

SEPTEMBER 2023

Lakeside Assisted Living

LIFE ENRICHMENT CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SEPTEMBER 2023</p> <p>Lakeside Assisted Living</p> <p>LIFE ENRICHMENT CALENDAR</p>						<p>8:00am Visits with Mary 1</p> <p>10:30am Reminiscing and Discussion: <i>How Did We Ever Live with Out..</i></p> <p>11:00am Chair Yoga with Catharine</p> <p>2:30 Golf Cart Rides</p>
<p>9:00am Sunday Morning on CBS 3</p> <p>9:30am Sunday Devotional- The Gospels</p> <p>1:00pm First Baptist Columbia Live Service on WLTX 19</p> <p>Leisure opportunities available in the Lakeside common area.</p>	<p>8:00am Visits with Mary 4</p> <p>10:30am World of Writing</p> <p>11:00am Labor Day</p> <p>2:00pm Worship Service (WS)</p> <p>2:45pm Visits with Pastor John</p> <p>3:30pm Move N' Groove</p> <p>4:00pm Manicures & Mocktails</p>	<p>8:00am Visits with Mary 5</p> <p>11:00am National Cheese Pizza Day Lunch Outing: Toenella's Pizza Kitchen</p> <p>2:30pm Crafty Concoctions: Crochet Creations</p> <p>3:30pm Meditation & Stretching</p> <p>4:00pm Bingo</p>	<p>8:00am Visits with Mary 6</p> <p>10:15am Bible Study with Jim Reed</p> <p>10:45am Wednesday Weights</p> <p>2:30pm Activity with Mary</p> <p>4:00pm Happy Hour</p>	<p>8:00am Visits with Mary 7</p> <p>10:00am Patio Devotions</p> <p>10:30am Leading a Legacy</p> <p>11:30am Music with Carol</p> <p>2:30pm NY Fashion Week- Trivia & Silhouette Art</p> <p>3:30pm Noodlesize</p> <p>4:00pm Bingo</p>	<p>8:00am Visits with Mary 8</p> <p>10:30am Reminiscing and Discussion: Pledge of Allegiance</p> <p>11:00am Chair Yoga with Catharine</p> <p>2:00pm Sing A Long with Carol-Haltiwanger</p> <p>2:30pm Golf Cart Rides</p>	<p>9:00am Saturday Stretches in Woodside 2</p> <p>9:30am Saturday Shenanigans: Self-Awareness Saturday</p> <p>1:00pm Movie Matinee: Soul Surfer PG-13 (1 Hour & 52 Minutes)</p> <p>Leisure opportunities available in the Lakeside common area.</p>
<p>9:00am Sunday Morning on CBS 10</p> <p>9:30am Sunday Devotional- The Gospels</p> <p>1:00pm First Baptist Columbia Live Service on WLTX 19</p> <p><small>Leisure opportunities available in the Lakeside common area</small></p>	<p>8:00am Visits with Mary 11</p> <p>10:30am World of Writing</p> <p>11:00am Remembering 9/11</p> <p>2:00pm Worship Service (WS)</p> <p>2:45pm Visits with Pastor John</p> <p>3:30pm Monday Movement</p> <p>4:00pm Manicures & Mocktails</p>	<p>8:00am Visits with Mary 12</p> <p>10:00am Mystery Ride with Mary</p> <p>2:30pm Crafty Concoctions: Flower Arranging</p> <p>1:30pm Music with Tony Washington (WS)</p> <p>3:30pm Meditation & Stretching</p> <p>4:00pm Bingo</p>	<p>8:00am Visits with Mary 13</p> <p>10:15am Bible Study with Jim Reed</p> <p>10:45am Wednesday Weights</p> <p>2:30pm Activity with Mary</p> <p>4:00pm Happy Hour</p>	<p>8:00am Visits with Mary 14</p> <p>10:00am Patio Devotions</p> <p>10:30am Resident Council</p> <p>11:30am Music with Carol</p> <p>1:00pm Music with Chuck Gee (WS)</p> <p>2:30pm Cream Filled Doughnut Day</p> <p>3:30pm Drumming Exercise</p> <p>4:00pm Bingo</p>	<p>8:00am Visits with Mary 15</p> <p>10:30am Reminiscing and Discussion: Retro TV Day</p> <p>11:00am Chair Yoga with Catharine</p> <p>2:30 September Celebration</p>	<p>9:00am Saturday Stretches in Woodside 16</p> <p>9:30am Saturday Shenanigans: 'World Play-Doh Day'</p> <p>1:00pm Movie Matinee: The Bucket List PG-13 (1 Hour & 37 Minutes)</p> <p>Leisure opportunities available in the Lakeside common area.</p>
<p>9:00am Sunday Morning on CBS 17</p> <p>9:30am Sunday Devotional- The Gospels</p> <p>1:00pm First Baptist Columbia Live Service on WLTX 19</p> <p>Leisure opportunities available in the Lakeside common area.</p>	<p>8:00am Visits with Mary 18</p> <p>10:30am World of Writing</p> <p>11:00am Happy Birthday US AirForce</p> <p>2:00pm Worship Service (WS)</p> <p>2:45pm Visits with Pastor John</p> <p>3:30pm Move N' Groove</p> <p>4:00pm Manicures & Mocktails</p>	<p>8:00am Visits with Mary 19</p> <p>11:00 Lunch Outing: Resident Choice</p> <p>2:30pm Crafty Concoctions: Fall Wreath Making</p> <p>3:30pm Meditation & Stretching</p> <p>4:00pm Bingo</p>	<p>8:00am Visits with Mary 20</p> <p>10:15am Bible Study with Jim Reed</p> <p>10:45am Wednesday Weights</p> <p>2:30pm Activity with Mary</p> <p>3:30pm Hymn Sing with Riverland Hills Church Choir- New Life Chapel</p> <p>4:00pm Happy Hour</p>	<p>8:00am Visits with Mary 21</p> <p>10:00am Patio Devotions</p> <p>10:30am Leading a Legacy</p> <p>11:30am Music with Carol</p> <p>1:00pm Music with Alan & Friends (WS)</p> <p>2:30pm International Peace Day</p> <p>3:30pm Noodlesize</p> <p>4:00pm Bingo</p>	<p>8:00am Visits with Mary 22</p> <p>10:30am Reminiscing and Discussion: Autumn</p> <p>11:00am Chair Yoga with Catharine</p> <p>1:00pm Walmart Shopping with Mary</p> <p>2:30 Golf Cart Rides</p>	<p>9:00am Saturday Stretches in Woodside 23</p> <p>9:30am Saturday Shenanigans: 'Autumn'</p> <p>1:00pm Movie Matinee: A Beautiful Day in the Neighborhood PG (1 Hour & 48 Minutes)</p> <p>Leisure opportunities available in the Lakeside common area.</p>
<p>9:00am Sunday Morning on CBS 24</p> <p>9:30am Sunday Devotional- The Gospels</p> <p>1:00pm First Baptist Columbia Live Service on WLTX 19</p> <p>Leisure opportunities available in the Lakeside common area.</p>	<p>10:30am World of Writing 25</p> <p>11:00am Germany Facts & Trivia</p> <p>2:00pm Worship Service (WS)</p> <p>2:45pm Visits with Pastor John</p> <p>3:30pm Monday Movement</p> <p>4:00pm Manicures & Mocktails</p>	<p>10:30am Walk Through Germany 26</p> <p>11:00am Learn German</p> <p>1:00pm Music with Jim Koltuniak (WS)</p> <p>2:30pm Crafty Concoctions: Pretzel Making</p> <p>3:30pm Meditation & Stretching</p> <p>4:00pm Bingo</p>	<p>10:15am Bible Study with Jim Reed 27</p> <p>10:45am Wednesday Weights</p> <p>2:30pm German Jeopardy!</p> <p>4:00pm Happy Hour- German Beer Tasting</p>	<p>10:00am Patio Devotions 28</p> <p>10:30am Leading a Legacy</p> <p>11:30am Music with Carol</p> <p>2:30pm German Music Appreciation</p> <p>3:30pm Drumming Class</p> <p>4:00pm Bingo</p>	<p>10:30am Reminiscing and Discussion: Friendship Month 29</p> <p>11:00am Chair Yoga with Catharine</p> <p>2:30 Octoberfest!</p>	<p>9:00am Saturday Stretches in Woodside 30</p> <p>9:30am Saturday Shenanigans: 'Gum it Up Day'</p> <p>1:00pm Movie Matinee: Little Women PG (2 Hours & 15 Minutes)</p> <p>Leisure opportunities available in the Lakeside common area.</p>

ADDITIONS, SUBSTITUTIONS, AND TIME ADJUSTMENTS ARE UNAVOIDABLE TO THIS CALENDAR. WHEN ACTIVITIES ARE NOT SCHEDULED, INDEPENDENT AND ONE ON ONE OPPORTUNITIES ARE AVAILBLE. IF YOU HAVE ANY QUESTIONS, COMMENTS, OR SUGGESTIONS PLEASE CONTACT THE LIFE ENRICHMENT DEPARTMENT AT (803) 451-7447 OR EMAIL AT KKOON@THEHERITAGEATLOWMAN.ORG.