

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 This Date in History/J <b>1</b> <b>10:30 Guest Presenter: Tibetan Sound Meditation - GR</b> 2:15 Aromatherapy Spa/J 3:30 Sunday Social/A	<b>Labor Day Holiday 2</b> 9:30 Sit & Stretch/A 1:00 Outside in the Garden/A <b>2:00 Ice-cream Sodas Social with Arlene</b> 2:30 Movie Musical: Showboat (1h 48m) 4:30 Evening Meal Prep/J	9:30 Coffee & Tea Social/UA <b>3</b> 10:00 Table Games/Puzzles 11:00 Open Swim -IL Pool 1:00 Walking Group <b>2:00 Music Appreciation: Dolly Parton - GR</b> 3:00 Chair Yoga w/Matt-GR 4:00 Michelle's Update	9:30 Coffee & Tea Social/UA <b>4</b> 10:00 Garden Chat/A 10:45 Pet Visits w/ May/C 11:00 Smart Bells with Ujjala-GR 1:00 Exercise with Matt 2:30 In the Kitchen with Frenchii 3:00 Open Swim-IL Pool 3:30 Garden Readers Club/A	Eucharistic Minister Rm Visits <b>5</b> 9:30 Coffee & Tea Social/UA 10:00 Sing Along with Jane & Cynthia - GR 10:00 Pet Visits with Samira 1:00 Balloon Volley/S 2:00 15th Anniversary - Themed Jeopardy Live-GR 3:00 Gardening & Bird Feeding	9:30 Coffee & Tea Social/UA <b>6</b> 10:15 Folk Music with Sarah 1:30 BINGO – GR 3:00 Poetry Reading & Tea in the Garden 4:00 Nail Salon & Nature Films	9:30 Saturday Sing-Along/S <b>7</b> 10:30 Chair Yoga/S <b>1:00 Music with Bill Nastasi</b> 3:00 Hallway Bowling!
9:30 This Date in History/S <b>8</b> 10:30 Gentle Stretch 2:15 Painting/S 3:30 Sunday Social	9:30 Coffee & Tea Social/UA <b>9</b> 10:30 Music Therapy Group in the Garden/S,C 1:00 Chair Yoga with Matt 2:30 Nature Film: "My Octopus Teacher." 4:00 Evening Meal Prep/S	9:30 Coffee & Tea Social/UA <b>10</b> 10:00 Table Games/Puzzles 11:00 Open Swim- IL Pool <b>1:30 Life-long Learning: The Drone Show-GR</b> <b>3:00 WP 15th Anniversary Champagne &amp; Charcuterie - GR</b> 4:00 Michelle's Update	9:30 Coffee & Tea Social/UA <b>11</b> 10:00 Garden Chat/A 1:00 Exercise with Matt 2:30 In the Kitchen with Frenchii 3:00 Open Swim-IL Pool 3:30 Garden Readers Club/A	Eucharistic Minister Rm Visits <b>12</b> 9:30 Coffee & Tea Social/UA 10:15 Cranium Crunches/S 1:00 Parachute Exercise/S 3:00 Gardening & Bird Feeding/S 4:00 Evening Meal Prep/S	9:30 Coffee & Tea Social/UA <b>13</b> 10:15 Folk Music with Sarah <b>2:00 Presentation by our Dietician Tonya: Health benefits of Herbs and Spices</b> 3:00 Poetry Reading & Tea in the Garden 4:00 Nail Salon & Nature Films	9:30 Daily Chronicles/A <b>14</b> 10:00 Sit & Stretch/A 1:05 NY Yankees Baseball vs. Boston Red Sox- GR/A 1:30 Ukulele Music w/Jane 4:15 Reminiscing/A
9:30 This Date in History/S <b>15</b> 10:30 Balloon Volley <b>12:00 Diners Club: Bistro Brunch</b> 2:00 Good News and Current Events in the Garden 3:30 Sunday Social	<i>Happy Birthday, Ann H!</i> <b>16</b> 9:30 Coffee & Tea Social/UA 10:30 Music Therapy in the Garden/S,C 1:00 Chair Yoga with Matt <b>2:00 Aloha Strummers - GR</b> <b>3:00 Men's Coffee Social -GR</b> 4:00 Evening Meal Prep/S	<i>Happy Birthday, Harriet!</i> <b>17</b> 9:30 Coffee & Tea Social/UA 10:00 Table Games/Puzzles 11:00 Open Swim – IL Pool 1:00 Walking Group <b>2:00 The Price Is Right Game-GR</b> 3:00 Chair Yoga w/Matt-GR 4:00 Michelle's Update	<b>9:30 Art Class with Michelle</b> <b>18</b> 11:00 Smart Bells with Ujjala-GR 1:00 Exercise with Matt 2:30 In the Kitchen with Frenchii 3:00 Open Swim-IL Pool 3:30 Garden Readers Club/A	Eucharistic Minister Rm Visits <b>19</b> 9:30 Coffee & Tea Social/UA 10:15 Cranium Crunches/S <b>2:00 Service Project: Making Cat Toys for the SPCA - GR</b> 3:00 Gardening & Bird Feeding/S 4:00 Evening Meal Prep/S	<i>Happy Birthday, Bill!</i> <b>20</b> 9:30 Coffee & Tea Social/UA 10:15 Folk Music with Sarah 1:30 BINGO – GR 3:00 Poetry Reading & Tea in the Garden 4:00 Nail Salon & Nature Films	9:30 Daily Chronicles/A <b>21</b> 10:00 Sit & Stretch/A <b>1:00 Music with Bill Nastasi</b> 4:15 Reminiscing/A
9:30 This Date in History/S <b>22</b> 10:30 Gentle Stretch <b>2:00 Symphonic Winds Quintet</b> 3:30 Sunday Social	9:30 Coffee & Tea Social/UA <b>23</b> 10:30 Music Therapy Group in the Garden/S,C 1:00 Chair Yoga with Matt 2:30 Nature Film: "Wild Babies" 4:00 Evening Meal Prep/S	9:30 Coffee & Tea Social/UA <b>24</b> 10:00 Table Games/Puzzles 11:00 Open Swim- IL Pool <b>1:00 BHG Fundraiser: Ice Cream Social- IL Pub</b> <b>1:30 Life-long Learning: The History of Mohonk</b> <b>3:00 WP Musical Showcase – PAC</b>	9:30 Coffee & Tea Social/UA <b>25</b> 10:00 Garden Chat/A 1:00 Exercise with Matt <b>2:00 Birthday Party with Bill &amp; Wayne - GR</b> 3:00 Open Swim-IL Pool 3:30 Garden Readers Club/A	Eucharistic Minister Rm Visits <b>26</b> 9:30 Coffee & Tea Social/UA 10:15 Cranium Crunches 2:00 Parachute Exercise/S 3:00 Gardening & Bird Feeding 4:00 Evening Meal Prep/S 4-8pm WP 15 <sup>th</sup> Anniversary Gala/Casino-IL/call Concierge (accompanied by family)	9:30 Coffee & Tea Social/UA <b>27</b> 10:15 Folk Music with Sarah 1:30 BINGO – GR <b>2:45 Simple Melodies with The Starlite Trio - Courtyard</b> 4:00 Nail Salon & Nature Films	9:30 Daily Chronicles/A <b>28</b> 10:00 Sit & Stretch/A 1:00 Flower Arranging/J 2:30 Afternoon Social/A 4:15 Reminiscing/A
9:30 This Date in History/S <b>29</b> 10:30 Balloon Volley <b>12:00 Diners Club: Bistro Brunch</b> 2:00 Music in the Garden 3:30 Sunday Social	9:30 Coffee & Tea Social/UA <b>30</b> 10:30 Music Therapy Group in the Garden/S,C 1:00 Chair Yoga with Matt <b>2:00 Art Appreciation with Michelle: Georgia O'Keeffe – GR</b> 4:00 Evening Meal Prep/S	<h1>September</h1> <h2>2024</h2> <h3>GARDEN VIEW</h3>			All activities are done in the unit dining room or the garden unless otherwise indicated. GR=Great Room PAC=Performing Arts Center (IL)  <b>Staff Key:</b> S=Sarah, GV Program Coordinator J=Jane A=Arlene C=Cynthia F=Francesca	

Any changes to the day's schedule will be noted on the whiteboard in the unit dining room. Questions/suggestions are welcome~ email: [smotherway@wntp.org](mailto:smotherway@wntp.org) or call 845-256-5968