

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2023

## Traditions at Reagan Park

<p>09:30- Starting up 10:30- Sit &amp; Stretch 11:00- Fit Minds/BBET 12:00- Lunch 1:30- Rest &amp; Relax 2:00- Snack/Fancy Nails 3:00- Fit Minds 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00- Golf 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00- Painting 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00- Tennis 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00- Trivia 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00-Kick Ball 10:30- Fit Minds 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00-Sing Along 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00-Ring Toss 10:30- Fit Minds 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00- Baking Sugar Cookies 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00-Bowling 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00- Monthly Birthday Party! 5:00- Dinner</p>	<p>09:30- Starting up 10:30- Sit &amp; Stretch 11:00- Fit Minds/BBET 12:00- Lunch 1:30- Rest &amp; Relax 2:00- Snack/Dog Therapy 3:00- Fit Minds 5:00- Dinner</p>
<p>09:30- Starting up 10:30- Sit &amp; Stretch 11:00- Fit Minds/BBET 12:00- Lunch 1:30- Rest &amp; Relax 2:30-3:00- National Grandparents Day Coffee and Dessert! 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00- Golf 10:30- Fit Minds/BBET 12:00- Lunch 1:00- 3:00- Donut Truck (FE) 3:00- Fit Minds 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00- Tennis 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00- Bingo 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00- Kick Ball 10:30- Fit Minds/BBET 12:00- BBQ Lunch! 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00- Puzzles 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00- Ring Toss 10:30- Fit Minds 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Hula Dancers! (DR) 3:00- Fit Minds/Snack 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00-Ring Toss 10:30- Fit Minds 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Barista! (Café) 3:00- Guess that Tune 5:00- Dinner</p>	<p>09:30- Starting up 10:30- Sit &amp; Stretch 11:00- Fit Minds/BBET 12:00- Lunch 1:30- Rest &amp; Relax 2:00- Snack/Dog Therapy 3:00- Fit Minds 5:00- Dinner</p>
<p>09:30- Starting up 10:30- Sit &amp; Stretch 11:00- Fit Minds/BBET 12:00- Lunch 1:30- Rest &amp; Relax 2:00- Snack/Fancy Nails 3:00- Fit Minds 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00- Golf 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00- Painting 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00- Tennis 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00- Trivia 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00-Kick Ball 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00-Sing Along 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00-Ring Toss 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00- Yogurt Bowls 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00-Bowling 10:30- Fit Minds 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:30- Happy Hour with Dog Therapy 5:00- Dinner</p>	<p>09:30- Starting up 10:30- Sit &amp; Stretch 11:00- Fit Minds/BBET 12:00- Lunch 1:30- Rest &amp; Relax 2:00- Snack/Afternoon Stroll 3:00- Fit Minds 5:00- Dinner</p>
<p>09:30- Starting up 10:30- Sit &amp; Stretch 11:00- Fit Minds/BBET 12:00- Lunch 1:30- Rest &amp; Relax 2:00- Snack/Funny Jokes 3:00- Fit Minds 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00- Golf 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00- Fancy Nails 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00- Tennis 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00- Bingo 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00- Kick Ball 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00- Name that Celebrity 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00-Ring Toss 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00- Bake a Cake 5:00- Dinner</p>	<p>09:30- Sit &amp; Fit 10:00-Ring Toss 10:30- Fit Minds/BBET 12:00- Lunch 1:00- Rest &amp; Relax 2:00- Fit Minds/Snack 3:00- Card Games 5:00- Dinner</p>	<p>09:30- Starting up 10:30- Sit &amp; Stretch 11:00- Fit Minds/BBET 12:00- Lunch 1:30- Rest &amp; Relax 2:00- Snack/Trivia 3:00- Fit Minds 5:00- Dinner</p>

Grandparents Day

Rosh Hashanah Begins

Oktoberfest Begins

Yom Kippur Begins

Sukkot Begins

Autumn Begins

Memory Care Activities are subject to change. (AR) Activity Room (FE) Front Entrance (DR) Dining Room