



ActivCare at Brittany House

SEPTEMBER 2019



Daily Activities

Newsorthy
Current Events

Walker's Club
Neighborhood Strolls

Thinking & Doing
Cognitive Exercises

Musical Moments
Interactive Entertainment

ActivFit
Strength & Agility Fitness

Creative Arts
Artistic Expression



SPECIAL EVENTS

September 18
Western Hoedown

September 26
Birthday Celebration



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Games & Puzzles 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Movie: Comedy 4:00 Neighborhood Walk 6:00 Mindless Facts	2 Labor Day 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Prize Bingo 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Veteran's Bowling Tournament 4:00 Neighborhood Walk 6:00 Pamper Me Lovely	3 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Minute to Win It Tournament 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Creative Art: Making Wanted Posters 4:00 Neighborhood Walk 6:00 Movie Matinee	4 Cooking for the Senses 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Pamper Me Lovely 1:00 Afternoon Stretching 2:00 Cooking for the Senses: Country BBQ Macaroni Salad 3:00 Coffee Social 3:30 Creative Art: Making Roosters 4:00 Neighborhood Walk 6:00 Western Movie Night	5 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Table Top Games 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Ball Toss n Talk: Who Am I? 4:00 Neighborhood Walk 6:00 Young at Heart	6 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Creative Art: Build A Fire 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Prize Bingo 4:00 Neighborhood Walk 6:00 Pamper Me Lovely	7 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Creative Arts: Building Wagons 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Game Night: Poker 4:00 Neighborhood Walk 6:00 Movie Matinee
8 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Games & Puzzles 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Movie: Drama 4:00 Neighborhood Walk 6:00 Trivia	9 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Prize Bingo 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Creative Art: Making Cactus 4:00 Neighborhood Walk 6:00 Pamper Me Lovely	10 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Minute to Win It Tournament 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Creative Art: Finishing the Cactus 4:00 Neighborhood Walk 6:00 Name 10	11 Cooking for the Senses 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Pamper Me Lovely 1:00 Afternoon Stretching 2:00 Cooking for the Senses: Prairie Egg Salad Sandwich 3:00 Coffee Social 3:30 Sing, Dance & Reminisce 4:00 Neighborhood Walk 6:00 Western Movie Night	12 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Creative Art: Cowboy Centerpiece 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Creative Art: Finishing the Cowboy Centerpieces 4:00 Neighborhood Walk 6:00 Trivia	13 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Creative Art: Paper Lanterns 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Prize Bingo 4:00 Neighborhood Walk 6:00 Pamper Me Lovely	14 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Creative Writing: Letters/Cards to our Love Ones 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Game Night: Poker 4:00 Neighborhood Walk 6:00 Movie Matinee
15 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Games & Puzzles 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Movie: Western 4:00 Neighborhood Walk 6:00 You Be the Judge	16 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Prize Bingo 3:00 Coffee Social 3:30 Creative Art: Painting the Town 4:00 Neighborhood Walk 6:00 Pamper Me Lovely	17 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Minute to Win It Tournament 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Table Top Games 4:00 Neighborhood Walk 6:00 You Be The Judge	18 Hoedown 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Fitness Group USA/ Yoga Class 1:00 Afternoon Stretching 2:00 Entertainment "Just Us" 3:00 Coffee Social 3:30 Western Music-Who sang it? 4:00 Neighborhood Walk 6:00 Pamper Me Lovely	19 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Creative Art: Playing with Watercolors 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Table Top Games 4:00 Neighborhood Walk 6:00 Read a Short Story	20 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Creative Art: Pull String Art 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Prize Bingo 4:00 Neighborhood Walk 6:00 Pamper Me Lovely	21 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Creative Art: Making Owls 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Game Night: Poker 4:00 Neighborhood Walk 6:00 Movie Matinee
22 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Games & Puzzles 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Movie-Adventure 4:00 Neighborhood Walk 6:00 Did You Know?	23 First Day of Autumn 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Prize Bingo 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Creative Art: Fall Wreaths 4:00 Neighborhood Walk 6:00 Pamper Me Lovely	24 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Minute to Win It Tournament 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Creative Art: Leaf Art 4:00 Neighborhood Walk 6:00 Movie Matinee	25 Cooking for the Senses 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Pamper Me Lovely 1:00 Afternoon Stretching 2:00 Cooking for the Senses: Walking Tacos 3:00 Coffee Social 3:30 Creative Art: Faux Garden 4:00 Neighborhood Walk 6:00 Western Movie Wednesday	26 Birthday Celebration 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Indoor Games with Staff 2:00 Entertainment "Elvis" 3:00 Coffee Social 3:30 Creative Art: Pumpkin Garland 4:00 Neighborhood Walk 6:00 Trivia	27 Native American Day 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Creative Art: Headbands 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Prize Bingo 4:00 Neighborhood Walk 6:00 Pamper Me Lovely	28 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Creative Art: Leaf Bowls 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Game Night: Poker 4:00 Neighborhood Walk 6:00 Movie Matinee
29 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Games & Puzzles 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Movie: Comedy/ Finishing the Leaf Bowls 4:00 Neighborhood Walk 6:00 Who Said That?	30 9:15 Today in History & Current Events (Discussion) 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Prize Bingo 1:00 Afternoon Stretching 3:00 Coffee Social 3:30 Creative Art: Wooden Coasters 4:00 Neighborhood Walk 6:00 Pamper Me Lovely					