

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SEPTEMBER 2023

Spring Ridge Assisted Living



<p>11:00 Sit & stretch 3 1:00 Table games 3:00 Golden oldie's</p>	<p>11:00 Coffee and 4 daily chronicles 1:00 Social hour 3:00 Walking club</p> <p>Labor Day</p>	<p>11:00 Exercise club 5 1:00 Walmart</p>	<p>11:00 Hot cocoa & 6 daily chronicles 1:00 BINGO 3:00 Walker decoration</p>	<p><i>Washington</i> STATE FAIR PUYALLUP Trip to the FAIR @ 11:00</p>	<p>September calendars 1 & decoration 3:00 Cider Squeeze</p> <p>2</p>	<p>11:00 Flower 2 arrangements 1:00 Penny blackjack 2:00 Manicures</p>
<p>HAPPY GRANDPARENTS DAY</p> <p>Grandparents Day</p>	<p>11:00 Coffee and 11 daily chronicles 1:00 Sit and stretch 3:00 Puzzle time</p>	<p>11:00 Exercise club 12 1:00 Dietary meeting w/Shanequa 3:00 Penny blackjack</p> <p>Happy B-day Heide C</p>	<p>11:00 Hot cocoa & 13 daily chronicles 1:00 Puzzle time 3:00 Word search</p>	<p>11:00 Elmers out 14 to lunch 1:00 Meeting w/Lanette 3:00 Fancy Manicures</p>	<p>11:00 Coffee & daily 15 chronicles 1:00 BINGO 3:00 Jenga</p> <p>Happy B-day Kit M Rosh Hashanah Begins</p>	<p>11:00 Hair Day 16 1:00 Penny blackjack 2:00 Guacamole Chips and Trivia</p> <p>Guacamole National Day Oktoberfest Begins</p>
<p>11:00 Sit and stretch 17 1:00 Patio walks 3:00 Puzzle time</p> <p>Happy B-day Aurora T</p>	<p>11:00 Coffee and 18 daily chronicles 1:00 Social hour 3:00 Golden oldie's</p>	<p>11:00 Exercise club 19 1:00 Penny blackjack 3:00 Manicures</p> <p>Assisted</p>	<p>11:00 Hot cocoa & 20 daily chronicles 1:00 BINGO 3:00 Sip and paint</p> <p>Living</p>	<p>11:00 Exercise club 21 1:00 Council meeting w/Patty 3:00 Yahtzee</p> <p>Week</p>	<p>11:00 Coffee & daily 22 chronicles 1:00 BINGO 3:00 Social hour</p>	<p>10:00 Puyallup 23 Farmer's market 1:00 Autum trivia and snacks</p> <p>HAPPY FALL Autumn Begins</p>
<p>11:00 Sit & stretch 24 1:00 Table games 3:00 Golden oldie's</p> <p>Happy B-day David F Yom Kippur Begins</p>	<p>11:00 Coffee and 25 daily chronicles 1:00 Sit and stretch 3:00 Walking club</p> <p>Happy B-day Melvin R</p>	<p>11:00 Exercise club 26 1:00 Penny blackjack 3:00 Scrapbooking</p>	<p>11:00 Hot cocoa & 27 daily chronicles 1:00 BINGO 3:00 Dollar store walk</p>	<p>11:00 Exercise club 28 1:00 Safety meeting w/Scott 3:00 Dominoes</p>	<p>11:00 Coffee & daily 29 chronicles 1:00 BINGO 3:00 Bowling</p> <p>Sukkot Begins</p>	<p>11:00 Hair Day 30 1:00 Penny blackjack 2:00 Manicures</p>