| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  |
|--|---|---|--|--|---|---|
| 10:15- Daily Agenda 10:30- Trivia 11:15- Chair Yoga 1:15- Pitching Pennies 2:15 – Roll & Cover 5:15- Evening Movie Your Choice | 9:00 Good Morning Club 9:15- Gather Residents, Music 9:30- Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:00- Chair Fitness 10:30-Arts & Craft Club- Apple Art 1:30- Manicures 2:30-Horse Races 5:00-Bingo                       | 9:00 Good Morning Club 9:15- Gather Residents, Music 9:30- Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:00- Sit and Be Fit 10:30- Memory Match 1:30- Baking Secrets- Potato Wedges 2:30 Pitching Pennies 5:00- Bingo     | 9:00 Good Morning Club 9:15- Gather Residents, Music 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:00 Chair Yoga 10:30 What Comes Next/ White Board Games 1:30- Art Appreciation Day: Georges Seurat 2:00- Surprise Day in the Gazebo 5:00- Trivia  | 9:30- Announcements, Menu, Read<br>Activities<br>9:45- Daily Chronicle<br>10:30- Hopscotch Bean Bag Game<br>1:30- Bingo<br>2:00-4:00- Car Fundraiser- Gazebo<br>5:00- Game of the Night<br>6:00- Wheel Watchers                                | 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:00 Chair Yoga 10:30- Tell Me A Story 2:00- Happy Hour- Larry Levin 3:30-Jeopardy 6:00- Wheel Watchers                    | 9:15 – Gather Residents, Music 9:30- Daily Chronicle 11:00- Balloon Toss 1:30- Making Muffins 2:15- Bingo 5:15 Evening Movie Your Choice                            |
| 10:30- Trivia 11:15- Chair Yoga 1:15- Go Fish 2:15 - White Board Games 5:15- Evening Movie Your Choice  Grandparents Day       | 9:00 Good Morning Club 9:15- Gather Residents, Music 9:30- Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:00- Chair Fitness 10:30- White Board Games 1:30- Janet and Grant the Dog 2:30- Manicures 5:00- Bingo                   | 9:15- Gather Residents, Music 9:30- Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:00 Sit and Be Fit 10:30- Word Scramble 1:00- Menu Chat 2:30 Balloon Bam 5:00 Bingo  | 9:00 Good Morning Club 9:15- Gather Residents, Music 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:00 Chair Yoga 10:30- Over The Net 1:30- Art Appreciation Day: Walter Hood Fitch 2:00- National Patriot Day/ Fruit Cups in the Gazebo 5:00-Trivia | 9:00- Assisted Living Resident Council 9:15- Gather Residents, Music 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:30- Singing Therapy 1:30- Bingo 2:30-Rock Around the Clock 5:00-Game of the Night 6:00- Wheel Watchers | 9:15- Gather Residents, Music 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:00 Chair Yoga 10:30- Balloon Bam 2:00- Happy Hour- Heather Braoudakis 6:00- Wheel Watchers | 9:15 – Gather Residents, Music 9:30- Daily Chronicle 11:00am- 2:00pm- Summer's Last Fling Cookout For Residents and Families- Gazebo 5:15 Evening Movie Your Choice |
| 10:15- Daily Agenda 10:30- Trivia 11:15- Chair Yoga 1:15- Pitching Pennies 2:15 – Roll & Cover 5:15- Evening Movie Your Choice | 9:15- Gather Residents, Music 9:30- Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:00- Chair Fitness 10:30- Arts & Craft Club- Bird Nest Craft 1:30- Manicures 2:30- Horse Races 5:00- Bingo                                     | 9:15- Gather Residents, Music 9:30- Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:00 Sit and Be Fit 10:30- Memory Match 1:30 - Baking Secrets- Three Bean Salad 2:30 Pitching Pennies 5:00 Bingo                          | 9:15- Gather Residents, Music 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:00 Chair Yoga 10:30 What Comes Next/ White Board Games 1:30- Hinsdale Humane Society Visit 2:30- Art Appreciation Day: Frida Kahlo 5:00- Trivia                         | 9:15- Gather Residents, Music 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:30- Hopscotch Bean Bag 1:30- Bingo 2:30-Roll & Cover 5:00-Game of the Night 6:00- Wheel Watchers  | 9:15- Gather Residents, Music<br>9:30-Announcements, Menu, Read<br>Activities<br>9:45- Daily Chronicle<br>10:00 Chair Yoga<br>10:30- Tell Me A Story  | 9:15 – Gather Residents, Music 9:30- Daily Chronicle 11:00- Balloon Toss 1:30- Making Muffins 2:15- Bingo 5:15 Evening Movie Your Choice Oktoberfest Begins         |
| 10:30- Trivia 11:15- Chair Yoga 1:15- Go Fish 2:15 - White Board Games 5:15- Evening Movie Your Choice                         | 9:15- Gather Residents, Music 9:30- Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:00- Chair Fitness 10:30 - Arts & Craft Club- Mosaic Leaf Paper Craft 1:30- Manicures 2:00- Octoberfest Party w/ Mike on Accordion 5:00- Bingo | 9:00 Good Morning Club 9:15- Gather Residents, Music 9:30- Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:00- Sit and Be Fit 10:30- Word Scramble 12:00- Birthday Luncheon Crystal Dining Room 2:30 Balloon Bam 5:00 Bingo | 9:00 Good Morning Club 9:15- Gather Residents, Music 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:00 Chair Yoga 10:30- Over The Net 1:30-Art Appreciation Day: Vincent Van Gogh 2:00- Chef's Table 1st Floor JBR 5:00-Trivia                       | 9:00 Good Morning Club 9:15- Gather Residents, Music 9:30-Announcements, Menu, Read Activities 9:45- Daily Chronicle 10:30- Singing Therapy 1:30- Bingo 2:30-Rock Around the Clock 5:00-Game of the Night 6:00- Wheel Watchers                 | 9:15- Gather Residents, Music<br>9:30-Announcements, Menu,<br>Read Activities<br>9:45- Daily Chronicle<br>10:00 Chair Yoga<br>10:30- White Board Games                                      | 9:15 - Gather Residents, 28   |
| 10:15- Daily Agenda 10:30- Trivia 11:15- Chair Yoga 1:15- Pitching Pennies 2:15 – Roll & Cover                                 | 9:00 Good Morning Club 9:15- Gather Residents, Music 9:30- Announcements, Me nu, Read Activities 9:45- Daily Chronicle 10:00- Chair Fitness   |   | temh   | er 20  | 24  |   |

Emotional Occupational Intellectual Environmental Financial Social Physical Spiritual

The Roosevelt At Salt Creek Assisted Living

**Dimensions Of Wellness** 

10:30 -Arts & Craft Club-Paper Umbrellas

1:30- Manicures

2:30-Horse Races 5:00-Bingo

5:15- Evening Movie

Your Choice