

Lancaster

CONNECTIONS



SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Assisted Living Week Celebration 10th - 16th					1 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Morning News & Stories 9:30 Exercise: Sit and be Fit 10:30 Welcome September 11:30 Review Menu and Todays Agenda 12:00 Lunch 1:30 Today in History 2:00 Country Ride 3:30 September Poems 4:50 Music and Lemon Hands 5:00 Dinner 6:30 TV Show: Signed, Sealed, Delivered 7:00 Evening Wind Down World Letter Writing Day	2 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Morning News & Stories 9:30 Exercise: Breathe and Stretch 10:30 Walking Club 11:30 Review Menu and Todays Agenda 12:00 Lunch 1:30 Today in History 2:15 Hydration Station 2:30 Botanical Session 3:30 Trivia 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie and Popcorn 7:00 Evening Wind Down
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