

Helene's

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				11:30 Music with Kim 2:00 Afternoon Movie 3:30 Coloring 7:00 Evening Stretch	11:00 Music and Grilling 2:00 Sitting on front porch 3:30 Happy Hour 7:00 Crazy Stupid Love-Netflix movie	11:00 Coffee and Chat 2:00 Trivia 3:30 Card games 7:00 Lawrence Welk
4	5	6	7	8	9	10
11:00 Hymn Sing 2:00 Pictionary 3:30 Sing along with Suzie Q 7:00 Evening Chat	11:00 Labor Day Trivia (Big Activity Book) 2:00 Creative Coloring 3:30 Labor Day Chat 7:00 Wheel of Fortune/Jeopardy	11:00 Morning Stretch-YouTube 2:00 <i>Music with Pam</i> 3:30 Games with Laura 7:00 Fred Astaire & Ginger Rogers - YouTube	11:00 EquiCenter Trip (1 elder sign up) 2:00 Sitting outside 3:30 7:00 American Landscape -YouTube	11:00 Trivia 2:00 Sitting outside 3:30 games 7:00 Leave it to Beaver	11:00 Ballet-YouTube 2:00 Clay artwork with Valeria 3:30 Happy Hour 7:00 Miss Congeniality - Netflix	11:00 Elvis Presley-YouTube, Lemonade 2:00 Afternoon Movie 3:30 Never Ever Had I Big Activity Book 7:00 Lawrence Welk

Activities are provided by Shabazim within the residence. Please check with Shahbaz for any changes.

Activities contact: Laura Koon- laura.koon@rph.org Well Being Engagement Guide

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September – 2022