

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# SEPTEMBER 2023

## Skilled Nursing & Rehab Center LIFE ENRICHMENT CALENDAR

Key: A- Adria Dayroom B- Bethel Dayroom C-Cana Dayroom D-Damascus Dayroom P- Patio Z- Available in All Day Rooms TF- Through Out Facility



10:30am Saturday Shenanigans: 2  
Self-Awareness Saturday  
12:00pm TF Life Enrichment Visits

Leisure opportunities available in unit dayrooms. If you have a specific request please let Life Enrichment know.

10:30am Morning Devotional 3  
11:15am Sunday Stretch  
11:45am TF Life Enrichment Visits  
1:00pm Z First Baptist Columbia  
Live Service on WLTX 19

This Week's Dinner Time Movie:  
9-5 (PG-13)

10:30am Monday Movement 4  
11:00 Mindful Monday- Guess the Profession  
2:00pm Labor Day Brain Game  
2:30pm Learning about Labor Day  
3:30pm Music & Memories: Labor Day Playlist  
5:45pm Evening Games: Poker



10:30am Bible Stories with Jim Reed 5  
11:00am Top Ten Tuesday  
2:30pm National Cheese Pizza Day: Taste Test & Pizza Trivia  
3:30pm Noodlesize  
4:40pm C Dinner Time Movie  
5:45pm Pub Trivia

10:00am Spiritual Music & Meditation 6  
10:30am Worship Service  
11:00am Wellness Wednesday  
2:30pm BINGO  
3:30pm Wednesday Weights  
4:40pm A Dinner Time Movie  
5:45pm Fun Facts and Evening Snacks: Coffee Ice Cream Day



10:30am Manicures & Memories: NY Fashion Week with Lutheran Hospice 7  
11:00am Pledge of Allegiance- Discussion  
2:30pm Lunch Outing to Columbiana Mall  
2:30pm "What's in the Bag?"  
3:00pm Fashion Art- NY Fashion Week  
5:00pm D Dinner Time Movie  
5:45pm Evening Exercise

10:30am Bible Stories with Jim Reed 8  
11:00am Pledge of Allegiance- Discussion  
2:30pm 'I'll Eat Me Spinach Day' - All About Popeye & Spinach  
3:30pm Friday Fitness  
4:30 A Dinner Time Movie

10:30am Saturday Shenanigans: 9  
"We're on Cloud Nine" Day  
12:00pm TF Life Enrichment Visits

Leisure opportunities available in unit dayrooms. If you have a specific request please let Life Enrichment know.

10:30am Morning Devotional 10  
11:15am Sunday Stretch  
11:45am TF Life Enrichment Visits  
1:00pm Z First Baptist Columbia  
Live Service on WLTX 19

This Week's Dinner Time Movie  
The Bucket List

10:30am Move & Groove 11  
11:00am Mindful Monday: Remembering 9/11  
2:30pm Taste of Honey Day  
3:30pm Art4Life: Humming Birds & Bumble Bees  
5:45pm Evening Games



10:30am Bible Stories with Jim Reed 12  
11:00am Top Ten Tuesday  
2:30pm Milkshakes & Music with Tony Washington  
3:15pm Sit & Be Fit- Cheer Exercises  
4:40pm C Dinner Time Movie  
5:45pm Pub Trivia



10:00am Spiritual Music & Meditation 13  
10:30am Worship Service  
11:00 Wellness Wednesday  
2:30pm BINGO  
3:30pm Wednesday Weights  
4:40pm B Dinner Time Movie  
5:45pm Fun Facts and Evening Snacks: Milton S. Hershey



10:00am Manicures & Memories: 14  
Beloved TV Series Day  
2:30pm Music with Chuck Gee  
3:15pm Cream Filled Doughnut Day  
5:00pm D Dinner Time Movie  
5:45pm Evening Exercise



10:30am Bible Stories with Jim Reed 15  
10:30am-1:30pm Activity Room Closed  
2:30pm September Birthday Celebration  
3:30 Friday Fitness  
4:30 A Dinner Time Movie

10:30am Saturday Shenanigans: 16  
'World Play-Doh Day'  
12:00pm TF Life Enrichment Visits

Leisure opportunities available in unit dayrooms. If you have a specific request please let Life Enrichment know.

10:30am Morning Devotional 17  
11:15am Sunday Stretch  
11:45am TF Life Enrichment Visits  
1:00pm Z First Baptist Columbia  
Live Service on WLTX 19

This Week's Dinner Time Movie:  
Pirates of the Caribbean: 'Curse of the Black Pearl'

10:00am Joyful Noiz with Pastor Randy Derrick 18  
11:00am Mindful Monday: Military Branches Trivia  
2:30pm Monday Movement  
3:00pm Happy Birthday US Air Force  
5:45pm Evening Games: Poker



10:30am Bible Stories with Jim Reed 19  
11:00am Top Ten Tuesday  
2:00pm Resident Council- Class Room  
2:30pm Talk like a Pirate Day!!  
3:15pm Noodlesize  
4:00pm to 6:00pm Family Football Night



10:00am Spiritual Music & Meditation 20  
10:30am Worship Service  
11:00 Wellness Wednesday  
2:30pm Bingo  
3:30pm Wednesday Weights  
4:40pm C & B Dinner Time Movie  
5:45pm Fun Facts and Evening Snacks: String Cheese Day



10:00am Manicures & Memories: 21  
International Peace Day with Lutheran Hospice  
1:00pm Scenic Ride  
2:30pm International Peace Day- Discussion & Trivia  
3:00pm Art4Life: Peaceful Memories  
5:00pm D Dinner Time Movie  
5:45pm Evening Exercise States & Capitol Plate Toss

10:30am Bible Stories with Jim Reed 22  
11:00am Harvest Moon- Treat & Discussion  
2:30pm Music with Bob Michalski  
3:30pm Friday Fitness  
4:30 A Dinner Time Movie



10:30am Saturday Shenanigans: 23  
'Autumn'  
12:00pm TF Life Enrichment Visits

Leisure opportunities available in unit dayrooms. If you have a specific request please let Life Enrichment know.

10:30am Morning Devotional 24  
11:15am Sunday Stretch  
11:45am TF Life Enrichment Visits  
1:00pm Z First Baptist Columbia  
Live Service on WLTX 19  
3:00pm BINGO with White Rock Baptist

Showing this Week:  
Heidi



10:30am Move & Groove 25  
11:00 Mindful Monday: Learn German  
2:30pm Germany Facts & Beer Tasting  
3:00pm Alpine Craft Hat  
5:30pm Evening Games

10:30am Bible Stories with Jim Reed 26  
11:00am Top Ten Tuesday: Germany  
2:30pm Mocktails & Music with Jim Koltuniak  
3:15pm A Walk through Germany  
4:40pm C Dinner Time Movie  
5:45pm Pub Trivia



10:00am Spiritual Music & Meditation 27  
10:30am Worship Service  
11:00 Wellness Wednesday  
2:30pm German Jeopardy!  
3:30pm Wednesday Weights  
4:30 B Dinner Time Movie  
5:45pm Fun Facts and Evening Snacks: Chocolate Milk

10:00am Manicures & Memories: 28  
Germany Tour  
2:30pm WINGS BINGO  
3:45pm German Music Appreciation  
5:00pm D Dinner Time Movie  
5:45pm Evening Exercise



10:30am Bible Stories with Jim Reed 29  
11:00am All about Oktoberfest  
2:30pm Oktoberfest Party!  
3:30pm Friday Fitness  
4:30 A Dinner Time Movie

11:00am Saturday Shenanigans: 30  
'Gum it Up Day'  
12:00pm TF Life Enrichment Visits

Leisure opportunities available in unit dayrooms. If you have a specific request please let Life Enrichment know.

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