






# INN & COTTAGES CALENDAR OF EVENTS SEPTEMBER 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 10:00 <u>CATHOLIC COMMUNION</u> -ACT <b>10:45 BUS TO HEART HEALTH</b> 2:00 BINGO -T 4:00 SOCIAL HOUR -GLR	<b>2</b> <u>LIBRARY PICK-UP/DROP-OFF</u> 9:00 COFFEE & CHAT -L 10:00 <u>GROCERY SHOPPING</u> 1:30 STRETCH AND RELAX WITH SKY -T	<b>3</b> 10:00 EXERCISE WITH JUSTIN-T 10:45 <u>BUS HEART HEALTH</u> 2:00 BINGO -T 4:00 SOCIAL HOUR WITH <u>GARY SREDZIENSKI</u> -GLR	<b>4</b> 9:00 COFFEE & CHAT -L
<b>5</b> 10:00 <u>ST. GEORGE'S ECUMENICAL COMMUNION</u> -ACT= (1ST & 3RD SUNDAY) 2:00 BRIDGE -L	<b>6 LABOR DAY</b> 10:00 <u>SHOP AT WALMART</u> 2:00 BINGO -T 4:00 SOCIAL HOUR -GLR	<b>7</b> 9:00 COFFEE & CHAT-L 10:00 BALANCE AND MOBILITY -T	<b>8 ROSH HASHANAH</b> 10:00 <u>CATHOLIC MASS</u> -ACT 11:00 <u>YORK STREET BAPTIST CHURCH</u> -B 10:45 <u>BUS HEART HEALTH</u> 2:00 BINGO -T 4:00 SOCIAL HOUR -GLR	<b>9</b> <u>LIBRARY PICK-UP/DROP-OFF</u> 9:00 COFFEE & CHAT-L 10:00 <u>GROCERY SHOPPING</u>	<b>10</b> 10:00 EXERCISE WITH JUSTIN -T 10:45 <u>BUS HEART HEALTH</u> 2:00 BINGO -T 4:00 SOCIAL HOUR -GLR	<b>11</b> 9:00 COFFEE & CHAT -L
<b>12 GRANDPARENT'S DAY ASSISTED LIVING WEEK "LIVING LIFE"</b> NO ECUMENICAL COMMUNION -ACT 2:00 BRIDGE -L	<b>13 1:30 HARVEST FEST &amp; HORSE &amp; WAGON RIDES</b> 2:30 <u>JOSE DUDDY SINGS COUNTRY SONGS</u> -OUTSIDE THE INN LOBBY 4:00 SOCIAL HOUR -GLR 	<b>14 9:00 COFFEE &amp; CHAT -L</b> 10:00 BALANCE AND MOBILITY -T 2:30 <u>SONGS BY TERRY COLLINS</u> -P	<b>15 10:00 CATHOLIC COMMUNION -ACT            10:45 <u>BUS TO HEART HEALTH</u>            2:30 <u>ACCORDIAN BY GARY SREDZIENSKI</u> -D            4:00 SOCIAL HOUR -GLR         </b>	<b>16</b> <u>LIBRARY PICK-UP/DROP-OFF</u> 9:00 COFFEE & CHAT-L 10:00 <u>GROCERY SHOP</u> 1:30 RELAXATION W/ SKY-T 2:00 <u>SHORT STORIES &amp; REVIEW</u> -GLR 2:30 <u>SONGS BY BILL FOLEY</u> -P	<b>17 YOM KIPPUR BEGINS</b> 8TH ANNUAL MICHAEL DOLAN ALZHEIMER GOLF TOURNAMENT- CAPE NEDDICK COURSE 10:45 <u>BUS HEART HEALTH</u> 2:30 <u>IRISH DRUMS &amp; GUITAR BY PAUL CARROLL</u> -D 4:00 SOCIAL HOUR -GLR 7:00 <u>CONCERT W/ TIM JANIS &amp; GROUP &amp; BILL THOMSON</u> -P	<b>18</b> 9:00 COFFEE & CHAT -L
<b>19 10:00 ST. GEORGE'S ECUMENICAL COMMUNION -ACT= (1ST &amp; 3RD SUNDAY)            2:00 BRIDGE -L            2:00 AFTERNOON ACTIVITY WITH ANN-T         </b>	<b>20</b> 2:00 BINGO -T 4:00 SOCIAL HOUR -GLR	<b>21 9:00 COFFEE &amp; CHAT -L</b> 10:00 BALANCE AND MOBILITY -T 11:00 <u>TOWN COUNCIL</u> -GLR 3:00 <u>SUPPORT GROUP WITH AMY</u> -GLR	<b>22 10:00 CATHOLIC COMMUNION -ACT            10:45 <u>BUS TO HEART HEALTH</u>            2:00 BINGO -T            4:00 SOCIAL HOUR -GLR         </b>	<b>23 AUTUMN BEGINS</b> <u>LIBRARY PICK-UP/DROP-OFF</u>  9:00 COFFEE & CHAT -L 10:00 <u>GROCERY SHOPPING</u> 1:30 RELAX&RELEASE W/SKY-T 2:00-3:00 <u>INTRODUCTION TO SENTRY HILL WRITING GROUP</u> -L	<b>24 9:00 FOOT CARE</b> - T 10:00 EXERCISE -T 10:45 <u>BUS TO HEART HEALTH</u> 2:00 BINGO -T 4:00 SOCIAL HOUR -GLR	<b>25</b> 9:00 COFFEE & CHAT -L
<b>26</b> NO ECUMENICAL COMMUNION -ACT 2:00 BRIDGE -L	<b>27</b> 2:00 BINGO -T 4:00 SOCIAL HOUR -GLR	<b>28 9:00 COFFEE &amp; CHAT-L</b> 10:00 BALANCE AND MOBILITY -T 12:00 <u>LUNCH OUT (GROUP CHOICE)</u>	<b>29 10:00 CATHOLIC COMMUNION -ACT            10:45 <u>BUS TO HEART HEALTH</u>            10:45 <u>BUS TO LIBRARY</u>            2:00 BINGO -T            4:00 SOCIAL HOUR -GLR         </b>	<b>30</b> <u>LIBRARY PICK-UP/DROP-OFF</u> 9:00 COFFEE & CHAT -L 10:00 <u>GROCERY SHOP</u> 1:30 GENTLE STRETCHING -T 3:00 <u>DAVID BALDWIN-READING POEMS BY EMILY DICKENSON</u> -GLR	GLR- GRANDE LIVING ROOM W-WATERFORD DINING L- LIBRARY ER- EXERCISE ROOM D - DICKENS T-TENNYSON	P- PRIMROSE DINING ROOM- T ACT - ACTIVITY ROOM ON DICKENS B - BROWNING <u>PROGRAMS SUBJECT TO CHANGE</u>