

SEPTEMBER 2021

Whole Brain Fitness Calendar

Be Active!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>BP - Back Patio B - Bistro 1st Floor CL - Center for Learning 2nd Floor GR - Great Room 1st Floor H - Hallway Activity JK - Josephine's Kitchen 1st Floor L - Library 2nd Floor O - Outing TH - Town Hall 2nd Floor V - Virtual Programming</p>	<p>Outings and Events</p> <p>Please sign up with the concierge if you are interested in joining us for a scheduled outing. Most outings will have a cost associated with it. You will be charged the amount on your monthly bill. Outings will have only a certain number of spots available and you may be put on a waiting list if there aren't enough open spots. Make sure to sign up early!</p>	<p>Outings and Events</p> <p>Please sign up with the concierge if you are interested in joining us for a scheduled outing. Most outings will have a cost associated with it. You will be charged the amount on your monthly bill. Outings will have only a certain number of spots available and you may be put on a waiting list if there aren't enough open spots. Make sure to sign up early!</p>	<p>1</p> <p>TH 10:00 Be Fit & Be Fabulous O 10:30 COF Scenic Drive L 1:15 Parkinson's Workshop GR 1:30 Jeopardy Challenge w/ Jim GR 1:30 Watch/Jewelry Repairman JK 2:30 Wine & Cheese: Gina Rumpf GR 3:30 Communion with Betsy TH 6:30 Movie Night: Legally Blonde</p>	<p>2</p> <p>TH 10:00 Be Fit & Be Fabulous TH 10:30 Keeping Balance Class GR 1:30 The Day The Towers Fell Discussion B 3:15 Beading w/ Jim GR 7:00 Bingo Games</p>	<p>3</p> <p>TH 10:00 Be Fit & Be Fabulous TH 10:30 Cardio! O 10:30 Outing to Walgreens B 11:30 New Resident Lunch L 1:15 Parkinson's Workshop BP 1:30 Drum Circle w/ Chris CL 2:30 Book Club: A Promised Land L 4:00 Shabbat w/ Anita GR 7:00 Therapeutic Art & Coloring</p>	<p>4</p> <p>TH 10:00 Exercise Video O 10:30 NH 2 Scenic Drive TH 1:45 Bingo Games w/ Chris TH 2:30 Downton Abbey Movie H 2:30 Urbano's Culinary Cart GR 3:00 Card Writers Club GR 7:00 Chit Chat by the Fire</p>
<p>5</p> <p>TH 9:30 TV Catholic Mass TH 10:15 Exercise Video O 10:30 NH 1 Scenic Drive GR 1:45 Trivia Group w/ Chris TH 2:30 Movie Matinee: Gosford Park GR 3:00 Card Writers Club GR 6:30 Bridge Games</p>	<p>6 Labor Day</p> <p>TH 10:00 Exercise Video JK 11:00 Labor Day BBQ TH 1:30 Musical Performance: Show Boat GR 7:00 Scrabble Game</p>	<p>7 Rosh Hashanah</p> <p>TH 10:00 Be Fit & Be Fabulous O 10:30 Scenic Drive TH 10:30 Therapy Chat H 1:15 Parkinson's Workshop (Outside Room 119) CL 1:30 Belmont Ambassadors Meeting CL 2:00 Story Of My Life Memoir Writing w/ Jim GR 3:00 Banagram Games GR 7:00 Bingo Games</p>	<p>8</p> <p>TH 10:00 Be Fit & Be Fabulous O 10:30 COF Scenic Drive TH 10:30 Exercise Class JK 11:00 Mystery Lunch w/ Jim H 1:15 Parkinson's Workshop (Outside Room 119) GR 1:30 You Be The Judge w/ Jim JK 2:30 Wine & Cheese: Kym Frankovelgia GR 3:30 Communion with Betsy TH 6:30 Movie Night</p>	<p>9</p> <p>TH 10:00 Be Fit & Be Fabulous TH 10:30 Keeping Balance Class O 12:45 Arlington Park Racetrack Outing w/ Jim TH 1:30 Broadway Musical: Show Boat GR 3:00 Chicken Soup for the Soul GR 7:00 Bingo Games</p>	<p>10</p> <p>TH 10:00 Be Fit & Be Fabulous O 10:30 Outing to Dollar Tree TH 10:30 Total Core & Body H 1:15 Parkinson's Workshop (Outside Room 119) GR 1:45 Hot Topics w/ Jim: Social Security L 3:00 High Holidays Service w/ Anita JK 4:30 High Holidays Dinner GR 7:00 Therapeutic Art & Coloring</p>	<p>11</p> <p>TH 10:00 Exercise Video O 10:30 NH 2 Scenic Drive TH 1:45 Bingo Games w/ Chris TH 2:30 Downton Abbey H 2:30 Urbano's Culinary Cart GR 3:00 Card Writers Club GR 7:00 Chit Chat by the Fire</p>
<p>12 Grandparent's Day</p> <p>TH 9:30 TV Catholic Mass TH 10:15 Exercise Video O 10:30 NH 1 Scenic Drive GR 1:45 Trivia Group w/ Chris TH 2:30 Movie Matinee: Book Club GR 3:00 Card Writers Club GR 6:30 Bridge Games</p>	<p>13</p> <p>TH 10:00 Be Fit & Be Fabulous TH 10:30 Keeping Balance Class GR 1:30 Jim's Happy Hour: Minty Mojito TH 1:30 Parkinson's Movement for Life Class TH 2:00 Pottery Painting Class CL 3:00 Book Club: A Promised Land GR 7:00 Scrabble Game</p>	<p>14</p> <p>TH 10:00 Be Fit & Be Fabulous O 10:30 Scenic Drive TH 10:30 Werk It Exercise Class (Outside Room 119) H 1:15 Parkinson's Workshop (Outside Room 119) GR 3:15 Bunco Dice Game w/ Jim GR 7:00 Bingo Games</p>	<p>15 Yom Kippur Begins</p> <p>TH 10:00 Be Fit & Be Fabulous O 10:30 COF Scenic Drive H 1:15 Parkinson's Workshop (Outside Room 119) GR 1:30 Jeopardy Challenge w/ Jim GR 3:30 Communion with Betsy TH 6:30 Movie Night</p>	<p>16</p> <p>TH 10:00 Be Fit & Be Fabulous TH 10:30 Keeping Balance Class O 10:45 Lunch Bunch w/ Jim: Wildfire GR 1:30 Hot Topics w/ Jim B 3:15 Beading w/ Jim GR 7:00 Bingo Games</p>	<p>17</p> <p>TH 10:00 Be Fit & Be Fabulous TH 10:30 Cardio! TH 10:30 Drawing Class w/ Cheryl *No Experience Needed* O 10:30 Outing to Walgreens H 1:15 Parkinson's Workshop (Outside Room 119) TH 2:00 John Boda Presents: Perry Como CL 3:00 Book Club: A Promised Land L 4:00 Shabbat w/ Anita GR 7:00 Therapeutic Art &</p>	<p>18</p> <p>TH 10:00 Exercise Video O 10:30 NH 2 Scenic Drive TH 1:45 Bingo Games w/ Chris TH 2:30 Downton Abbey H 2:30 Urbano's Culinary Cart GR 3:00 Card Writers Club GR 7:00 Chit Chat by the Fire</p>

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19 TH 9:30 TV Catholic Mass TH 10:15 Exercise Video O 10:30 NH 1 Scenic Drive GR 1:45 Trivia Group w/ Chris TH 2:30 Movie Matinee: The Longest Ride GR 3:00 Card Writers Club GR 6:30 Bridge Games	20 TH 10:00 Be Fit & Be Fabulous TH 10:30 Keeping Balance Class TH 1:30 Parkinson's Movement for Life Class BP 2:00 Milkshake Madness CL 3:00 Book Club: A Promised Land GR 7:00 Scrabble Game	21 TH 10:00 Be Fit & Be Fabulous O 10:30 Scenic Drive TH 10:30 Werk It Exercise Class V 12:00 ZOOM Alzheimer's Support Group H 1:15 Parkinson's Workshop (Outside Room 119) CL 2:00 Story Of My Life Memoir Writing w/ Jim GR 3:00 Bananagram Games GR 7:00 Bingo Games	22 Fall Begins TH 10:00 Be Fit & Be Fabulous O 10:30 COF Scenic Drive TH 10:30 Exercise Class TH 10:30 Total Core & Body H 1:15 Parkinson's Workshop (Outside Room 119) GR 1:30 You Be The Judge w/ Jim JK 2:30 Wine & Cheese: Sandi Haynes GR 3:30 Communion with Betsy TH 6:30 Movie Night	23 B 8:00 Men's Club Breakfast TH 10:00 Be Fit & Be Fabulous TH 10:30 Keeping Balance Class TH 1:30 Wii Bowling Tournament GR 3:00 Chicken Soup for the Soul GR 7:00 Bingo Games	24 TH 10:00 Be Fit & Be Fabulous O 10:30 Outing to Dollar Tree JK 12:00 Resident Birthday Lunch H 1:15 Parkinson's Workshop (Outside Room 119) GR 2:15 Poetry Corner w/ Jim CL 3:00 Book Club: A Promised Land L 4:00 Shabbat w/ Anita GR 7:00 Therapeutic Art & Coloring	25 TH 10:00 Exercise Video O 10:30 NH 2 Scenic Drive TH 1:45 Bingo Games w/ Chris TH 2:30 Downton Abbey H 2:30 Urbano's Culinary Cart GR 3:00 Card Writers Club GR 7:00 Chit Chat by the Fire
26 TH 9:30 TV Catholic Mass TH 10:15 Exercise Video O 10:30 NH 1 Scenic Drive GR 1:45 Trivia Group w/ Chris TH 2:30 Movie Matinee: At First Sight GR 3:00 Card Writers Club GR 6:30 Bridge Games	27 TH 10:00 Be Fit & Be Fabulous TH 10:30 Keeping Balance Class TH 1:30 Parkinson's Movement for Life Class TH 2:15 Musical Monday: Come From Away CL 3:00 Book Club: A Promised Land GR 7:00 Scrabble Game	28 TH 10:00 Be Fit & Be Fabulous O 10:30 Scenic Drive TH 10:30 Werk It Exercise Class H 1:15 Parkinson's Workshop (Outside Room 119) TH 2:00 Resident Council Meeting TH 3:00 Ladies Cocktail Hour w/ Jim GR 3:15 Bunco Dice Game w/ Jim GR 7:00 Bingo Games	29 TH 10:00 Be Fit & Be Fabulous TH 10:30 Balance Class O 10:30 COF Scenic Drive TH 10:30 Cardio! H 1:15 Parkinson's Workshop (Outside Room 119) GR 1:30 Jeopardy Challenge w/ Jim JK 2:30 Wine & Cheese: 1960's Show GR 3:30 Communion with Betsy TH 6:30 Movie Night	30 TH 10:00 Be Fit & Be Fabulous TH 10:30 Keeping Balance Class GR 1:30 Hot Topics w/ Jim B 3:15 Beading w/ Jim GR 7:00 Bingo Games	Birthdays 9/2 - Richard S. 9/3 - Elisabeth K. 9/3 - Iris R. PAL 9/6 - Ken S. 9/10 - Marla G. Driver 9/13 - Marie K. 9/13 - Chuck M. 9/14 - Jane M. PAL 9/14 - Josh B. Nurse 9/14 - Julie O. PAL 9/17 - Debbie M. Happy 70th!! 9/18 - Harold J.	Birthdays 9/19 - John O. 9/20 - Ann D. PAL 9/23 - Arvin B. PAL 9/24 - Carol T. 9/29 - Joel R. Kitchen