

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|--|--|
|  <p>HAPPY FALL Y'ALL</p> | | <p>10:30 Fall Decorating Party 1:30 Joy Ride 2:00 – 6:30 In Person Visits with Families</p> | <p>9:30 Exercise with Tyler 10:30 Pretty Nails Spa 2:00 Hydration and Snack Cart 3:00 Bingo</p> | <p>9:30 Beauty Salon Appointments with Lindi 1:30 Sit Down Dancing 2:00 – 6:30 In Person Visits with Families</p> | <p>10:00 Morning Movers 10:30 Travelogue 2:00 Meditation with Janet on Channel 958 2:30 Happy Birthday Chuck G. &</p> | <p>9:00 Room Visits 11:00 Exercise Class 2:30 Hydration Cart 3:00 Sights & Sounds</p> |
| <p>10:30 – 4 Virtual & in Person Visits 2:30 Worship on Channel 958</p> |  <p>Labor Day</p> | <p>10:00 Walking Club 11:00 Facetimes with Families 11:30 Sentimental Reflections 1:30 Joy Rides 2:00 – 6:30 In Person Visits with Families</p> | <p>9:30 Exercise with Tyler 10:30 Pretty Nails Spa 2:00 Hydration and Snack Cart 3:00 Bingo</p> | <p>9:30 Beauty Salon Appointments with Lindi 1:30 Sit Down Dancing 2:00 – 6:30 In Person Visits with Families</p> | <p>10:00 Morning Movers 10:30 Travelogue 2:00 Meditation with Janet on Channel 958 2:30 Happy Birthday Joyce L.</p> | <p>9:00 Room Visits 11:00 Exercise Class 2:30 Hydration Cart and Grand Parent Treat Bags</p> |
|  <p>Happy Grandparents Day</p> | <p>10:00 Coloring Club 11:00 Ball Toss In a Circle 2:00 Rosary on Channel 958 3:00 Craft Time 7:15 Steelers on ESPN</p> | <p>10:00 Walking Club 11:00 Facetimes with Families 11:30 Sentimental Reflections 1:30 Joyrides 2:00 – 6:30 In Person Visits with Families</p> | <p>9:30 Exercise with Tyler 10:30 Pretty Nails Spa 2:00 Hydration and Snack cart 3:00 Bingo</p> | <p>9:30 Beauty Salon Appointments with Lindi 1:30 Sit Down Dancing 2:00 – 6:30 In Person Visits with Families</p> | <p>10:00 Morning Movers 10:30 Travelogue 2:00 Meditation with Janet on Channel 958 3:00 Suzie Q Sing A Long</p> <p><small>Rosh Hashanah Begins</small></p> | <p>9:00 Room Visits 11:00 Exercise Class 2:30 Happy Birthday Sonny R.</p> <p><small>Oktoberfest Begins</small></p> |
| <p>10:30 – 4 Virtual & in Person Visits 1:00 Steelers VS Broncos on CBS 2:30 Worship on Channel 958</p> | <p>10:00 Coloring Club 11:00 Name that Tune 2:00 Rosary on Channel 958 3:00 Craft Time</p> | <p>10:00 Walking Club 11:00 Facetimes with Families 11:30 Sentimental Reflections 1:30 Joyrides 2:00 – 6:30 In Person Visits with Families</p> <p><small>Autumn Begins</small></p> | <p>9:30 Exercise with Tyler 10:30 Pretty Nails Spa 2:00 Hydration and Snack cart 3:00 Bingo</p> | <p>9:30 Beauty Salon Appointments with Lindi 1:30 Sit Down Dancing 2:00 – 6:30 In Person Visits with Families</p> | <p>10:00 Morning Movers 10:30 Travelogue 2:00 Meditation with Janet on Channel 958 3:00 Suzie Q Sing A Long</p> | <p>9:00 Room Visits 11:00 Exercise Class 2:30 Happy Birthday Dan C.</p> |
| <p>10:30 – 4 Virtual & in Person Visits 1:00 Steelers VS Texans on CBS 2:30 Worship on Channel 958</p> <p><small>Yom Kippur Begins</small></p> | <p>10:00 Coloring Club 11:00 Ball Toss in a Circle 2:00 Rosary on Channel 958 3:00 Craft Time</p> | <p>10:00 Walking Club 11:00 Facetimes with Families 11:30 Sentimental Reflections 1:30 Joyrides 2:00 – 6:30 In Person Visits with Families</p> | <p>9:30 Exercise with Tyler 10:30 Pretty Nails Spa 2:00 Hydration and Snack cart 3:00 Bingo</p> |  | | |

ALL ACTIVITES ARE SUBJECT TO CHANGE BASED ON RESIDENTS NEEDS AND REDSTONE GUIDELINES