

September 2019 The Heritage at Lowman Bethany



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Visits with Family & Friends 10:00 Hymns 2:00 Worship 4:00 Strolls and Visits	2 Labor Day 9:30 Devotion 10:00 Let's make a Deal (T.V.) 2:00 Volleyball 3:30 Walking Club 4:00 Chats with Staff	3 9:00 Morning Greetings and Prayer 10:00 Exercise with Ann 2:00 You Be the Judge 3:30 Walking Club 4:00 Poetry Corner	4 9 Get Movin' 9:30 News Flash 10:30 Strike up the Band 11:00 Would You Rather?? 2:00 Where are You?? 3:30 Walking Club	5 9:00 Time to Stretch 10:00 Hymn Sing 10:30 Scripture and Song with Chaplain 1:30 Craft Time 3:30 Walking Club 4:00 A Reading	6 9:00 Sit and Move 9:30 Current Events 10:30 Music with Pastor Jackie 2:00 Bingo 3:30 Walking Club 4:00 Soothing Hands	7 9:30 Morning News & Chats 10:00 Coffee Time 2:00 Movie & Snack 3:30 Walking Club Visit with Family and Friends
8 Visits with Family & Friends 10:00 Hymns 2:00 Worship Service 4:00 Strolls & Visits	9 9:30 Stretch and Chat 10:30 Reminisce 11:00 Aromatherapy 2:00 What's the Price? 3:30 Walking Club 4:00 Activities for the Soul	10 9:00 Morning Greetings and Prayer 10:00 Exercise with Ann 11:00 Sensory Stimulation 2:00 True or False 3:30 Chat with Carla 4:00 Poetry Corner	11 Patriot Day 9:00 Get Movin' 9:30 News Flash 10:30 Strike up the Band 11:00 Mind Stretchers 2:00 What is it? 3:30 Walking Club 4:00 Hand Massage	12 9:00 Time to Stretch 10:00 Hymn Sing 10:30 Scripture and Song with Chaplain 1:30 Craft Time 2:30 Music with Carol 3:30 Drinks on the Patio 4:00 A Short Story	13 Friday the 13th 9:00 Devotions 9:30 Sit and Move 11:00 Sing-a-Long with St. Paul 2:00 Bingo 3:30 Walking Club 4:00 Soothing Hands	14 Full Moon 9:30 Morning News & Chats 10:00 Coffee Time 2:00 Movie and Snack 3:30 Walking club Visit with Family and Friends
15 Visits with Family & Friends 10:00 Hymns 2:00 Worship Service 4:00 Strolls & Visits	16 9:30 Stretch and Chat 10:30 3's and 5's 11:00 What Year? 2:00 Jeopardy 3:30 Walking Club 4:00 Activities for the Soul	17 Pledge Across America 9:00 Morning Greetings and Prayer and Pledge 10:00 Exercise with Ann 11:00 Sensory Stimulation 1:30 Gone Huntin' 3:30 Walking Club 4:00 Poetry Corner	18 9:00 Get Movin' 9:30 News Flash 10:30 Strike up the Band 11:00 Mind Stretchers 2:00 Monthly Birthday Party 3:30 Walking Club 4:00 Hand Massage	19 9:00 Time to Stretch 10:00 Hymn Sing 10:30 Scripture and Song with Chaplain 1:30 Craft Time 3:30 Walking Club 4:00 A Short Story	20 9:00 Devotions 9:30 Sit and Move 11:00 Questions & Answers 2:00 Bingo 3:30 Walking Club 4:00 Soothing Hands	21 World Gratitude Day 9:30 Morning News & Chats 10:00 Coffee Time 2:00 Movie and Snack 3:30 Walking Club Visit with Family and Friends
22 Elephant Appreciation Day Visits with Family & Friends 10:00 Hymns 2:00 Worship Service 4:00 Strolls & Visits	23 Autumn Begins 9:30 Stretch and Chat 10:30 Finish the Sentence 11:00 Aromatherapy 2:00 What Goes Where 3:30 Walking Club 4:00 Activities for the Soul	24 9:00 Morning Greetings and Prayer 10:00 Exercise with Ann 11:00 Sensory Stimulation 2:00 Who am I? 3:30 Walking Club 4:00 Poetry Corner	25 9:00 Get Movin' 9:30 News Flash 10:30 Strike Up the Band 11:00 Mind Stretchers 2:00 Folk Tales 3:30 Walking Club 4:00 Hand Massage	26 9:00 Time to Stretch 10:00 Hymn Sing 10:30 Scripture and Song with Chaplain 1:30 Craft Time 2:30 Music with Carol 3:30 Walking Club 4:00 A Short Story	27 9:00 Devotions 9:30 Sit and Move 11:00 What Year??? 2:00 Bingo 3:30 Walking Club 4:00 Soothing Hands	28 9:30 Morning News & Chats 10:00 Coffee Time 2:00 Movie & Snack 4:00 Musical Relaxation Visit with Family and Friends
29 Visits with Family & Friends 10:00 Hymns 2:00 Worship Service 4:00 Strolls & Visits	30 National Mulled Cider Day 9:30 Stretch and Chat 11:00 Aromatherapy 2:00 What Would You Do?? and Cider 3:30 Walking Club 4:00 Activities for the Soul	GONE HUNTIN' 	ALL ACTIVITIES ARE SUBJECT TO CHANGE PLEASE CHECK DAILY FOR ANY CHANGES	WHAT'S HAPPENING IN SEPTEMBER Tuesday, Sept. 17 Gone Huntin' 1:30	COMING IN OCTOBER Thursday, Oct. 10th 1:30 Bethany Fair	 BeWellSM Bringing Everyone Wellness Enrichment for Lasting Life