



MONTVILLE ACTIVITIES CALENDAR SEPTEMBER 2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat

<p><i>ACTIVITIES ARE SUBJECT TO CHANGE</i></p>					<p>1</p> <p>10:00 Yoga 11:00 Relaxation & Refreshments 1:15 Sing Along w/ Suzi Q 2:00 Manicures 3:00 Social Hour 4:00 Name These Colors 6:00 Family Movie</p>	<p>2</p> <p>10:00 Movement To MUSIC 11:00 Relaxation & Refreshments 1:30 Hand Massages 2:00 Life Memories 3:00 Social Hour 4:00 Trivia Time 6:00 Classic Shows</p>
<p>3</p> <p>10:00 Spiritual Hour 11:00 Relaxation & Refreshments 1:30 Simon Says 2:00 Name That Tune 3:00 Social Hour 4:00 Let's Play Cards 6:00 Movie Of Choice</p>	<p>4 Labor Day</p> <p>10:00 Balloon Volley Exercise 11:00 Relaxation & Refreshments 1:30 Baking w/ Keira 2:00 Table Games 3:00 Social Hour 4:00 Fun Puzzles 6:00 Netflix</p>	<p>5</p> <p>10:00 Ball Toss 10:30 Entertainment w/lenny 1:30 Arts and crafts 2:00 Describe The Seasons 3:00 Social Hour 4:00 Short Stories 6:00 Family Movie</p>	<p>6</p> <p>10:00 Morning Exercises 11:00 Relaxation & Refreshments 1:30 Music Melodies Therapy 2:15 Bingo 3:00 Social Hour 4:00 Who Am I ?? 6:00 Movie At Home</p>	<p>7</p> <p>10:00 Morning Stretch Exercise 11:00 Relaxation & Refreshments 1:30 Karaoke 2:00 Name That Smell ? 3:00 Social Hour 4:00 The Chat Room 6:00 Movie Hour</p>	<p>8</p> <p>10:00 Dancing To The Beat 11:00 Relaxation & Refreshments 1:30 Simon Says 2:00 Manicures 3:00 Social Hour 4:00 Short Stories 6:00 The Ed Sullivan Show</p>	<p>9</p> <p>10:00 Deep Breathing Exercise 11:00 Relaxation & Refreshments 1:30 Poetry Corner 2:00 Short Stories 3:00 Social Gathering 4:00 Recipe Discussion 6:00 At The movies...</p>
<p>10</p> <p>10:00 Spiritual Hour 11:00 Relaxation & Refreshments 1:30 Fun Trivia 2:00 Short Stories 3:00 Social Hour 4:00 Fun Painting 6:00 Family Movie</p>	<p>11</p> <p>10:00 Morning Stretch Exercise 11:00 Relaxation & Refreshments 1:30 Trivia 2:00 Short Stories 3:00 Social Hour 4:00 Word Games 6:00 Disney Movie</p>	<p>12</p> <p>10:00 Dancing To The BEAT 11:00 Relaxation & Refreshments 1:30 Deal or No Deal Show 2:00 Baking with Keira 3:00 Social Hour 4:00 Karaoke 6:00 Classic Shows</p>	<p>13</p> <p>10:00 Sit & Fit Exercise 11:00 Relaxation & Refreshments 1:30 Bowling 2:00 Name That Tune 3:00 Social Hour 4:00 Words Games 6:00 The Ed Sullivan Show</p>	<p>14</p> <p>10:00 Deep Breathing Exercise 11:00 Relaxation & Refreshments 1:30 Matching Card Game 2:00 Poetry Reading 3:00 Social Hour 4:00 Fun Trivia 6:00 The Beverly Hillbillies</p>	<p>15</p> <p>10:00 Morning Stretch Exercise 11:00 Relaxation & Refreshments 1:15 Coloring 2:00 Manicures 3:00 Social Hour 4:00 Stories with Ann 6:00 Movie Hour</p>	<p>16</p> <p>10:00 Chair Exercise 11:00 Relaxation & Refreshments 1:30 Hand Massages 2:00 Phantom of the Opera Musical 3:00 Social Hour 4:00 Play Cards with Friends 6:00 Movie Of Choice</p>
<p>17</p> <p>10:00 Spiritual Hour 11:00 Relaxation & Refreshments 1:30 Sunday Chats 2:00 Fun Painting 3:00 Social Hour 4:00 Let's Play Cards 6:00 Karaoke Night</p>	<p>18</p> <p>10:00 Balloon Volley Exercise 11:00 Relaxation & Refreshments 1:30 Baking w/Keira 2:45 Table Games 3:30 Social Hour 4:00 Fun Puzzles 6:00 Classic TV Show</p>	<p>19</p> <p>10:00 Toss Ball 11:00 Relaxation & Refreshments 1:30 Mix & Match Items 2:00 Name That Tune 3:00 Social Hour 4:00 Short Stories 6:00 Movie Night</p>	<p>20</p> <p>10:00 Dancing To The Beat 11:00 Relaxation & Refreshments 1:30 Fold items 2:00 Bingo 3:00 Social Hour 4:00 Who Am I ? 6:00 The Van Dyke Show</p>	<p>21</p> <p>10:00 Morning Exercise 11:00 Tea time 1:30 Finish The Line 2:00 Karaoke 3:00 Social Hour 4:00 Name These Animals 6:00 Funny Show or Movie !</p>	<p>22</p> <p>10:00 Morning Stretch 11:00 Relaxation & Refreshments 1:15 Board games/Puzzles 2:00 Manicures 3:00 Social Hour 4:00 Meditation Moments 6:00 Friday Movie</p>	<p>23</p> <p>10:00 Dancing To The Beat 11:00 Relaxation & Refreshments 1:30 Toss Ball & Catch 2:00 Hand Massages 3:00 Social Gathering 4:00 Recipe Discussion 6:00 Funny Movie</p>
<p>24</p> <p>10:00 Spiritual Hour 11:00 Relaxation & Refreshments 1:30 Cat's Musical 3:00 Social Hour 4:00 Bingo 6:00 Family Movie</p>	<p>25</p> <p>10:00 Morning Stretch Exercise 11:00 Relaxation & Refreshments 1:30 Trivia 2:00 Short Stories 3:00 Social Hour 4:00 Fun Painting 6:00 Disney Movie</p>	<p>26</p> <p>10:00 Dancing To The BEAT 11:00 Relaxation & Refreshments 1:30 Deal or No Deal Show 2:00 Birthday Celebration 3:00 Table Games 4:00 Trivia Time 6:00 Classic Shows</p>	<p>27</p> <p>10:00 Sit & Fit Exercise 11:00 Relaxation & Refreshments 1:30 Karaoke 2:00 The Cinema of Dolly Parton 3:00 Social Hour 4:00 Words Games 6:00 The Ed Sullivan Show</p>	<p>28</p> <p>10:00 Deep Breathing Exercise 11:00 Relaxation & Refreshments 1:30 Talk Show 2:00 Checkers 3:00 Social Hour 4:00 Trivia 6:00 Funny Movie</p>	<p>29</p> <p>10:00 Morning Stretch Exercise 11:00 Relaxation & Refreshments 1:30 Manicures 2:15 Table Games 3:00 Social Hour 4:00 Name That Tune 6:00 Movie Of Choice</p>	<p>30</p> <p>10:00 Sit & Fit Exercise 11:00 Relaxation & Refreshments 1:30 Ball Toss & Catch 2:15 Hand Massages 3:00 Mamma Mia Musical 4:30 Coloring 6:00 Classic Shows</p>