|   | Sunday  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   |
|---|---|--|---|---|--|--|--|
|   | <b>DURING NATIONAL</b>  | 9:15- Daily Chronicles Café  | 9:15- Daily Chronicles Café 2   | Back to School<br>9:15- Home Room- Café   | 9:15- Daily Chronicles Café  | 9:15- Daily Chronicles Café  | 9:15- SD: Daily Chronicles Café 6  |
|   | ASSISTED LIVING WEEK  | 10:30- Painting w/ Ted from Affinity<br>Care Activities Center   | 10:30- MUSIC: Gospel Sing<br>(WEUMC) Living Room  | 10:00- Arithmetic Café 11:15- Physical Education Activities Center  | 10:30- WC Meeting Activities Center 11:15- Fitness & Therapy   | 10:30- Let's Go Fishing Front Porch 2:30- New Resident Welcome   | 11:00- Seated Chair Work Out Activities Center 1:30- BINGO Activities Center   |
|   | <b>Daily Chronicles</b>   | 1:30- Seated Chair Hockey<br>Activities Center   | 1:30- BINGO Activities Center   | 12:00PM - Lunch   | Multipurpose Room  | Mixer Activities Center  | 3:00- 7 <sup>th</sup> Day Adventist Choral Group   |
| 4 | Will Be Available on  |  | 3:15- Rhythm & Flow   | 1:15- Science Activities Center<br>2:00- History w/ Chaplain Gary LR  | 1:30- Bible Study w/ Eugene AC   | 3:45- NeuroNinja – Activities Center   | Living Room  |
|   | the Credenza  | Activities Center  | Multipurpose Room   | <b>3:15- MUSIC: Vested in Christ</b> LR <b>4:00: Writing</b> Café   | 3:00- Resident Council AC  |  |  |
|   | outside of the Café   | Labor Day  |   | 4:30: End of Day  | <b>6:15- Evening BINGO w/ Vicki</b> Activities Center  |  |  |
|   | Assisted Living Week 7 <sup>th</sup> - 13 <sup>th</sup> 7   | Time Traveler's Adventure  | Viva Italia!  | Artistic Adventures in France   | The City that Never Sleeps 4 4   | A Day in China   | Aloha & Island Spirit 42   |
|   | Grandparent's Day WELCOME ABOARD! 9:30- Passport to Adventure Activities Center 11:15- FST Church Service w/ Andrew Living Room 2:00- Grandparent's Day Celebration Dining Room | 9:15- Decades Trivia Showdown vs<br>Staff Living Room<br>10:00- Retro Snack Social<br>Café<br>11:00- Decade's Party w/ DJ Josh<br>Urban Living Room<br>1:30- Name That Tune Living Room<br>2:00- Legacy Podcast Workshop | 9:15- Expoza Travel Italy MC 10:30- Bird Feeding & Watching with Laurie Living Room 11:30- Italian Phrases Game AC 1:00- Lunch to Sal's Italian Restaurant 3:30- Spaghetti Toss Game Café 4:00- Taste of Tuscany Happy Hour Private Dining Room | 8:45- Bus Ride to Bristol, VA / TNOFF SITE (SIGN UP REQUIRED) 9:15- Expoza Travel France Media Center 10:30- Paint Like Monet Activities Center 1:30- BINGO Activities Center 3:00- French Game Skittle Scatter | 8:46- 9/11 Remembrance DR 9:15- Expoza Travel NYC MC 10:30- Bus Ride to Fire Station 1 11:15- Fitness & Therapy AC 1:30- Bible Study w/ Eugene AC 2:15- Taxi Toss Game AC 3:00- NYC Hotdog Social w/ RoCo Sheriff's Office Multipurpose Room | 9:00- Expoza Travel China MC 10:00- Tai Chi w/ Dink MPR 11:15- Chopstick Challenge Activities Center 3:00- Creative Expressions: Chinese Calligraphy Activities Center 4:00- Evening Chinese Tea & Cookies | Aloha & Island Spirit 9:15- Expoza Travel Hawaii MC 11:00 - Hawaiian Bowling Activities Center 1:30- BINGO Activities Center 3:00- Bahama Momma Steel Drum |
|   | 3:30— Valkyrie Acrobatics<br>Demonstration LR   | Activities Center (SIGN UP REQUIRED)   | <b>6:15- Opera Music by Grace Pfleger</b> Living Room   | Multipurpose Room  4:00- Parisian Café Hour Private Dining Room   | 6:15- Evening BINGO w/ Vicki<br>Activities Center  | Private Dining Room  | Group & Snow Cone Social Living Room   |
|   | Grandparents Day 9:15- SD: Daily Chronicles Café 14   | 9:15- Daily Chronicles Café 15   | 9:15- Daily Chronicles Café 16  | _   | Daily Chronicles Café 4 g  | 9:15- SD: Daily Chronicles Café 1 9  | 9:15- SD: Daily Chronicles Café 20   |
|   | 14  | 10   | 10:00- Calendar Review for  | 9:30- DDay Memorial Trip  | 10:00- Volunteer Committee   | 1  |  |
|   |   | <b>Enhabit</b> Café  | September Café  | 10:30- <u>Creative Expressions:</u>   | Meeting Activities Center 11:15- Fitness & Therapy   | 10:00- Cardio Drumming w/<br>Kimberly Multipurpose Room  | 11:00 – Seated Chair Work Out Activities Center  |
|   | Andrew Activities Center  | 1:15- Outing: Salem Duck Pond  | 11:00- Bird Feeding & Watching with   | TBD   | Multipurpose Room 1:30- Bible Study w/ Eugene  | 1:30- September Birthday Social &  | A 22 PANCO A MARINA CANADA   |
|   |   | 3:00- Support Group- 101 Back to   | Laurie Living Room  | 2:00- Weekly Church Service w/  | Activities Center  | October Bday Card Signing Café   | 1:30- BINGO Activities Center  |
|   |   |  | 1:30- BINGO Activities Center   | Chaplain Gary Living Room   | 2:30- Music w/ Marc Baskind<br>Living Room   | <b>3:00- SD: Bored Board</b><br>Activities Center  | <b>4:00- Air Plane Battle</b> Activities Center  |
|   |   | Activities Center  | 3:15- Rhythm & Flow   | 3:15- MUSIC: Vested in Christ Living Room   | 6:15- Evening BINGO  | 3:30- Allegro Music Therapy  |  |
|   |   |  | Multipurpose Room   | LIVING ROOM   |  | Living Room  | Oktoberfest Begins   |
|   | 9:15- SD: Daily Chronicles Café 21  |  | 9:15- SD: Daily Chronicles Café 23  |   | 9:15- Daily Chronicles Café<br>10:00- Card Stamping w/ Lisa  | 9:15- Daily Chronicles Café 26   | 9:15- SD: Daily Chronicles Café 27   |
|   |   | 10:30- Word Searches   | 10:00- Music w/ Keith Living Room   |   | Activities Center  | 10.20 Nous Nints Coff  | 11:00 - Seated Chair Work Out  |
|   | Andrew Activities Center  | Activities Center  1:15- Outing – Scenic Bus Ride  | 11:00- Bird Feeding & Watching with  Laurie Living Room   | Living Room 2:00- Weekly Church Service w/  | 10:30-Salem COC Sing Along LR<br>11:15- Fitness & Therapy  | 10:30- Neuro Ninja Café  | Activities Center  |
|   |   | 3:00- SD: Bored Board  | 1:30- BINGO Activities Center   | Chaplain Gary Living Room   | Multipurpose Room 1:30- Bible Study w/ Eugene AC   | 2:00- Movie & Popcorn Media Center   | 1:30- BINGO Activities Center  |
|   | 4.00 DECT & DELAY   | Activities Center  | 3:00- Seated Chair Workout  | 3:00- Game Room Collective  | 4:00- Happy Hour Private Dining  |  | 4:00- Minute 2 Win It  |
|   |   |  | Activities Center   | Activities Center   | 6:15- Evening BINGO w/ Vicki   |  | Activities Center  |
|   |   | Rosh Hashanah Begins   |   |   | Activities Center  |  |  |
|   | 9:15- SD: Daily Chronicles Café 28  | Autumn Begins 9:15- Daily Chronicles Café  | 9:15- Daily Chronicles Café 30  |   | 1  | 1  |  |
|   |   |  | 10:30- Seated Chair Hockey  | $\sim$  |  | 4  |  |
|   | 11:15- FST Church Service w/  | Multipurpose Room  | ·   |   | 4040   |  | $\triangle$  |
|   | Andrew Activities Center  | 1:15- Outing – Dollar Tree   | Activities Center   |   | 714M   | ner 7  | ロンク  |
|   | 4:00- REST & RELAX  | 3:00- SD: Bored Board  | 1:30- BINGO Activities Center   |   |  | ber 2  | しとり  |
|   |   | Activities Center  | 3:15- Rhythm & Flow   | _   | -  |  |  |
|   |   |  | Multipurpose Room   | Assisted & Independent Living Life Enrichment Calendar  |  |  |  |

Friendship Salem Terrace \*1851 Harrogate Drive\* Salem, VA\*(540) 444-0343\* Please See Weekly Schedule for Any Additions or Updates\* **Activities Are Subject to Change** (Mike Puckett, Program Director) **ALL ACTIVITIES RANGE FROM A HALF TO FULL HOUR. ACTIVITIES END AT STAFFS DISCRETION.**Activity Coordinators: Rachelle White, Katherine Bowles, Anna Gyaraki, Kat Hegarty