

# September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li><b>A</b> - Artisans</li> <li><b>C</b> - Connections</li> <li><b>CC</b> - Creative Cooking</li> <li><b>I</b> - Inspirations</li> <li><b>K</b> - Keeping it Sharp</li> <li><b>L</b> - Lifelong Learning</li> <li><b>MV</b> - Mindful Moments</li> <li><b>M</b> - Music to My Ears</li> <li><b>O</b> - Out &amp; About</li> <li><b>S</b> - Signature Events</li> <li><b>V</b> - Vitality</li> </ul>	<p>Daily Rhythm About Times:</p> <p>Morning 9:30 Vitality 10:00 Keeping it Sharp 10:30 Morning Refresher 10:45 Housekeeping 11:00 Creative Cooking 11:30 Lunch Prep</p>	<p>Early Afternoon 12:45 Relax &amp; Recharge 1:30 Connections: Reminisce 2:00 Artisans</p> <p>Late Afternoon 3:00 Musical Celebration 3:30 Afternoon Refresher 4:00 Connections: Group Games (Cognitive/Physical) 4:30 Dinner Prep</p>	<p>Evening 6:00 Gathering of Friends 7:00 Nighttime Traditions</p>	<p>1</p> <ul style="list-style-type: none"> <li><b>V</b> Dance Moves</li> <li><b>K</b> Celebrating Occupations</li> <li><b>CC</b> Avacodo Chicken Salad</li> <li><b>C</b> School Talk</li> <li><b>A</b> Drawing/Painting to Music</li> <li><b>M</b> School Days</li> <li><b>C</b> Hangman</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li><b>V</b> Mindful Movements</li> <li><b>K</b> Celebrating Occupations</li> <li><b>CC</b> Berrie Banana Smoothie</li> <li><b>C</b> Let's Talk about Celebrations!</li> <li><b>A</b> Clay Exploration</li> <li><b>S</b> "Garden Party" Happy Hour</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li><b>V</b> Saturday Move &amp; Groove</li> <li><b>K</b> Card Suit Showdown</li> <li><b>CC</b> Cabbage Salad with Mango and Peanuts</li> <li><b>C</b> Hear Memories!</li> <li><b>A</b> Georgia O'Keefe Flowers (1)</li> <li><b>M</b> Sound Bottles</li> </ul>
<p>4</p> <ul style="list-style-type: none"> <li><b>V</b> Sunday Stretch</li> <li><b>K</b> Puzzles</li> <li><b>CC</b> Moist Raisin Bran Muffins</li> <li><b>C</b> Flowers of the Season</li> <li><b>A</b> Georgia O'Keefe Flowers (2)</li> <li><b>M</b> Alive &amp; Inspired!</li> <li><b>C</b> Roll The Dice &amp; Break</li> </ul>	<p>5 <b>Labor Day</b></p> <ul style="list-style-type: none"> <li><b>V</b> Labor Day Moves</li> <li><b>K</b> Occupation Quiz</li> <li><b>CC</b> Salmon Appetizers</li> <li><b>C</b> Pocket Book Talk</li> <li><b>A</b> Labor Day Thank You Cards</li> <li><b>M</b> Music &amp; Parachutes</li> <li><b>C</b> Wacky Table Bowling</li> <li><b>K</b> Finishing Lines</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li><b>V</b> Keep Fit</li> <li><b>K</b> Bingo!</li> <li><b>CC</b> Downeast Maine Pumpkin Bread</li> <li><b>C</b> Inspired Tales</li> <li><b>A</b> Oil Pastel Resist</li> <li><b>M</b> Tambourie Tuesday</li> <li><b>C</b> Celebrity Shadows</li> <li><b>K</b> Word Teasers</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li><b>V</b> Senior Pump</li> <li><b>K</b> 4th Grade Lessons</li> <li><b>CC</b> Dried Beef and Pickle Dip</li> <li><b>C</b> Memories in Photos</li> <li><b>A</b> Personal Collage</li> <li><b>M</b> Name That Croon</li> <li><b>C</b> What's in the Bag?</li> <li><b>K</b> Think Fast!</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li><b>V</b> Dance Moves</li> <li><b>K</b> Our Common Place</li> <li><b>CC</b> Caramel Apple Cider Cookies</li> <li><b>C</b> School Talk</li> <li><b>A</b> Group Mandala (1)</li> <li><b>M</b> Songs To Reminisce By</li> <li><b>C</b> Hangman</li> <li><b>K</b> Mad Libs</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li><b>V</b> Mindful Movements</li> <li><b>K</b> Spell It!</li> <li><b>CC</b> Warm Cheesy Reuben Bites</li> <li><b>C</b> Let's Talk about Celebrations!</li> <li><b>A</b> Group Mandala (2)</li> <li><b>S</b> "Garden Party" Happy Hour</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li><b>V</b> Saturday Move &amp; Groove</li> <li><b>K</b> Turn Over</li> <li><b>CC</b> Simple and Sweet Banana Bread</li> <li><b>C</b> Hear Memories!</li> <li><b>A</b> Printmaking (1)</li> <li><b>M</b> Sound Bottles</li> <li><b>C</b> Hats Bingo</li> </ul>
<p>11</p> <ul style="list-style-type: none"> <li><b>V</b> Sunday Stretch</li> <li><b>K</b> Puzzles</li> <li><b>CC</b> Loaded Slow Cooker Chili</li> <li><b>C</b> Flowers of the Season</li> <li><b>A</b> Printmaking (2)</li> <li><b>M</b> Alive &amp; Inspired!</li> <li><b>C</b> Roll The Dice &amp; Break the Ice</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li><b>V</b> Mindful Movements</li> <li><b>K</b> Roll to 20!</li> <li><b>CC</b> Chocolate Cookie Dip</li> <li><b>C</b> Grandparent Memories</li> <li><b>A</b> Tissue Art in the style of O'Keefe</li> <li><b>M</b> Music &amp; Parachutes</li> <li><b>C</b> Wacky Table Bowling</li> <li><b>K</b> Finishing Lines</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li><b>V</b> Keep Fit</li> <li><b>K</b> Bingo!</li> <li><b>CC</b> Dill and Ranch Snack Crackers</li> <li><b>C</b> Inspired Tales</li> <li><b>A</b> Cubism Portraits (1)</li> <li><b>M</b> Tambourie Tuesday</li> <li><b>C</b> Celebrity Shadows</li> <li><b>K</b> Word Teasers</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li><b>V</b> Senior Pump</li> <li><b>K</b> 4th Grade Lessons</li> <li><b>CC</b> Chocolate Peanut Butter Bars</li> <li><b>C</b> Memories in Photos</li> <li><b>A</b> Cubism Portraits (2)</li> <li><b>M</b> Name That Croon</li> <li><b>C</b> What's in the Bag?</li> <li><b>K</b> Think Fast!</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li><b>V</b> Dance Moves</li> <li><b>K</b> Our Common Place</li> <li><b>CC</b> Cinnamon French Toast Casserole</li> <li><b>C</b> School Talk</li> <li><b>A</b> Bookmaking (1)</li> <li><b>M</b> Musical Instruments Trivia</li> <li><b>C</b> Hangman</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li><b>V</b> Mindful Movements</li> <li><b>K</b> Word Poem "September"</li> <li><b>CC</b> Creamy Lemon Pie</li> <li><b>C</b> Let's Talk about Celebrations!</li> <li><b>A</b> Bookmaking (2)</li> <li><b>S</b> "All About Apples" Happy Hour</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li><b>V</b> Saturday Move &amp; Groove</li> <li><b>K</b> Card Suit Showdown</li> <li><b>CC</b> Green Apple Pie</li> <li><b>C</b> Hear Memories!</li> <li><b>A</b> Clay Pots (1)</li> <li><b>M</b> Sound Bottles</li> <li><b>C</b> Hats Bingo</li> <li><b>K</b> EZ Does It Random</li> </ul>
<p>18</p> <ul style="list-style-type: none"> <li><b>V</b> Sunday Stretch</li> <li><b>K</b> Puzzles</li> <li><b>CC</b> Lemon Raspberry Cookies</li> <li><b>C</b> Flowers of the Season</li> <li><b>A</b> Clay Pots (2)</li> <li><b>M</b> Alive &amp; Inspired!</li> <li><b>C</b> Roll The Dice &amp; Break the Ice</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li><b>V</b> Mindful Movements</li> <li><b>K</b> Hopscotch</li> <li><b>CC</b> Peanut Butter Fudge Smoothie</li> <li><b>C</b> Stitch It or Sew It?</li> <li><b>A</b> Opposites Collage</li> <li><b>M</b> Music &amp; Parachutes</li> <li><b>C</b> Wacky Table Bowling</li> <li><b>K</b> Finishing Lines</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li><b>V</b> Keep Fit</li> <li><b>K</b> Bingo!</li> <li><b>CC</b> Pig Pen Cake</li> <li><b>C</b> Inspired Tales</li> <li><b>A</b> Paint/Draw to Music</li> <li><b>M</b> Tambourie Tuesday</li> <li><b>C</b> Celebrity Shadows</li> <li><b>K</b> Word Teasers</li> <li><b>C</b> "Oh, For The Love"</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li><b>V</b> Senior Pump</li> <li><b>K</b> Why are They Nouns?</li> <li><b>CC</b> Nice and Nutty Brownies</li> <li><b>C</b> Memories in Photos</li> <li><b>A</b> Foil Art</li> <li><b>M</b> Name That Croon</li> <li><b>C</b> What's in the Bag?</li> <li><b>K</b> Think Fast!</li> </ul>	<p>22 <b>Fall Begins</b></p> <ul style="list-style-type: none"> <li><b>V</b> Dance Moves</li> <li><b>K</b> Our Common Place</li> <li><b>CC</b> Mushroom Barley Lentil Soup</li> <li><b>C</b> School Talk</li> <li><b>A</b> Homemade Hydrangeas</li> <li><b>M</b> Finish the 1940's Song</li> <li><b>C</b> Hangman</li> <li><b>K</b> Mad Libs</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li><b>V</b> Mindful Movements</li> <li><b>K</b> Create a Word</li> <li><b>CC</b> Mother's Macaroni Salad</li> <li><b>C</b> Let's Talk about Celebrations!</li> <li><b>A</b> Group Quilt (1)</li> <li><b>S</b> "Welcome to Fall" Happy Hour</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li><b>V</b> Saturday Move &amp; Groove</li> <li><b>K</b> Turn Over</li> <li><b>CC</b> Garden Chili</li> <li><b>C</b> Hear Memories!</li> <li><b>A</b> Group Quilt (2)</li> <li><b>M</b> Sound Bottles</li> <li><b>C</b> Hats Bingo</li> <li><b>K</b> Apple Pickin` Detective</li> </ul>
<p>25</p> <ul style="list-style-type: none"> <li><b>V</b> Sunday Stretch</li> <li><b>K</b> Puzzles</li> <li><b>CC</b> Chicken Salad Wrap</li> <li><b>C</b> Enchanting Signs of Autumn</li> <li><b>A</b> Bubble wrap printmaking</li> <li><b>M</b> Alive &amp; Inspired</li> <li><b>C</b> Roll The Dice &amp; Break</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li><b>V</b> Mindful Movements</li> <li><b>K</b> Roll to 20!</li> <li><b>CC</b> Strawberry Bread</li> <li><b>C</b> An Apple A Day...</li> <li><b>A</b> Sensory Collage</li> <li><b>M</b> Music &amp; Parachutes</li> <li><b>C</b> Wacky Table Bowling</li> <li><b>K</b> Finishing Lines</li> <li><b>K</b> Words That Begin</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li><b>V</b> Keep Fit</li> <li><b>K</b> Bingo!</li> <li><b>CC</b> Tangy Ranch Dip</li> <li><b>C</b> Inspired Tales</li> <li><b>A</b> Fresco Painting (1)</li> <li><b>M</b> Tambourie Tuesday</li> <li><b>C</b> Celebrity Shadows</li> <li><b>K</b> Word Teasers</li> <li><b>C</b> "Oh, For The Love"</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li><b>V</b> Senior Pump</li> <li><b>K</b> Johnny Appleseed</li> <li><b>CC</b> Garlic Butter Bread</li> <li><b>C</b> Memories in Photos</li> <li><b>A</b> Fresco Painting (2)</li> <li><b>M</b> Name That Croon</li> <li><b>C</b> What's in the Bag?</li> <li><b>K</b> Think Fast!</li> <li><b>I</b> Praises in Song</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li><b>V</b> Dance Moves</li> <li><b>K</b> Our Common Place</li> <li><b>CC</b> Best Pasta Salad</li> <li><b>C</b> School Talk</li> <li><b>A</b> Abstract Expressionism in the style of Jackson Pollock</li> <li><b>M</b> School Days</li> <li><b>C</b> Hangman</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li><b>V</b> Mindful Movements</li> <li><b>K</b> Hang Man</li> <li><b>CC</b> Loaded Potato Soup</li> <li><b>C</b> Let's Talk about Celebrations!</li> <li><b>A</b> Kandinsky Circles</li> <li><b>S</b> "Tailgating" Happy Hour</li> <li><b>C</b> Throw Your Hat in the Ring</li> </ul>	