 200 6:15 Movie at Castle Theater</p> 	<p>26</p> <p>6:30 Made to order Breakfast 8:30 Exercise 9:00 Devotions 9:30 Rosary 9:45 **Bank Visit** 10:00 Sewing for a Cause 2:00 Mass at GNH 3:00 Bottomless Cup 3:15 Bible Study</p> 	<p>27</p> <p>8:30 Exercise 9:00 Devotions 9:30 Rosary 10:00 Weights 2:00 Wii Bowling 3:00 Bottomless Cup</p> 	<p>28</p> <p>9:00 Rosary 9:45 Exercise 10:30 Devotions 2:00 Bingo Birthday Party 3:00 Bottomless Cup</p> 
<p>29</p> <p>8:00 Catholic Rosary & Mass 10:15 Ecumenical Service 3:00 Bottomless Cup</p> 	<p>30</p> <p>8:30 Exercise 9:00 Devotions 9:30 Rosary 10:30 Tai-Chi @ GNH 2:00 Relaxation Station 3:00 Bottomless Cup</p> 	<p>September Birthdays</p> <p>02 Leanna Stewart 06 Shirley Lighty 11 Leticia Timmermann 13 Helen Jennings 18 Thelma Bessey 29 Lillian Burns 30 Bill Russ</p> 	<p align="center"><i>Welcome September</i></p> <p align="center">May each day bring Blessings of Gratitude, Joy, Sunshine & Laughter to us all.</p> 	<p align="center">A SPARK of creativity</p> <p align="center">National Assisted Living Week® SEPTEMBER 8-14, 2019</p> 		<p>Color coding key:</p> <p>Green: Outings Blue: Special Events Red: Rotating games/events Black: Core Recreation Bold Black: Monthly/ Weekly events/Changes Purple*: Holiday/Awareness</p>