

# September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Physical Activities</i></p> <p><i>Intellectual Activities</i></p> <p><i>Social Activities</i></p> <p><i>Wellness Activities</i></p> <p><i>Spiritual Activities</i></p> <p><i>Artistic/Musical Activities</i></p>		<p><b>Have a Question? Call Us!</b></p> <p><b>Kandie Ext. 5111 Margaret, Carrie or Bob Ext. 5125</b></p>	<p>1</p> <p>9:00 Wal-mart</p> <p>10:00 Exercise</p> <p>10:30 Peanut Game w/Suncrest</p> <p>2:00 Cooking Show</p> <p>3:00 Manor Detectives w/Kirk</p> <p>6:15 Stones River</p>	<p>2</p> <p>9:30 East Main Bible Study</p> <p>10:15 Nutrition News w/Kathy</p> <p>1:30 Bingo</p> <p>2:30 Jingo</p> <p>3:00 Welcome Wagon</p>	<p>3</p> <p>9:30 Trivia Mania</p> <p>10:00 Exercise</p> <p>10:30 Uno, Skipbo &amp; Old Maid w/ MTCS</p> <p>1:30 Back Yard Games</p>	<p>4</p> <p>10:00 Exercise</p> <p>10:30 Word Search</p> <p>1:30 Bingo</p>
<p>5</p> <p>9:30 North Blvd. Church of Christ</p>	<p>6</p> <p>Happy</p>  <p>No Activities</p>	<p>7</p> <p>9:30 Relaxation Music</p> <p>10:00 Exercise</p> <p>10:30 Q&amp;A w/Kirk</p> <p>1:30 Bingo</p> <p>3:00 Bible Study w/Kirk</p>	<p>8</p> <p>9:00 Wal-mart</p> <p>10:00 Exercise</p> <p>10:30 Blood Pressure Checks w/Suncrest</p> <p>11:00 Birthday Lunch</p> <p>2:00 Cooking Show</p> <p>6:15 Bethlehem</p>	<p>9</p> <p>9:30 East Main Bible Study</p> <p>10:15 Exercise</p> <p>1:30 Bingo</p> <p>2:30 Jingo</p> <p>3:00 Sewing Friendships</p>	<p>10</p> <p>9:30 Relaxation Music</p> <p>10:00 Exercise</p> <p>10:30 Grandbaby Stories</p> <p>1:30 Grandparent's Celebration</p>	<p>11</p> <p>10:00 Exercise</p> <p>10:30 Mixed Up School Supplies</p> <p>1:30 Bingo</p>
<p>12</p> <p>Grandparents Day</p> <p>10:30 Highland Heights Church of Christ</p>	<p>13 <i>Hawaiian Week</i></p> <p>9:30 Relaxation Music</p> <p>10:00 Exercise</p> <p>10:30 History of Hawaii</p> <p>1:30 Hawaiian Games</p>	<p>14 <i>Hawaiian Week</i></p> <p>10:00 Exercise</p> <p>10:30 Hawaiian Trivia</p> <p>1:30 Bingo</p> <p>3:00 Bible Study w/Kirk</p>	<p>15 <i>Hawaiian Week</i></p> <p>10:00 Exercise</p> <p>10:30 Manicure Madness</p> <p>2:00 Cooking Show</p> <p>"Hawaiian Wedding Cake"</p> <p>6:15 Kingwood</p>	<p>16 <i>Hawaiian Week</i></p> <p>9:30 East Main Bible Study</p> <p>10:15 Exercise</p> <p>1:30 Bingo</p> <p>2:30 Jingo</p> <p><i>FAMILY PICNIC</i> <i>Hawaiian Luau 5 till 7</i></p>	<p>17 <i>Hawaiian Week</i></p> <p>9:30 Relaxation Music</p> <p>10:00 Exercise</p> <p>10:30 Nursery Rhyme Showdown</p> <p>2:00 Serenity</p>	<p>18</p> <p>10:00 Exercise</p> <p>10:30 School Day's</p> <p>1:30 Bingo</p>
<p>19</p> <p>2:00 Crescent Church of Christ</p>	<p>20</p> <p>9:30 Relaxation Music</p> <p>10:00 Exercise</p> <p>10:30 This &amp; That Trivia</p> <p>1:30 Wii Games</p>	<p>21</p> <p>10:00 Exercise</p> <p>10:30 Wii Games</p> <p>1:30 Bingo</p> <p>3:00 Bible Study w/Kirk</p>	<p>22</p> <p>9:00 Wal-mart</p> <p>10:00 Exercise</p> <p>10:30 Make Your Point</p> <p>2:00 Cooking Show</p> <p>3:00 Manor Detectives w/Kirk</p> <p>6:15 Lascassas</p>	<p>23</p> <p>9:30 East Main Bible Study</p> <p>10:15 Exercise</p> <p>1:30 Bingo</p> <p>2:30 Jingo</p>	<p>24</p> <p>9:30 Relaxation Music</p> <p>10:00 Exercise</p> <p>10:30 Providence 1st Graders Perform "American History"</p> <p>1:30 MTSU AHeAD Welcoming Meet &amp; Greet Party</p>	<p>25</p> <p>10:00 Exercise</p> <p>10:30 Word Pictures</p> <p>1:30 Bingo</p>
<p>26</p> <p>10:30 Kingwood Church of Christ</p>	<p>27</p> <p>9:30 Relaxation Music</p> <p>10:00 Exercise</p> <p>10:30 How Many</p> <p>1:30 James Allen Clark Performs</p> <p>3:00 Book Club</p>	<p>28</p> <p>10:00 Exercise</p> <p>10:30 Skipbo</p> <p>1:30 Bingo</p> <p>3:00 Bible Study w/Kirk</p>	<p>29</p> <p>9:00 Wal-mart</p> <p>10:00 Exercise</p> <p>10:30 Out to Eat &amp; Shopping at Stones River Mall</p> <p>6:15 Walter Hill</p>	<p>30</p> <p>9:30 East Main Bible Study</p> <p>10:15 Exercise</p> <p>1:30 Bingo</p> <p>2:30 Jingo</p> <p>3:00 Resident's Meeting</p>		