

# Independent Living September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>KEY  <b>Black=Regular Events</b>  <b>Red= Special On Campus</b>  <b>Green=Off Campus</b></p>				<p>1 9am Exercise            10am Exercise            1pm Chair Yoga            1:30pm Pool Shots  <b>2pm WV Humanities Little Lectures</b>            3pm Board Games            4pm Communion  <b>7pm Amicus Curiae Lecture</b></p>	<p>2            9am Exercise  <b>9:30am YMCA</b>            10am Balance in Action with Genesis            2pm Corn Hole  <b>2pm MU TAILGATE in the Bistro</b>  <b>6pm Movie - "A Star is Born"</b></p>	<p>3            Todd Chow 12-2pm            12:30pm Bridge  <b>3:30pm MU vs Norfolk State—home</b>            6:15pm Bingo</p>
<p>4            1:30pm Virtual Worship Service, Ch. 1990             1:30pm Worship Service with <b>Rev. John Yeager</b>, Enslow Park Presby.   <b>6pm Movie—"The Winds of War—Part One The Winds Rise"</b></p>	<p><b>5 LABOR DAY!</b>  <b>12pm Seamstress</b>            2pm Corn Hole</p> <div style="text-align: center;">  </div>	<p>6            9am Exercise            10am Exercise  <b>11am Huntington Federal Bank</b>  <b>1pm Visions Eye Presentation</b>  <b>1pm Kroger</b>            1pm Chair Yoga            1pm Mexican Train Dominos            2pm Knitting Circle &amp; Loom  <b>2pm One Day University</b></p>	<p>7 9am Exercise  <b>9:30am YMCA</b>            10am Exercise  <b>10am Bible Study</b>            10am Food Committee Meeting            11:15am Men's Exercise Class            12:30pm Bridge  <b>1pm Dr. Brashears, Audiologist</b>            2pm Corn Hole  <b>4pm Happy Hour (BYOB)</b>            6:15pm Bingo</p>	<p>8            9am Exercise            10am Exercise            1pm Chair Yoga            1:30pm Pool Shots  <b>2pm—"Quantum of Solace"</b>  <b>2pm Bluegrass with Bobby Maynard AL Act. Room</b>            3pm Board Games            4pm Communion  <b>5pm Out to dinner -"The Mill AKY"</b></p>	<p>9            9am Exercise  <b>9:30am YMCA</b>            10am Balance in Action with Genesis  <b>1pm— Music with Dewey and Sharon</b>            2pm Corn Hole  <b>6pm Movie—"The Lost City"</b></p>	<p>10            Todd Chow 12-2pm            12:30pm Bridge  <b>2:30pm MU vs Notre Dame away</b>            6:15pm Bingo  <b>8pm Picnic with the Pops</b></p>
<p>11            1:30pm Virtual Worship Service, Ch. 1990             1:30pm Worship Service with <b>Rev. Terry Deane</b>, Johnson Memorial   <b>6pm Movie—"The Winds of War—Part Two The Storm Breaks"</b></p>	<p>12            9am Exercise  <b>9:30am YMCA</b>            10am Exercise            11am Huntington Federal Bank            11:15am Men's Exercise Class  <b>12pm Seamstress</b>  <b>2pm Retirement Party</b>            2pm Corn Hole  <b>6:30pm CK Alumni Band</b></p>	<p>13            9am Exercise            10am Exercise            1pm Chair Yoga  <b>1pm Ashland Mall</b>            1pm Right, Left, Center            2pm Knitting Circle &amp; Loom            Knitting, W5 #184 Cmmns Area  <b>2pm One Day University</b>  <b>6pm—Parkinson's Support</b></p>	<p>14 9am Exercise  <b>9:30am YMCA</b>            10am Exercise  <b>10am Food Committee</b>  <b>10am Bible Study</b>            11:15am Men's Exercise Class            12:30pm Bridge  <b>2pm Mark Waldrop, Poet</b>            2pm Corn Hole  <b>4pm Happy Hour (BYOB)</b>            6:15pm Bingo</p>	<p>15            9am Exercise            10am Exercise            1pm Chair Yoga            1:30pm Pool Shots  <b>2pm Resident Council</b>            3pm Board Games            4pm Communion</p>	<p>16            9am Exercise  <b>9:30am YMCA</b>            10am Balance in Action with Genesis            2pm Corn Hole  <b>2pm WV Humanities Little Lectures</b>  <b>6pm Movie- "Radio"</b></p>	<p>17            Todd Chow 12-2pm            12:30pm Bridge            2pm—"Casino Royal"  <b>2pm Southern Stompers Cloggers, A/L Activity Rm</b>   <b>5pm MU vs Bowling Green-away</b>            6:15pm Bingo</p>
<p>18 1:30pm Virtual Worship Service, Ch. 1990             1:30pm Worship Service with <b>Rev. Marc Price</b>, 1st Church of the Nazarene   <b>6pm Movie—"The Winds of War—Part Three Cataclysm"</b></p>	<p>19 9am Exercise  <b>9:30am YMCA</b>            10am Exercise  <b>11am Activities Meeting</b>            11am Huntington Federal Bank            11:15am Men's Exercise Class  <b>12pm Seamstress</b>  <b>1pm Welcome to the Woodlands</b>            2pm Corn Hole  <b>6pm Adam Booth Storyteller</b></p>	<p>20            9am Exercise            10am Exercise            1pm Chair Yoga  <b>1pm Target</b>  <b>1pm Medicare 101</b>            1pm Mexican Train Dominos            2pm Knitting Circle &amp; Loom            Knitting, W5 #184 Cmmns Area  <b>2pm One Day University</b></p>	<p>21 9am Exercise  <b>9:30am YMCA</b>            10am Exercise  <b>10am Bible Study</b>            11:15am Men's Exercise Class            12:30pm Bridge            2pm Corn Hole  <b>3pm Marshall Chamber Music</b>  <b>4pm Happy Hour (BYOB)</b>            6:15pm Bingo</p>	<p>22            9am Exercise            10am Exercise            1pm Chair Yoga            1:30pm Pool Shots  <b>2pm Community Meeting</b>            3pm Board Games            4pm Communion  <b>7pm Amicus Curiae Lecture</b></p>	<p>23            9am Exercise  <b>9:30am YMCA</b>            10am Balance in Action with Genesis            2pm Corn Hole  <b>2pm Angie Juniper "Navigating Life..."</b>  <b>6pm Movie- "Elvis"</b></p>	<p>24            Todd Chow 12-2pm            12:30pm Bridge  <b>2pm—"Skyfall"</b>            6:15pm Bingo  <b>7pm—MU vs Troy away</b></p>
<p>25 1:30pm Virtual Worship Service, Ch. 1990            26            1:30pm Worship Service with <b>Rev. Scott Sears</b>, First United Methodist   <b>6pm Movie—"The Winds of War—Part Four Defiance"</b></p>	<p>26 9am Exercise  <b>9:30am YMCA</b>            10am Exercise            11am Huntington Federal Bank            11:15am Men's Exercise Class  <b>12pm Seamstress</b>            2pm Corn Hole  <b>2pm Visions of Italy</b></p>	<p>27 9am Exercise            10am Exercise            1pm Chair Yoga  <b>1pm Kroger</b>            1pm Right, Left, Center            2pm Knitting Circle &amp; Loom            Knitting, W5 #184 Cmmns Area  <b>2pm One Day University</b></p>	<p>28 9am Exercise  <b>9:30am YMCA</b>            10am Exercise            11:15am Men's Exercise Class            12:30pm Bridge            2pm Corn Hole  <b>4pm Happy Hour (BYOB)</b>            6:15pm Bingo</p>	<p>29 9am Exercise            10am Exercise  <b>10:30am Book Club</b>            1pm Chair Yoga            1:30pm Pool Shots  <b>2pm Seasons of Change</b>            3pm Board Games            4pm Communion  <b>5pm Out to dinner "Fly In Café"</b></p>	<p>30 <b>Birthday Dinner</b>            9am Exercise  <b>9:30am YMCA</b>            10am Balance in Action with Genesis  <b>2pm Justin Arvon, Senior Protection</b>            2pm Corn Hole  <b>6pm— Music with Donnie Carmen</b></p>	

## Healthcare September 2022 (Calendar Subject to Change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Garden View Daily Activities</b>  <b>9am 1E Morning Gathering</b> <b>10am 1E Exercise</b> <b>2pm 1E Craft/Activity</b>			<b>Marshall Games</b> 9/3 Norfolk @ 3:30pm 9/10 Notre Dame @ 2:30pm 9/17 Bowling Green @ 5pm 9/24 Troy @ 7pm	1 Exercise 11:15am-11:45am  Resident Council 2-2:30pm Refreshments 2:30-3pm	2 Exercise 11:15am-11:45am  Movie Matinee & Popcorn “Barefoot” 2-4pm	3 Pastries & TV Time 10:30-11:30am  Bingo 2-3pm
4 <b>Communion Service 1-1:30pm</b> <b>CANCELLED</b>  Virtual Worship Service 1:30pm-2:30pm, Channel 1990  Worship Service Carol Gump 3-3:45pm, Chapel	<b>5 Happy Labor Day!</b>  Activities in the Neighborhoods	6 Exercise 11:15am-11:45am  Banjo with Jessica (Garden View) 1:30-2:30pm  Bracelet Beading 2-3pm	7 Exercise 11:15am-11:45am  Pretty Nails 2-3pm	8 Exercise 11:15am-11:45am  Bluegrass Music with Bobby Maynard 1:30-2:30pm	9 Exercise 11:15am-11:45am  Movie Matinee & Popcorn “Dreamer” 2-4pm	10 Pastries & TV Time 10:30-11:30am  Bingo 2-3pm
11  Virtual Worship Service 1:30pm-2:30pm, Channel 1990  Worship Service Carol Gump 3-3:45pm, Chapel	12 Exercise 11:15am-11:45am  Bingo 2:00-3:00pm  3pm-3:30pm Mass w/Father Dean, Chapel	13 Exercise 11:15am-11:45am  Craft—Make Air Fresheners 2-3pm	14 Exercise 11:15am-11:45am  Walmart Trip 1pm—4pm	15 Exercise 11:15am-11:45am  Trip to Austin’s Ice Cream 2-3pm	16 Exercise 11:15-11:45am  Movie Matinee & Popcorn “The Royal Treatment” 2pm—4pm	17 Pastries & TV Time 10:30-11:30am  Southern Stomper Cloggers 2-3pm
18  Virtual Worship Service 1:30pm-2:30pm, Channel 1990  Worship Service/Communion with Carol Gump 3-3:45pm, Chapel	19 Exercise 11:15am-11:45am  Banjo with Jessica (Garden View) 1:30-2:30pm Bingo 2:00-3:00pm  3pm Mass w/Father Dean, Chapel	20 Exercise 11:15am-11:45am  Bling your Walker 2-3pm	21 Exercise 11:15am-11:45am  Walmart Trip 1pm—4pm  Trip to Austin’s Ice Cream 2-3pm	22 Exercise 11:15-11:45am  Visions of Italy 2-3:30pm	23 Exercise 11:15am-11:45am  Movie Matinee & Popcorn “Vicky & Her Mystery” 2-4pm	24 Pastries & TV Time 10:30-11:30am  Bingo 2-3pm
25  Virtual Worship Service 1:30pm-2:30pm, Channel 1990  Worship Service Carol Gump 3-3:45pm, Chapel	26 Exercise 11:15am-11:45am  Bingo 2-3pm  3pm Mass w/Father Dean, Chapel	27 Exercise 11:15am-11:45am  Fall Rope Pumpkins 2-3pm	28 Exercise 11:15am-11:45am  Walmart Trip 1pm—4pm	29 Exercise 11:15-11:45am  2-3pm Seasons of Change with Freda Romans  Sing A Long with Chuck 4:30pm Dining Room	30 <b>Birthday Dinner</b> Exercise 11:15am-11:45am  Movie Matinee & Popcorn “Roped” 2-4pm  <b>5pm Music with Donnie Car-</b> <b>man</b>	<b>Friday’s</b> <b>Room Visits with</b> <b>Chaplain Carol Gump</b> <b>9am—2pm</b> <b>Outings</b> <b>Weather Permitting</b>