

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <h1>September 2023</h1> <p>Meal Times: 7:30a- Breakfast, 11:30a- Lunch, 5:00p- Dinner</p> </div>					9am-What's on the news? 1 10-10:30a- Clay/Tactile w/ Kristina 1:30p- Music & Movement w/ Rena 2:30p-Melted crayon art 3:30p-Courtyard breezes 4:30p-Virtual travel club	9am- Morning Melodies 2 10:30a- Ind. activities 3-4:30p-Downtime Binders 6p- Evening Movie
9am- Coffee Chat 3 10:30a- Ind. activities 3-4:30p-Downtime Binders 6p- Evening Movie	9am-What's on the news? 4 10:30am-Group Discussion 12:00- Labor Day lunch carry in 1:30p- Cake pops & Bubbly! 2:30p- The Fascinating World of Wild Animals (video) 3:30p-Follow the beat w/ instruments 4:30p-Group Discussion National Wildlife Day Labor Day	9am-Morning Melodies 5 10:30am-Craft time w/ Nancy 11:00- Polish culture & Language class (Horsfall) 1:30p-Table Tafel golf 2:30p- Sing- along w/ Kristy 3:30p-Hydration & snack 4:00p- Koi Fish feeding at the pond	9am-Coffee Chat 6 10:30am-Dada Veda (singing folk songs) 1:30p-Pretty Nails w/ Maria 2:30p-Skit-tell-us game 3:30p-Salad spinner art 4:30p-Wine Down Wednesdays!	9am-What's on the news? 7 10:30am-Kay's Band at MB 1:30p-Pressed flower clay dish 2pm-Independent activities 2:30p-1:1's with Tammy 3:30p-Sittercise 4:30p-Walks around the garden	9am-Morning Melodies 8 10-10:30a- Salt dough handprint keepsakes 1:30p- Music & Movement w/ Rena 2:30p-Remembering 9/11 (video) 3:30p-Puzzles and more 4:30p-Sensory bottles	9am- Coffee Chat 9 10:30a- Ind. activities 3-4:30p-Downtime Binders 6p- Evening Movie
9am- What's on the news? 10 10:30a- Ind. activities 3-4:30p-Downtime Binders 6p- Evening Movie Grandparents Day	9am-Morning Melodies 11 10:30am- Ind. activities 2-2:45p- Sing- along w/ Kristy 3-4:30p- Downtime Binders 6p- Evening movie	9am-Coffee Chat 12 10:30am-Craft time w/ Nancy 1:30p-Sensory nature scavenger hunt 2:30p-Chocolate milkshakes in the courtyard 3:30p-Bowling 4:30p-Music Therapy National Chocolate Milkshake Day	9am-What's on the news? 13 10:30am-Nature sun catchers 1:30p-Pretty Nails w/ Maria 2:30p-Sensory: 5 senses activity 3:30p-Movie Matinee 4:30p-Garden club	9am-Morning Melodies 14 10:30am-Kay's Band at MB 1:30p-Therapy Dog visit 2:30p-1:1's with Tammy 3:30p-Chair Yoga 4:30p-Baking club	9am-Coffee Chat 15 10-10:30a- Clay/Tactile w/ Kristina 1:30p- Music & Movement w/ Rena 2:30p- Hispanic Heritage Chew & Chat +Craft 3:30p-Courtyard breezes 4:30p-Virtual travel club National Hispanic Heritage Month begins Rosh Hashanah Begins	9am-What's on the news? 16 11am-Illini vs. Penn State game 1:30p-Oktoberfest dessert "beer mug" 2:30p- Pretzels & Beer 3:30p-Yarn wrapped letters 4:30p-Would you rather? Oktoberfest Begins
9am- Morning Melodies 17 10:30a- Ind. activities 3-4:30p-Downtime Binders 6p- Evening Movie	9am-Coffee Chat 18 10:30am-Autumn door wreaths 1:30p- Free hand painting 2-2:45p- Sing- along w/ Kristy 3:30p-Parachute ball 4:30p-Montessori skill stations	9am-What's on the news? 19 10:30am-Therapy dog visit 11:00- Polish culture & Language class (Horsfall) 1:30p-Independent activities 2:30p-The Urbana Free Library presenting stories/songs 3:30p-Stained glass art 4:00p- Koi Fish feeding at the pond	9am-Morning Melodies 20 10:30am-Rythm and Boom cardio drumming 1:30p-Van Trip to Curtis Orchard 2:30p-Trivia 3:00- Holi holiday presentation w/ Aditi (AC) 4:30p-Wine Down Wednesdays!	9am-Coffee Chat 21 10:30am-Jeopardy w/ Sara Hawkins 2:00p-Abe Lincoln visit in AC 2:30p-1:1's with Tammy 3:30p- Joint movers 4:30p-Walks around the garden	9am-What's on the news? 22 10-10:30a- Clay/Tactile w/ Kristina 1:30p- Music & Movement w/ Rena 2:30p-Water color murals 3:30p-Puzzles and more 4:30p-Pool noodle balloon game	9am- Morning Melodies 23 10:30a- Ind. activities 3-4:30p-Downtime Binders 6p- Evening Movie Autumn Begins
9am- Coffee Chat 24 10:30a- Ind. activities 3-4:30p-Downtime Binders 6p- Evening Movie Yom Kippur Begins	9am-What's on the news? 25 10:30am-Water balloon toss 1:30p-Marble painting 2-2:45p- Sing- along w/ Kristy 3:30p-Patchwork collages 4:30p-Sensory fun!	9am-Morning Melodies 26 10:30am-Kay's Band: Everything but The Kitchen Sink at GHH 1:30p-Independent activities 2:30p-Bracelet making 3:30p-Hydration & snack 4:30p-Music Therapy	9am-Coffee Chat 27 10:30am-Salt painting craft 1:30p-Pretty Nails w/ Maria 2:30p-Chair hooping 3:30p-Movie Matinee 4:30p-Garden club	9am-What's on the news? 28 10:30am-Kay's Band at MB 1:30p-Van Trip to Hardy's Reindeer Ranch 2:30p-1:1's with Tammy 3:30p- Smoothies & stretches 4:30p-Baking club	9am-Morning Melodies 29 10-10:30a- Clay/Tactile w/ Kristina 10:30- Church service & songs w/ Jon Norris 1:30p- Music & Movement w/ Rena 2:30p-Courtyard breezes 3:30p-GHH Happy Hour! 4:30p-Virtual travel club Sukkot Begins	9am-Coffee Chat 30 10:30a- Ind. activities 3-4:30p-Downtime Binders 6p- Evening Movie

SUN	MON	TUE	WED	THUR	FRI	SAT
					8:00 Jigsaw PuzzleMania (Theater Lounge) 11:15 Exercise Energize (Theater Lounge) 1:30 Reach N Stretch (Theater Lounge Meadowbrook) 2:00 St Pats Bible Study with Frank Rosser (Theater Lounge Meadowbrook) 3:30 Free Rice Trivia (Theater Lounge) 4:15 Reminisce among Friends (Theater Lounge)	11:15 Morning Exercise (Theater Lounge Meadowbrook) 1:30 Games (Theater Lounge) 2:30 Refreshments - This Day in History- puzzle pages (Theater Lounge) 3:30 Jeopardy (Theater Lounge) 4:15 Reminisce among Friends (Theater Lounge)
9:00 CBS Sunday Morning (Theatre Lounge) 12:00 Enjoy this Day (Meadowbrook) 1:30 Church Service DVD Available (Theatre Lounge) 3:00 Movie Matinee (Theatre Lounge) 6:30 People's Choice Movie DVD (Theatre Lounge)	Labor Day 8:00 Jigsaw Puzzles in place (Theater Lounge) 11:15 Rena's Work Out (Theater Lounge) 1:30 Work the Puzzle pages (Theater Lounge Meadowbrook) 2:30 Snacks - This Day in History (Theater Lounge) 3:15 Glen's Travels (Theater Lounge Meadowbrook) 4:00 Word Fun w/ Glen (Theater Lounge)	11:15 Morning Exercise (Theater Lounge) 1:30 Reach N Stretch (Theater Lounge Meadowbrook) 2:15 Refreshments- This Day in History (Theater Lounge) 2:30 Card Games (Meadowbrook 100 Hall Dining Room) 3:00 Drumming (Theater Lounge Meadowbrook) 4:15 Reminiscing w/ others (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	8:00 Puzzlemania (Theater Lounge) 10:15 Morning Greetings w/ Deje (Meadowbrook 100 Hall Cafe) 11:15 Morning Exercise (Theater Lounge Meadowbrook) 1:30 Everything but the Kitchen Sink Band (Huegy Lounge) 2:00 Wordy Word Games (Theater Lounge) 4:00 Twin City Bible study w/ Alex and Stephen (Theater Lounge) 4:15 Pretty Nails (Theater Lounge) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	10:30 Kay's Band (Meadowbrook Theater Lounge) 1:30 Afternoon Stretch (Theater Lounge Meadowbrook) 2:30 Trivial Pursuit (Theater Lounge Meadowbrook) 3:30 Spanish Heritage Craft (Theater Lounge Meadowbrook) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	8:00 Jigsaw PuzzleMania (Theater Lounge) 10:15 Morning Greetings w/ Deje (Theater Lounge Meadowbrook) 11:15 Exercise Energize (Theater Lounge) 1:30 Reach N Stretch (Theater Lounge Meadowbrook) 2:00 St Pats Bible Study with Frank Rosser (Theater Lounge Meadowbrook) 3:00 Trivia (Meadowbrook 100 Hall Dining Room) 3:15 Jeopardy (Theater Lounge Meadowbrook) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	10:15 Pretty Nails (Theater Lounge) 11:15 Morning Exercise (Theater Lounge Meadowbrook) 2:30 Refreshments - This Day in History- puzzle pages (Theater Lounge) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)
9:00 CBS Sunday Morning (Theatre Lounge) 1:30 Church Service DVD Available (Theatre Lounge) 3:00 Movie Matinee (Theatre Lounge) 6:00 Movies and Sports (Theatre Lounge) 6:30 People's Choice Movie DVD (Theatre Lounge)	8:00 Jigsaw Puzzles in place (Theater Lounge) 10:15 Morning Greetings w/ Deje (Theater Lounge Meadowbrook) 11:15 Rena's Work Out (Theater Lounge) 1:30 BINGO (Theater Lounge) 2:30 Games w/ Haiden (Meadowbrook 100 Hall Dining Room) 2:30 Popcorn Cart - This Day in History (Theater Lounge Meadowbrook) 3:15 Glen's Travels (Theater Lounge Meadowbrook) 4:00 Word Fun w/ Glen (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	11:15 Morning Exercise (Theater Lounge) 1:30 Trivial Pursuit (Theater Lounge Meadowbrook) 2:15 Spanish Drink/Snack (Theater Lounge) 2:30 Music (100 Hall Dining Room) 4:15 Reminiscing w/ others (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	8:00 Puzzlemania (Theater Lounge) 10:15 Morning Greetings w/ Deje (Meadowbrook 100 Hall Cafe) 11:15 Rena's Work Out (Theater Lounge) 1:30 Resident Council Meeting : Guest Speaker Rikki (Theater Lounge) 2:30 Lake of the Woods _ Lincoln Trails Presentation (Theater Lounge Meadowbrook) 3:30 Hershey Blizzards (Theater Lounge Meadowbrook) 4:00 Twin City Bible study w/ Alex and Stephen (Theater Lounge) 4:15 Pretty Nails (Theater Lounge) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	10:30 Kay's Band (Meadowbrook Theater Lounge) 1:30 Afternoon Stretch (Theater Lounge Meadowbrook) 2:30 BINGO (Theater Lounge Meadowbrook) 3:30 Card Games - UNO (Theater Lounge) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	8:00 Jigsaw PuzzleMania (Theater Lounge) 10:15 Morning Greetings w/ Deje (Theater Lounge Meadowbrook) 11:15 Exercise Energize (Theater Lounge) 1:15 Reach N Stretch (Theater Lounge Meadowbrook) 2:00 St Pats Bible Study with Frank Rosser (Theater Lounge Meadowbrook) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	Rosh Hashanah 10:15 Pretty Nails (Theater Lounge) 11:15 Morning Exercise (Theater Lounge Meadowbrook) 2:30 Refreshments - Rosh Hashannah (Theater Lounge) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)
Happy Birthday JoAnne B 9:00 CBS Sunday Morning (Theatre Lounge) 12:00 Enjoy this Day (Meadowbrook) 1:30 Church Service DVD Available (Theatre Lounge) 3:00 Movie Matinee (Theatre Lounge) 6:00 Movies and Sports (Theatre Lounge) 6:30 People's Choice Movie DVD (Theatre Lounge)	8:00 Jigsaw Puzzles in place (Theater Lounge) 10:15 Morning Greetings w/ Deje (Theater Lounge Meadowbrook) 11:15 Rena's Work Out (Theater Lounge) 1:30 Discussion on Constitution Day (Theater Lounge Meadowbrook) 2:30 Happy Birthday Social (Theater Lounge) 3:15 Glen's Travels (Theater Lounge Meadowbrook) 3:15 Puzzle Pages (Meadowbrook 100 Hall Dining Room) 4:00 Word Fun w/ Glen (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	11:15 Morning Exercise (Theater Lounge) 1:30 Reach N Stretch (Theater Lounge Meadowbrook) 2:15 Spanish Craft (Theater Lounge Meadowbrook) 2:30 Coffee Chat (Meadowbrook 100 Hall Dining Room) 3:00 Dada Vada Meditation Music (Theater Lounge) 4:15 Reminiscing w/ others (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	8:00 Puzzlemania (Theater Lounge) 10:15 Morning Greetings w/ Deje (Meadowbrook 100 Hall Cafe) 11:15 Rena's Work Out (Theater Lounge) 1:30 Rosh Hashanah Discussion (Theater Lounge Meadowbrook) 2:15 Show N Tell w/ Teri (Theater Lounge Meadowbrook) 3:00 Holi presentation by Aditi (Activity Center) 4:00 Twin City Bible study w/ Alex and Stephen (Theater Lounge) 4:15 Pretty Nails (Theater Lounge) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	10:30 Kay's Band (Meadowbrook Theater Lounge) 1:30 Construction Update w/ Ron (Theater Lounge Meadowbrook) 2:00 Abraham Lincoln Visit (Activity Center) 3:15 Mapping w/ Randy (Theater Lounge Meadowbrook) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	8:00 Jigsaw PuzzleMania (Theater Lounge) 10:15 Morning Greetings w/ Deje (Theater Lounge Meadowbrook) 11:15 Exercise Energize (Theater Lounge) 1:30 Reach N Stretch (Theater Lounge Meadowbrook) 2:00 St Pats Bible Study with Frank Rosser (Theater Lounge Meadowbrook) 3:00 Games (Meadowbrook 100 Hall Dining Room) 3:15 Free Rice Trivia (Theater Lounge) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	3:30 Pretty Nails (Theater Lounge) 11:15 Morning Exercise (Theater Lounge Meadowbrook) 1:30 Headbandz the game (Theater Lounge Meadowbrook) 2:30 Refreshments - This Day in History- puzzle pages (Theater Lounge) 3:30 Trivial Pursuit (Theater Lounge Meadowbrook) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)
Yom Kippur Begins 9:00 CBS Sunday Morning (Theatre Lounge) 1:30 Church Service DVD Available (Theatre Lounge) 3:00 Movie Matinee (Theatre Lounge) 6:00 Movies and Sports (Theatre Lounge) 6:30 People's Choice Movie DVD (Theatre Lounge)	Yom Kippur Ends Happy Birthday Belden FLucille H. 8:00 Jigsaw Puzzles in place (Theater Lounge) 10:15 Morning Greetings w/ Deje (Theater Lounge Meadowbrook) 11:15 Rena's Work Out (Theater Lounge) 1:30 BINGO (Theater Lounge) 2:30 Popcorn Cart - What is Yom Kippur (Theater Lounge Meadowbrook) 3:00 Puzzle Pages (Meadowbrook 100 Hall Dining Room) 3:15 Glen's Travels (Theater Lounge Meadowbrook) 4:00 Word Fun w/ Glen (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	11:15 Morning Exercise (Theater Lounge) 1:30 Reach N Stretch (Theater Lounge Meadowbrook) 2:15 Refreshments- This Day in History (Theater Lounge) 2:30 Drumming (Meadowbrook 100 Hall Dining Room) 3:00 Hangman the game (Theater Lounge) 4:15 Reminiscing w/ others (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	8:00 Puzzlemania (Theater Lounge) 10:15 Morning Greetings w/ Deje (Meadowbrook 100 Hall Cafe) 10:15 Spanish w/ Maria (Theater Lounge Meadowbrook) 11:15 Rena's Work Out (Theater Lounge) 1:30 Pedal Pushers (Theater Lounge Meadowbrook) 2:30 Special Snack by Matthew (Theater Lounge Meadowbrook) 3:00 Art (Meadowbrook 100 Hall Dining Room) 4:00 Twin City Bible study w/ Alex and Stephen (Theater Lounge) 4:15 Pretty Nails (Theater Lounge) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	10:30 Kay's Band (Meadowbrook Theater Lounge) 1:30 Afternoon Stretch (Theater Lounge Meadowbrook) 2:30 BINGO (Theater Lounge) 3:00 Cards (Meadowbrook 100 Hall Dining Room) 3:30 Making Gingerbread Bears for Crisis Nursery (Theater Lounge Meadowbrook) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	8:00 Jigsaw PuzzleMania (Theater Lounge) 10:15 Morning Greetings w/ Deje (Theater Lounge Meadowbrook) 11:15 Exercise Energize (Theater Lounge) 1:30 Reach N Stretch (Theater Lounge Meadowbrook) 2:00 St Pats Bible Study with Frank Rosser (Theater Lounge Meadowbrook) 3:00 Cards (Meadowbrook 100 Hall Dining Room) 3:30 Games (Theater Lounge) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)	11:15 Morning Exercise (Theater Lounge Meadowbrook) 2:30 Refreshments - This Day in History- puzzle pages (Theater Lounge) 3:30 Pretty Nails (Theater Lounge) 4:15 Reminisce among Friends (Theater Lounge) 6:00 Movies and Sports (Theatre Lounge)