

SUN	MON	TUE	WED	THUR	FRI	SAT
	Labor Day 7:00 Mahjongg (6th floor Card Table)	1 10:30 Healthcare Forum (EC) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:00 Yoga Class (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Dominoes (ACR) 7:00 Poker (Billiards Room)	2 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 10:30 SH Operations & Grounds Forum (ACR) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	3 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 2:00 Food Forum (EC) 4:00 Yoga Class (AR) 7:00 Mahjongg (6th floor Card Table)	4 2:00PM Card Making (ACR) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 10:30 Activities Forum (ACR) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	5 11:00 Chair Volleyball (EC) 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
3:00PM Dr. Meidell Viola Recital (EC) 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	7 2:00PM 20th Anniversary Slideshow (MR3) 4:30PM Music Monday (L) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (MR3) 7:00 Mahjongg (6th floor Card Table)	8 1:00PM LCR (EC) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:00 Yoga Class (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Dominoes (ACR) 7:00 Poker (Billiards Room)	9 4:00PM Joyful Hearts Concert (EC) 6:45PM One Night of Queen (L) 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 7:00 Bingo (EC)	10 6:30PM Hallock Lecture Series (L) 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 4:00 Yoga Class (AR) 7:00 Mahjongg (6th floor Card Table)	11 11:30AM-4:00PM Valley Rescue Mum Sale 2:30PM Healing Notes Presentation (EC) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	12 11:00 Chair Volleyball (EC) 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	14 1:00PM Norm Bennet Presentation (EC) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (MR3) 7:00 Mahjongg (6th floor Card Table)	15 10:30AM Townhall (EC) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:00 Yoga Class (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Dominoes (ACR) 7:00 Poker (Billiards Room)	16 11:00AM Lunch Trip (L) 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	17 10:00AM Therapy Lecture Series (MR3) 2:00 PM Resident Birthday Party 3:00PM Mixology (BH) 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 4:00 Yoga Class (AR) 7:00 Mahjongg (6th floor Card Table)	18 4:00PM Seafood Themed Buffet (DR) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	19 6:45PM CSO: Tchaikovsky & Dvorak (L) 11:00 Chair Volleyball (EC) 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	21 4:30PM Music Monday (EC) 2:00PM Camp Maranook Presentation (EC) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (MR3) 7:00 Mahjongg (6th floor Card Table)	22 2:00PM Caregiver's Support Group 11:00 Mobility & Balance (AR) 4:00 Devotion with Rev Fugh (ACR) 4:00 Yoga Class (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Dominoes (ACR) 7:00 Poker (Billiards Room)	23 5:00PM Dinner Trip (L) 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	24 6:45PM The Wiz (L) 9:30 Cornhole (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 4:00 Yoga Class (AR) 7:00 Mahjongg (6th floor Card Table)	25 3-5 Welcome Fall: Wild West (EC) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (AR) 4:00 Social Hour (EC)	26 11:00 Chair Volleyball (EC) 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) 11:00 Grand Buffet (DR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	28 10:00AM Amen Choir (EC) 8:30 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:00 Strength and Conditioning (G) 2:00 Wii Play (MR3) 7:00 Mahjongg (6th floor Card Table)	29 11:00 Mobility & Balance (AR) 11:00 Episcopal Communion (MR3) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev Fugh (ACR) 4:00 Yoga Class (AR) 4:45 Spring Harbor Vocal Ensemble (EC) 7:00 Dominoes (ACR) 7:00 Poker (Billiards Room)	30 LOCATION KEY AR - Aerobics Room ACR - Arts and Crafts Room EC - Event Center G - Gym	L - Lobby MR3 - Meeting Room 3rd Floor P - Pool T - Theater		

