



| Mon                                                                                                            | Tue                                                                                                 | Wed                                                                                                                       | Thu                                                                                                                  | Fri                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>S.A.I.L. Calendar Senior Activities of Independent Living</b><br>BOOKMOBILE Schedule TBA                    |                                                                                                     |                                                                                                                           |                                                                                                                      |                                                                                                                                              |
| <b>3 CENTER CLOSED</b><br><br><b>Labor Day</b>                                                                 | <b>4</b> 9:15 am<br>Chair Exercise/Mrs. Jones<br>10:00 am<br>Creative Writing<br>Mrs. Judy Gammage  | <b>5</b> 9:00-9:25 am<br>Play on the Piano<br>9:30 am<br>One Mile Walk<br>Mr. Willie<br>Fire Safety Meeting               | <b>6</b> 9:15 am<br>Chair Exercise/Jones<br>10:00 am<br>Life Lessons/ Glover<br>Mrs. Kim Carter<br>Kindred Home Care | <b>7</b> 9:30 am<br>One Mile Walk/Willie<br>10:00 am<br>Mrs. Kim Carter<br>Kindred Home Care<br>Apartment for Senior<br>251-287-0504 aged 62 |
| <b>10</b> 9:30 am<br>One Mile Walk/Willie<br>10:00 am<br>BINGO<br>Parkway/Staff                                | <b>11</b> 9:15 am<br>Chair Exercise/Mrs. Jones<br>10:00 am<br>Creative Writing<br>Mrs. Judy Gammage | <b>12</b> 9:00-9:25 am<br>Play on the Piano<br>9:30 am<br>One Mile Walk<br>Mr. Willie<br>Karaoke                          | <b>13</b> 9:15 am<br>Chair Exercise/ Jones<br>10:00 am<br>Life Lessons/Mr. Ben Glover<br>Ms. Smith/Springhill        | <b>14</b> 9:30 am<br>One Mile Walk/Willie<br>10:00 am<br>BINGO<br>Parkway/Staff                                                              |
| <b>17</b> 9:30 am<br>One Mile Walk/Willie<br>10:00 am<br>Ms. Jennifer Skeel<br>Cigna Health spring<br>Dominoes | <b>18</b> 9:15 am<br>Chair Exercise/Mrs. Jones<br>10:00 am<br>Creative Writing<br>Mrs. Judy Gammage | <b>19</b> 9:00-9:25 am<br>Play on the Piano<br>9:30 am<br>One Mile Walk<br>Mr. Willie<br>Red Hatters Meeting<br>In Office | <b>20</b> 9:15 am<br>Chair Exercise/ Jones<br>10:00 am<br>Life Lessons/Mr. Ben Glover<br>Game Of Pool                | <b>21</b> 9:30 am<br>One Mile Walk/Willie<br>10:00 am<br>BINGO<br>Parkway/Staff                                                              |
| <b>24</b> 9:30 am<br>One Mile Walk/Willie<br>10:00 am<br>Bingo<br>8:30-1:30 p.m.<br>Quilters Guild             | <b>25</b> 9:15 am<br>Chair Exercise/Mrs. Jones<br>10:00 am<br>Creative Writing<br>Mrs. Judy Gammage | <b>26</b> 9:00-9:25 am<br>Play on the Piano<br>9:30 am<br>One Mile Walk<br>Mr. Willie<br>Dominoes                         | <b>27</b> 9:15 am<br>Let's Try Something<br>New<br>YOGA for Senior<br>With (Jane Adams)<br>Gentle-Effective          | <b>28</b> 9:30 am<br>One Mile Walk/Willie<br>10:00 am<br>FUN DAY<br>Game Room Open<br>9:00-12:45 p.m.                                        |