

September

INN ACTIVITIES

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1

10:00 Exercise = Core
11:00 Sing-a-long
1:30 Armchair Travel

2

10:15 Morning Walk
10:30 Chair Exercise
11:00 Memory Games
1:30 Make A Treat
2:30 Movie & Treat

3

10:15 Morning Walk
10:30 Chair Exercise
11:30 Games
1:30 Bingo
3:00 Terry Helstrom

4



5

Church of Jesus Christ of LDS - Sacramento



Mary Ann Clark's Birthday

6



LABOR DAY

7

10:15 Scenic Ride
1:30 Craft

Rosh Hashah

8

10:00 Exercise = Core
11:00 Sing-a-long
1:30 Armchair Travel

9

10:15 Morning Walk
11:00 Wyldwood
1:30 Make A Treat
2:30 Movie & Treat

10

10:15 Morning Walk
10:30 Chair Exercise
11:30 Games
1:30 Bingo

11



12

Church of Jesus Christ of LDS - Sacramento

13

10:15 Morning Walk
10:30 Chair Exercise
11:30 History Notes
1:30 Bingo
3:00 Beach Day
National Assisted Living Week

14

10:15 Scenic Ride
1:30 Craft
3:00 Taco Tuesday
National Assisted Living Week

15

10:00 Exercise = Core
11:00 Sing-a-long
1:30 Armchair Travel
3:00 Bowler Boys & Milk Shakes
National Assisted Living Week

Yom Kipper begins at sundown.

16

10:15 Morning Walk
10:30 Chair Exercise
11:00 Memory Games
1:30 Make A Treat
2:30 Movie & Treat

17

10:15 Morning Walk
10:30 Chair Exercise
11:30 Games
1:30 Bingo
3:00 Farmer's Market
National Assisted Living Week

18



19

Church of Jesus Christ of LDS - Sacramento

20

10:15 Morning Walk
10:30 Chair Exercise
11:30 History Notes
1:30 Bingo
3:00 Tom George

21

10:15 Scenic Ride
1:30 Make a Treat
2:30 Movie & Treat

22

10:00 Exercise = Core
11:00 Sing-a-long
1:30 Armchair Travel

23

10:15 Morning Walk
10:30 Chair Exercise
11:00 Memory Games
1:30 Craft

24

10:15 Morning Walk
10:30 Chair Exercise
11:30 Games
1:30 Bingo
2:30 Birthday Bash



25



26

Church of Jesus Christ of LDS - Sacramento

27

10:15 Morning Walk
10:30 Chair Exercise
11:30 History Notes
1:30 Bingo
3:00 Music w/ Casey

28

10:15 Scenic Ride
1:30 Craft
3:00 Homemade Bread

29

10:00 Exercise = Core
11:00 Sing-a-long
1:30 Armchair Travel

30

10:15 Morning Walk
10:30 Chair Exercise
11:00 Memory Games
1:30 Make A Treat
2:30 Movie & Treat



Onorina "Rina" Aleida's Birthday

August

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

October

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						