

SEPTEMBER 2023

Woodside Memory Support LIFE ENRICHMENT CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:00am Visits with Mary 9:15am This Day in History 9:30am Friday Fitness 10:00am-12:00pm Game Shows and Social Time 1:00pm National Pink Cadillac Day: Elvis Presley Movie 	9:00am Saturday Stretches in Woodside Courtyard 10:00am-12:00pm Game Shows Leisure, sensory, and independent activities are available in the Woodside common areas.
9:00am Sunday Devotional 10:00am-12:00pm Game Shows 1:00pm First Baptist Columbia Live Service on WLTX 19	8:00am Visits with Mary 9:15 This Day in History: Labor Day 9:30am Everyday Life Activities 10:00am-12:00pm Game Shows and Social Time 1:00 Labor Day Guess the Profession 1:30pm Mindful Meditation 2:00pm Worship Service 	8:00am Visits with Mary 9:15am This Day in History 9:30am Creative Concoctions 10:00am-12:00pm Game Shows and Social Time 1:00pm Noodle Ball 1:30pm Music & Memories Sing-A-Long	8:00am Visits with Mary 9:15am This Day in History 9:30am Bible Stories with Jim Reed 10:00am-12:00pm Game Shows and Social Time 1:00pm Wednesday Workout 1:30 Bingo 	8:00am Visits with Mary 9:15am This Day in History 9:30am Everyday Life Activities 10:00am-12:00pm Game Shows and Social Time 1:00pm Body & Brain Fitness- Kick Off Day 2:00pm Taste Testing for World Chocolate Day	8:00am Visits with Mary 9:15am This Day in History 9:30am Discuss & Reminisce 10:00am-12:00pm Game Shows and Social Time 1:00pm Friday Fitness 1:30pm Apple Cider & Cookie Social 4:30pm Movie Soiree: 9-5 (PG-13)	9:00am Saturday Stretches in Woodside Courtyard 10:00am-12:00pm Game Shows Leisure, sensory, and independent activities are available in the Woodside common areas.
9:00am Sunday Devotional 10:00am-12:00pm Game Shows 1:00pm First Baptist Columbia Live Service on WLTX 19	8:00am Visits with Mary 9:15am This Day in History 9:30am Everyday Life Activities 10:00am-12:00pm Game Shows and Social Time 1:00pm Taste of Honey 1:30pm Mindful Meditation 2:00pm Worship Service 	8:00am Visits with Mary 9:15am This Day in History 9:30am Creative Concoctions 10:00am-12:00pm Game Shows and Social Time 1:00pm Noodlesize 1:30pm Milkshakes & Music with Tony Washington	8:00am Visits with Mary 9:15am This Day in History 9:30am Bible Stories with Jim Reed 10:00am-12:00pm Game Shows and Social Time 1:00pm Wednesday Workout 1:30 Bingo 	8:00am Visits with Mary 9:30am: Everyday Life Activities 10:00am-12:00pm Game Shows and Social Time 10:30am Resident Council (LS) 12:30pm Activity with Hospice 1:00pm Music with Chuck Gee 2:00pm Body & Brain Fitness- Cream Filled Doughnut Day	8:00am Visits with Mary 9:15am This Day in History 9:30am Discuss & Reminisce 10:00am-12:00pm Game Shows and Social Time 1:00pm Friday Fitness 1:30pm September Celebration 4:30pm Movie Soiree: The Bucket List (PG-13)	9:00am Saturday Stretches in Woodside Courtyard 10:00am-12:00pm Game Shows Leisure, sensory, and independent activities are available in the Woodside common areas.
9:00am Sunday Devotional 10:00am-12:00pm Game Shows 1:00pm First Baptist Columbia Live Service on WLTX 19	8:00am Visits with Mary 9:15am This Day in History 9:30am Everyday Life Activities 10:00am-12:00pm Game Shows and Social Time 1:00pm Happy Birthday US Air Force 1:30pm Mindful Meditation 2:00pm Worship Service	8:00am Visits with Mary 9:15am This Day in History 9:30am Creative Concoctions 10:00am-12:00pm Game Shows and Social Time 1:00pm Noodle Ball 1:30pm Music & Memories: Sing-A-Long 	8:00am Visits with Mary 9:15am This Day in History 9:30am Bible Stories with Jim Reed 10:00am-12:00pm Game Shows and Social Time 1:00pm Wednesday Workout 1:30 Bingo 	8:00am Visits with Mary 9:15am This Day in History 9:30am Everyday Life Activities 10:00am-12:00pm Game Shows and Social Time 1:00pm Body & Brain Fitness- International Day of Peace 2:00pm Music with Alan and Friends	8:00am Visits with Mary 9:15am This Day in History 9:30am Discuss & Reminisce 10:00am-12:00pm Game Shows and Social Time 1:00pm Music with Bob Michalski 2:00pm Friday Fitness 4:30pm Movie Soiree: The Pirates of the Caribbean 'Curse of the Black Pearl' 	9:00am Saturday Stretches in Woodside Courtyard 10:00am-12:00pm Game Shows Leisure, sensory, and independent activities are available in the Woodside common areas.
9:00am Sunday Devotional 10:00am-12:00pm Game Shows 1:00pm First Baptist Columbia Live Service on WLTX 19	9:15am This Day in History 9:30am Everyday Life Activities 10:00am-12:00pm Game Shows and Social Time 1:00pm Germany Facts & Trivia 1:30pm Mindful Meditation 2:00pm Worship Service	9:15am This Day in History 9:30am Creative Concoctions 10:00am-12:00pm Game Shows and Social Time 1:00pm Noodlesize 1:30pm Mocktails & Music with Jim Koltuniak	8:00am Visits with Mary 9:15am This Day in History 9:30am Bible Stories with Jim Reed 10:00am-12:00pm Game Shows and Social Time 1:00pm Wednesday Workout 1:30 Bingo 	9:15am This Day in History 9:30am Everyday Life Activities 10:00am-12:00pm Game Shows and Social Time 12:30pm Activity with Hospice 1:00pm Brain & Body Fitness- A Walk Through Germany 2:00pm Scenic Ride	9:15am This Day in History 9:30am Discuss & Reminisce 10:00am-12:00pm Game Shows and Social Time 1:00pm Friday Fitness 1:30pm Oktoberfest Celebration! 4:30pm Movie Soiree: Heidi (G) 1 Hour & 28 Minutes	9:00am Saturday Stretches in Woodside Courtyard 10:00am-12:00pm Game Shows Leisure, sensory, and independent activities are available in the Woodside common areas.

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.