

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# September 2018

## Wellness Calendar



<p>10am Personal Prayers LC <b>2</b></p> <p>1pm-4pm Sunday Funday: Board Games and Cards V</p> <p>2pm Homemade Air Freshener AS</p> <p>7pm Mexican Train Dominoes GR</p> <p><b>The View Open 1pm-4pm</b></p>	<p>10am <b>Sitting Exercise FR</b> <b>3</b></p> <p>10:30am Trivia FR</p> <p>2pm Bingo DR</p> <p>3pm Jewelry Making AS</p> <p>7pm Monday Night Movie: "Secretariat" MT</p>	<p>10am <b>Nino Salvaggio</b> <b>4</b></p> <p>10am <b>FUNctional Fitness FR</b></p> <p>10:45am <b>Better Balance FR</b></p> <p>1pm Pinochle V</p> <p>1:30pm <b>Drum Ball Beat</b> (second floor south lounge area)</p> <p>1pm <b>Historical Visit to Troy, MI</b> (sign-up with concierge prior to)</p> <p>4pm Tech Help w/ Rae LL</p> <p>7pm Card Games GR</p>	<p>10am <b>Ultra Catch Exercise Game FR</b> <b>5</b></p> <p>10:30am Bible Study w/ Sadie*LC</p> <p>1pm-3pm <b>Jewelry Sale in Café*</b></p> <p>2pm <b>Entertainment: Magic Mike DR</b></p> <p>3pm Coupon Clipping for the Troops GR</p> <p>7pm Puzzle Time GR</p> <p><b>The View Open 3pm-6pm</b></p>	<p>10am <b>Salvation Army</b> <b>6</b></p> <p>10am <b>Young at Heart FR</b></p> <p>10:45am <b>Better Balance FR</b></p> <p>1:30pm <b>Gentle Yoga FR</b></p> <p>2pm Progressive Relaxation MT</p> <p>3pm Book Club LC</p> <p>4pm Thursday Pub Trivia V</p> <p>6:30pm <b>Card Games V</b></p> <p><b>The View Open 3pm-7:30pm</b></p>	<p>10am <b>Sitting Exercise FR</b> <b>7</b></p> <p>10:30am Jeopardy Trivia FR</p> <p>2pm Chocolate Confections AS</p> <p>3pm Happy Hour V</p> <p>7pm Movie &amp; Popcorn: "Steel Magnolias" MT</p> <p>7:10pm Detroit Tigers Game GR</p> <p><b>The View Open 3pm-7:30pm</b></p>	<p>10am <b>Calm Coloring &amp; Crosswords AS</b> <b>8</b></p> <p>2pm Bingo DR</p> <p>3:30pm <b>St. Lucy's Mass</b></p> <p>4:15pm <b>Our Lady of Hope Mass</b></p> <p>6:10pm Detroit Tigers Game GR</p> <p>7pm Scrabble GR</p> <p><b>The View Open 3pm-7:30pm</b></p>
<p>10am Personal Prayers LC <b>9</b></p> <p>1pm-4pm Sunday Funday: Board Games and Cards V</p> <p>1:10pm Detroit Tigers Game GR</p> <p>2pm No Sew Rick Racks AS</p> <p>7pm Mexican Train Dominoes GR</p> <p><b>The View Open 1pm-4pm</b></p> <p><b>National Grandparents Day</b></p>	<p>10am <b>Casino Trip: MGM</b> <b>10</b></p> <p>2pm Bingo DR</p> <p>2pm <b>Belson Hearing Services* AS</b></p> <p>3pm Cooking: Diabetic Friendly Lemon Cookies AS</p> <p>7pm Monday Night Movie: "White Christmas" MT</p> <p>7:10pm Detroit Tigers Game GR</p>	<p>10am <b>Trader Joes</b> <b>11</b></p> <p>10am <b>Spiritual Music w/ Christine* DR</b></p> <p>10am <b>FUNctional Fitness FR</b></p> <p>10:45am <b>Better Balance FR</b></p> <p>1pm Pinochle V</p> <p>1:30pm <b>Drum Ball Beat</b> (second floor south lounge area)</p> <p>2pm <b>Entertainment: Scott V. DR</b></p> <p>3pm Rosary LC</p> <p>7:10pm Detroit Tigers Game GR</p>	<p>10am <b>Food Committee Meeting DR</b> <b>12</b></p> <p>10:30am Bible Study w/ Sadie*LC</p> <p>1pm <b>Trip to the Movies</b></p> <p>1:10pm Detroit Tigers Game GR</p> <p>4pm Wii Bowling</p> <p>7pm Puzzle Time GR</p> <p><b>The View Open 3pm-6pm</b></p>	<p>10am <b>Meijer</b> <b>13</b></p> <p>10am <b>Young at Heart FR</b></p> <p>10:45am <b>Better Balance FR</b></p> <p>1:30pm <b>Gentle Yoga FR</b></p> <p>1pm <b>Tour at the Detroit Historical Museum</b></p> <p>4pm Thursday Pub Trivia V</p> <p>6:30pm <b>Open Mic Night - GTKYN &amp; Singalong V</b></p> <p><b>The View Open 3pm-7:30pm</b></p>	<p>8:30am <b>Breakfast in the Park</b> <b>14</b></p> <p>10am <b>Sitting Exercise FR</b></p> <p>10:30am Modern Trivia FR</p> <p>2pm Card Bingo V</p> <p>3pm Happy Hour V</p> <p>7pm Movie &amp; Popcorn: "The Stray" MT</p> <p><b>The View Open 3pm-7:30pm</b></p>	<p>10am <b>Classic Shows MT</b> <b>15</b></p> <p>2pm Bingo DR</p> <p>3:30pm <b>St. Lucy's Mass</b></p> <p>4:15pm <b>Our Lady of Hope Mass</b></p> <p>7pm Yahtzee GR</p> <p><b>The View Open 3pm-7:30pm</b></p>
<p>10am Personal Prayers LC <b>16</b></p> <p>1pm-4pm Sunday Funday: Board Games and Cards V</p> <p>2pm Alcohol Painting AS</p> <p>7pm Mexican Train Dominoes GR</p> <p><b>The View Open 1pm-4pm</b></p>	<p>9am <b>GM Heritage Center Tour</b> <b>17</b></p> <p>2pm Bingo DR</p> <p>3pm Jewelry Making AS</p> <p>7pm Monday Night Movie: "The little Rascals" MT</p> <p>7:10pm Detroit Tigers Game GR</p>	<p>10am <b>Village Market</b> <b>18</b></p> <p>10am <b>FUNctional Fitness FR</b></p> <p>10:45am <b>Better Balance FR</b></p> <p>1pm Pinochle V</p> <p>1:30pm <b>Drum Ball Beat</b> (second floor south lounge area)</p> <p>2pm <b>Healthy Brain Presentation GR</b></p> <p>3pm Tech Help w/ Rae LL (sign-up with concierge prior to)</p> <p>4:30pm-6:30pm <b>Themed Dinner &amp; Music DR - A Night in New York</b></p>	<p>10am <b>Ultra Catch Exercise Game FR</b> <b>19</b></p> <p>10:30am Bible Study w/ Sadie*LC</p> <p>11:15am <b>Lunch Out: El Charros</b></p> <p>1:10pm Detroit Tigers Game GR</p> <p>2pm <b>Catholic Mass w/ Father Jim* LC</b></p> <p>3pm <b>Erma's Frozen Custard</b></p> <p>7pm Puzzle Time GR</p> <p><b>The View Open 3pm-6pm</b></p>	<p>10am <b>Dollar Tree</b> <b>20</b></p> <p>10am <b>Young at Heart FR</b></p> <p>10:45am <b>Better Balance FR</b></p> <p>1:30pm <b>Gentle Yoga FR</b></p> <p>1:30-3:30 <b>Free Chair Massages* (sign-up prior to)</b></p> <p>2pm <b>Cooking Demo w/ Chef Sarah</b></p> <p>3pm Book Club LC</p> <p>4pm Thursday Pub Trivia V</p> <p>6:30pm <b>Blind Taste Test Competition V</b></p> <p><b>The View Open 3pm-7:30pm</b></p>	<p>10am <b>Sitting Exercise FR</b> <b>21</b></p> <p>10:30am Jeopardy Trivia FR</p> <p>2pm Cup Cake Wars AS</p> <p>3pm Happy Hour V</p> <p>7pm Movie &amp; Popcorn: "Million Dollar Baby" MT</p> <p>7pm <b>Grosse Pointe Theatre - Camelot</b></p> <p>7:10pm Detroit Tigers Game GR</p> <p><b>The View Open 3pm-7:30pm</b></p>	<p>10am <b>Calm Coloring &amp; Crosswords AS</b> <b>22</b></p> <p>2pm Bingo DR</p> <p>3:30pm <b>St. Lucy's Mass</b></p> <p>4:15pm <b>Our Lady of Hope Mass</b></p> <p>6:10pm Detroit Tigers Game GR</p> <p>7pm Scrabble GR</p> <p><b>The View Open 3pm-7:30pm</b></p> <p><b>First Day of Fall!</b></p>
<p>10am Personal Prayers LC <b>23</b></p> <p>1pm-4pm Sunday Funday: Board Games and Cards V</p> <p>1:10pm Detroit Tigers Game GR</p> <p>2pm Cooking: Homemade Apple Sauce AS</p> <p>7pm Mexican Train Dominoes GR</p> <p><b>The View Open 1pm-4pm</b></p>	<p>10am <b>Sitting Exercise FR</b> <b>24</b></p> <p>10:30am Trivia FR</p> <p>2pm Bingo DR</p> <p>3pm <b>Resident Council Meeting DR</b></p> <p>7pm Monday Night Movie: "Star Wars: The Last Jedi" MT</p>	<p>10am <b>Kroger</b> <b>25</b></p> <p>10am <b>FUNctional Fitness FR</b></p> <p>10:45am <b>Better Balance FR</b></p> <p>1pm Pinochle V</p> <p>1:30pm <b>Drum Ball Beat</b> (second floor south lounge area)</p> <p>2pm Cooking: Apple Pie Energy Bites AS</p> <p>3pm Rosary LC</p> <p>7pm Farkle GR</p>	<p>10am <b>Chair Dancing FR</b> <b>26</b></p> <p>10:30am Bible Study w/ Sadie*LC</p> <p>2pm <b>Welcome Party &amp; Birthday Celebration w/ Wayne B. DR</b></p> <p>3pm Wii Bowling</p> <p>4pm <b>Dinner Out: Red Lobster</b></p> <p>7pm Puzzle Time GR</p> <p><b>The View Open 3pm-6pm</b></p> <p><b>Lakeshore Library Books Due Back Today</b></p>	<p>9am <b>Cider Mill</b> <b>27</b></p> <p>10am <b>Young at Heart FR</b></p> <p>10:45am <b>Better Balance FR</b></p> <p>1:30pm <b>Gentle Yoga FR</b></p> <p>2pm <b>Chapel Service w/ Pastor Rolf* LC</b></p> <p>3pm Book Club LC</p> <p>4pm Thursday Pub Trivia V</p> <p>7pm <b>Festival Flutes V</b></p> <p><b>The View Open 3pm-7:30pm</b></p>	<p>10am <b>Sitting Exercise FR</b> <b>28</b></p> <p>10:30am September IQ Trivia FR</p> <p>11am <b>Sunshine Visits</b></p> <p>2pm Card Bingo V</p> <p>3pm Happy Hour V</p> <p>7pm Movie &amp; Popcorn: "No Reservations" MT</p> <p><b>The View Open 3pm-7:30pm</b></p>	<p>10am <b>Classic Shows MT</b> <b>29</b></p> <p>2pm Bingo DR</p> <p>3:30pm <b>St. Lucy's Mass</b></p> <p>4:15pm <b>Our Lady of Hope Mass</b></p> <p>7pm Yahtzee GR</p> <p><b>The View Open 3pm-7:30pm</b></p>
<p>10am Personal Prayers LC <b>30</b></p> <p>1pm-4pm Sunday Funday: Board Games and Cards V</p> <p>2pm DIY Sugar Scrubs AS</p> <p>7pm Mexican Train Dominoes GR</p> <p><b>The View Open 1pm-4pm</b></p>						<p><b>Key for Rooms:</b></p> <p>LC = Lakeshore Chapel</p> <p>MT = Movie Theater</p> <p>GR = Game Room</p> <p>AS = Art Studio</p> <p>LL = Lakeshore Library</p> <p>V = The View</p> <p>FR = Fitness Room</p> <p>DR = Dining Room</p> <p>RED = BUS TRIP</p> <p>BLUE = Fitness Classes</p>