

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



September 2017 Sun Towers



Welcome to September!

9:00 Exercise MDR
 9:00 Bank and Shop 6LNG
 10:00 Coffee Chat 6LNG
 1:00 Word Find & Popcorn 6LNG
 2:00 IMPACT 6LNG
 3:30 Balance Exercise MDR
 3:30 Happy Hour MDR
 7:00 Movie Night THTR

9:15 Chair Yoga/Chair Dancing MDR
 10:00 Coffee Chat 6LNG
 1:00 Bingo THTR
 2:30 Movie & Popcorn

Bus to Local Churches 3

9:30 Catholic Service THTR
2:30 Vespers CH



Western Movie
4:30 THTR



10:00 Special Coffee Chat THTR
 1:00 Labor Day Bingo THTR
 NO CHARGE
 Special Prizes
 2:00 Ice Cream Social THTR

5

9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
 10:00 Line Dancing MDR
 10:00 Bible Study CH
 1:00 Tasty Treat 6LNG
 1:00 Life Challenge Grp CH
 2:30 Party in a Chair MDR
 2:00 Craft n' Creations 6LNG
 3:30 Happy Hour MDR

6

9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
 10:00 Tai Chi MDR
 1:00 Bingo MDR
 3:00 Bingo Again!!! 3DR
 3:30 Balance Exercise MDR

7

9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
 1:00 Kreative Ceramics 6LNG
 2:00 Golf Cart Rides LOBBY
 3:30 Long Horn Steak House



8

9:00 Exercise MDR
 9:00 Bank and Shop 6LNG
 10:00 Coffee Chat 6LNG
 1:00 Word Find & Popcorn 6LNG
 2:00 Arthritis Support Grp THTR
 2:00 Resident B-Day Party MDR
 3:30 Happy Hour MDR
 7:00 Movie Night THTR



9

9:15 Chair Yoga/Chair Dancing MDR
 10:00 Coffee Chat 6LNG
 1:00 Bingo THTR
 2:30 Movie & Popcorn

Bus to Local Churches 10

9:30 Catholic Service THTR
2:30 Vespers CH
Happy Grandparents Day



4:30 Movie THTR
Grandparents Day

8:30 Widowers Wellness THTR

9:00-11:00 Holy Communion 5LNG
 9:00 Exercise MDR
 9:00-1:00 FLU SHOTS THTR
 10:00 Coffee Chat 6LNG
 12:30 Bank and Shop
 1:00 Bingo THTR
 2:30 Pretty Nails 6LNG
 3:30 Balance Exercise MDR

9:00 Hard Rock Casino / Kmart 12

9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
 10:00 Line Dancing MDR
 10:00 Bible Study CH
 1:00 Tasty Treat 6LNG
 10:30 A+Hearing Aid Help APT 254
 1:00 Life Challenge Grp CH
 2:30 Party in a Chair MDR
 2:00 Craft n' Creations 6LNG
 3:30 Happy Hour MDR

8:30 Podiatrist RM #254 13

9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
 10:00 Tai Chi MDR
 1:00 Bingo MDR
 2:00 Diabetes Support Grp MDR
 3:00 Bingo Again!!! 3DR
 3:30 Balance Exercise MDR

9:00 Exercise MDR 14

10:00 Coffee Chat 6LNG
 10:00 Simple Sewing APT 436
 1:30 Chronic Pain & Neuropathy MDR
 2:00 Golf Cart Rides LOBBY
 2:15 Gospel sing-a-long CH
 3:30 Sakura Japanese Steak House



9:00 Exercise MDR 15

9:00 Bank and Shop 6LNG
 10:00 Coffee Chat 6LNG
 1:00 Word Find & Popcorn 6LNG
 2:00 IMPACT 6LNG
 3:30 Balance Exercise MDR
 3:30 Happy Hour MDR
 7:00 Movie Night THTR

9:15 Chair Yoga/Chair Dancing 16

10:00 Coffee Chat 6LNG
 1:00 Bingo THTR
 2:30 Movie & Popcorn

Bus to Local Churches 17

9:30 Catholic Service THTR
2:30 Vespers CH



Western Movie
4:30 THTR

8:30 Widowers Wellness THTR 18

9:00 Exercise MDR
 9:00-1:00 FLU SHOTS THTR
 10:00 Coffee Chat 6LNG
 12:30 Bank and Shop
 1:00 Bingo MDR
 1:30 Parkinson Support Grp THTR
 2:30 Relaxing Patterns 6LNG
 3:30 Balance Exercise MDR

9:00 Exercise MDR 19

10:00 Coffee Chat 6LNG
 10:00 Line Dancing MDR
 10:00 Bible Study CH
 1:00 Tasty Treat 6LNG
 1:00 Life Challenge Grp CH
 2:00 Alz's Support Grp THTR
 2:30 Party in a Chair MDR
 3:00 Healthy Tips 5LNG
 3:30 Happy Hour MDR

9:00 Exercise MDR 20

10:00 Coffee Chat 6LNG
 10:00 Tai Chi MDR
 1:00 Bingo MDR
 1:30 Low Vision Support Grp THTR
 3:00 Bingo Again!!! 3DR
 3:30 Balance Exercise MDR

9:00 Memory Screening APT 254 21

9:00 Exercise MDR
 9:00 Widows Wellness CH
 10:00 Coffee Chat 6LNG
 1:00 Kreative Ceramics 6LNG
 2:00 Golf Cart Rides LOBBY
 3:30 Outback Steakhouse



9:00 Exercise MDR 22

9:00 Bank and Shop 6LNG
 10:00 Coffee Chat 6LNG
 1:00 Word Find & Popcorn 6LNG
 2:00 IMPACT 6LNG
 2:00 Welcome Autumn Picnic in the Back Yard
 3:30 Balance Exercise MDR
 3:30 Happy Hour MDR
 7:00 Movie Night THTR
 Autumn Begins

9:15 Chair Yoga/Chair Dancing 23

10:00 Coffee Chat 6LNG
 10:00 Computer/Tech Help THTR
 1:00 Bingo THTR
 2:30 Movie & Popcorn

Bus to Local Churches 24

9:30 Catholic Service THTR
2:30 Vespers CH



Western Movie
4:30 THTR

8:30 Widowers Wellness THTR 25

9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
 12:30 Bank and Shop
 1:00 Bingo THTR
 2:30 Pretty Nails 6LNG
 3:30 Balance Exercise MDR

9:00 Exercise MDR 26

10:00 Coffee Chat 6LNG
 10:00 Line Dancing MDR
 10:00 Bible Study CH
 1:00 Tasty Treat 6LNG
 1:00 Life Challenge Grp CH
 2:30 Party in a Chair MDR
 2:00 Craft n' Creations 6LNG
 3:30 Happy Hour MDR

9:00 Exercise MDR 27

10:00 Coffee Chat 6LNG
 10:00 Tai Chi MDR
 1:00 Bingo MDR
 3:00 Bingo Again!!! 3DR
 3:30 Balance Exercise MDR

9:00 Exercise MDR 28

10:00 Coffee Chat 6LNG
 2:00 Golf Cart Rides LOBBY
 2:15 Gospel Sing-a-long CH
 3:30 Cody's Original Road House



9:00 Exercise MDR 29

9:00 Bank and Shop 6LNG
 10:00 Coffee Chat 6LNG
 1:00 Word Find & Popcorn 6LNG
 2:00 IMPACT 6LNG
 3:30 Balance Exercise MDR
 3:30 Happy Hour MDR
 7:00 Movie Night THTR

9:15 Chair Yoga/Chair Dancing 30

10:00 Coffee Chat 6LNG
 1:00 Bingo THTR
 2:30 Movie & Popcorn

Yom Kippur