

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Well-Being Engagement  
Guide Contact Information:  
trish.keating@rph.org  
585-223-0160 Ext. 415

# September 2023

## Helene's House

<p>9:30 Sunday Morning Show CBS Channel 8 11:00 Music and the Spoken Word- Hymns-Search YouTube 2:30 Pool Game (In Front Parlor) 3:30 Balls and Bubbles (Ball Roll and Blow Bubbles) 7:00 Bingo OR Courtyard Walk</p>	<p>11:00 Chair Exercises-Search Sara Basch on YouTube 2:30 Paint with Water 3:30 Share Beetle Bailey Comics 4:00 <b>ROC Dog (15 min. each house)</b> 7:00 America the Beautiful by Nat. Geo. on Disney+ <b>Happy Birthday Beetle Bailey</b></p> <p>Labor Day</p>	<p>11:00 Coffee and Conversation-Daily Chronicle <b>2:30-3:00 Zumba with Denise</b> 3:30 Manicures/Hand Massage (with Lotion) &amp; Music 7:00 Game Night</p>	<p>11:00 Puzzles Catholic Communion Nancy's 2:30 Courtyard Walk <b>3:00 Roger's Memorial</b> 3:30 Pam Music 7:00 Mary Tyler Moore Show (Search YouTube)</p>	<p>11:00 Coffee and Conversation-Daily Chronicle 2:30 Manicures/Hand Massage (with Lotion) &amp; Music <b>3:30-4:00 Music Therapy with Liz</b> 7:00 Evening Walk in the Courtyard/Thursday Night Football Lions vs. Chiefs (8:15 NBC) <b>NFL Kickoff Day</b></p>	<p>11:00 Chair Exercises-Search Sara Basch on YouTube 2:30 Change House Decor with Trish and Jenny 3:30 <b>HAPPY HOUR! Chef's Choice</b> 7:00 Friday Night at the Movies-The Flying Nun with Sally Field (Search YouTube)</p>	<p>11:00 Coffee and Conversation-Share Studebaker Facts 2:30 Puzzlemania or Music on the Porch 3:30 Balloon Badminton OR Ball Roll-End with a Cool Treat 7:00 The Lawrence Welk Show <b>Studebaker Day</b></p>
<p>9:30 Sunday Morning Show CBS Channel 8 11:00 Music and the Spoken Word-Hymns-Search YouTube 2:30 Walk in the Courtyard 3:30 Table Top Activities 7:00 Sunday Night Football OR Bingo <b>Assisted Living Week/Staff Spirit Week Begins-Snazy Socks Sunday</b></p> <p>Grandparents Day</p>	<p>11:00 Coffee and Conversation-Share Kennedy Wedding Facts <b>3:00-3:30 Kellie Yoga</b> 3:30 Porch Chat with Staff 7:00 America the Beautiful by Nat. Geo. on Disney+/Monday Night Football Bills vs. Jets (8:15 ABC) <b>Premiere of Carol Burnett Show 1967</b> <b>Messy Hair Monday</b></p>	<p>11:00 Chair Exercises-Search Sara Basch on YouTube 2:30 Sensory Bins <b>3-3:45 Zoo Mobile BJs/Helene's with Trish and Ann</b> 3:45 Pam Music 7:00 Game Night <b>Lassie's Birthday 1954/Jack and Jackie Kennedy Marry 1953</b> <b>Twining Tuesday</b></p>	<p><b>9:30 Apple Outing-Kelly's Farm with Trish-Elders to be Determined</b> 11:30 <b>Service with Pastor Marsha</b> 2:30 Scrapbooking with Sharon 3:30 Porch Chat-Share Carol Burnett Facts 7:00 Mary Tyler Moore Show (Search YouTube) <b>All House Staff Meetings</b> <b>Wild Wednesday-Dress Funny (Inside Out)</b></p>	<p>11:00 Coffee and Conversation-Daily Chronicle 2:30 Sing Along with Suzy Q 3:30 Manicures/Hand Massage 7:00 Evening Walk in the Courtyard/Thursday Night Football Vikings vs. Eagles (8:15 Prime Video) <b>The Walton's Premieres in 1972</b> <b>Throwback Thursday-Dress from a Different Era</b></p>	<p>11:00 Chair Exercises or Walks with Jenny 2:30 Sensory Dough 3:30 <b>HAPPY HOUR! Creekstone Colors-Snacks to Match House Color</b> 7:00 Friday Night at the Movies-Lassie Movie (Search YouTube) <b>House Color Day</b></p> <p>Rosh Hashanah Begins</p>	<p>11:00 Play-Doh Trivia 2:30 Puzzlemania or Music on the Porch 3:30 Apple Snack with Caramel Dip 7:00 The Lawrence Welk Show <b>World Play-Doh Day-1965/Eat an Apple Day</b> <b>PJ Day</b></p> <p>Oktoberfest Begins</p>
<p>9:30 Sunday Morning Show CBS Channel 8 11:00 Music and the Spoken Word- Hymns-Search YouTube 2:30 Pom Pom Poppers 3:30 Table Top Activities 7:00 Sunday Night Football OR Pool Game <b>M*A*S*H Premiere 1972</b></p>	<p>11:00 Chair Exercises-Search Sara Basch on YouTube 2:30 Sing Along with Suzy Q 3:30 Gift Making with Jenny 7:00 America the Beautiful by Nat. Geo. on Disney+/Monday Night Football Browns vs. Steelers (8:15 ABC) <b>Frankie Avalon Birthday 1940</b></p>	<p>11:00 Coffee and Conversation-Share Frankie Avalon Facts 2:30 <b>Annie &amp; Bill Sing @ Nancy's-Guests Welcome</b> 3:30 Flat Stanley with Trish 7:00 Game Night <b>Premiere of Mary Tyler Moore Show 1970</b></p>	<p>11:00 The Archie's Dance Party-Search YouTube for the Band Name 2:30 Manicures/Hand Massage (with Lotion) &amp; Music 3:30 Fill Bird Feeders with Trish 7:00 Mary Tyler Moore Show (Search YouTube) <b>The Archie's Sugar Sugar #1 Song 1969</b></p>	<p>11:00 Coffee and Conversation-Daily Chronicle 2:30 Manicures/Hand Massage (with Lotion) &amp; Music <b>3:30-4:00 Music Therapy with Liz</b> 7:00 Evening Walk in the Courtyard/Thursday Night Football Giants vs. 49ers (8:15 Prime Video) <b>Perry Mason Premiere 1957</b> <b>Wear Purple for World Alzheimer's Day</b></p>	<p>11:00 Chair Exercises-Search Sara Basch on YouTube 2:30 Flower Suncatchers with Jenny 3:30 <b>HAPPY HOUR! Pretzel &amp; Dip with Punch</b> 7:00 Friday Night at the Movies-Beach Party-1963 Starring Frankie Avalon &amp; Annette Funicello (Netflix) <b>Centenarians Day-Celebrate Carol Our Resident 100+ Year Old Elder</b></p>	<p>11:00 Coffee and Conversation-Share Mickey Rooney Facts 2:30 Puzzlemania or Music on the Porch 3:30 Balloon Badminton OR Ball Roll 7:00 The Lawrence Welk Show <b>Mickey Rooney Birthday 1920</b></p> <p>Autumn Begins</p>
<p>9:30 Sunday Morning Show CBS Channel 8 11:00 Music and the Spoken Word-Hymns-Search YouTube 2:30 Bullwinkle Movie (Search YouTube) 3:30 Table Top Activities 7:00 Sunday Night Football OR Yahtzee <b>Bullwinkle Day 1950</b> <b>TRISH OFF</b> <b>ENGAGEMENT CHALLENGE BEGINS</b></p> <p>Yom Kippur</p>	<p>11:00 Chair Exercises-Search Sara Basch on YouTube 2:30 Sing Along with Suzy Q 3:30 Party on the Porch-Lemonade OR NA Beer 7:00 America the Beautiful by Nat. Geo. on Disney+/Monday Night Football Eagles vs. Bucs (7:15 ABC) <b>The Hustler Movie Anniversary 1961</b> <b>TRISH OFF-Jenny Here</b></p>	<p>11:00 Courtyard Walks OR Beanbag Toss with Donna S. 2:30 Manicures/Hand Massage (with Lotion) &amp; Music <b>3:00 Pam Music</b> 7:00 Game Night <b>Johnny Appleseed Day</b> <b>TRISH OFF</b></p>	<p>11:30 <b>Service with Pastor Marsha</b> 2:30 Bowling 3:30 Walks with Jenny 7:00 Mary Tyler Moore Show (Search YouTube) <b>TRISH OFF-Jenny Here</b></p>	<p>11:00 Coffee and Conversation-Daily Chronicle 2:30 Porch Chat with Sharon 3:30 Manicures/Hand Massage (with Lotion) &amp; Music 7:00 Evening Walk in the Courtyard/Thursday Night Football Lions vs. Packers (8:15 Prime Video) <b>Hey Jude Day (Beatles 1968)</b> <b>TRISH OFF</b></p>	<p>11:00 Chair Exercises-Search Sara Basch on YouTube 2:30 Sensory Bins 3:30 <b>HAPPY HOUR! Fall Snack Mix/Porch Chat with Jenny</b> 7:00 Friday Night at the Movies-The Hustler 1961 <b>TRISH OFF-Jenny Here</b></p> <p>Sukkot Begins</p>	<p>11:00 Coffee and Conversation-Share Little Women Facts 2:00 <b>Deb Sing BJs/Helene's Together</b> 2:30 Little Women Movie (Search YouTube) with Popcorn Snack 3:30 Puzzlemania or Music on the Porch 7:00 The Lawrence Welk Show <b>Little Women Day 1868</b> <b>TRISH OFF</b></p>

Activities are provided by the Shahbazim in each house, unless otherwise noted. Activities subject to change. To verify events or check for changes, please contact the house Shahbaz.