September 2022

INDEPENDENT LIVING ACTIVITIES CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:15am – Yoga/Stretch 9:15am – Yoga/Stretch 11:15am – Hymn Sing 2:00pm – Coloring Book Group 7:00pm - Bingo	2 8:45am – Water Aerobics 10:00am – Exercise with Tammy 11:00am – Herb Gifford Road Show 1:30pm - -Depart for Weis 2:00pm – Knitting Group 2:00pm – Billiard Group 2:00pm – Line Dancing 3:00pm – Resident Games	3 2:30pm – Municipal Band
4 3:00pm – Sunday Church Service	5 8:45am – Water Aerobics 9:45am – Water Volleyball 10:00am – Exercise with Tammy 11:00am – Bible Study 11:00am – Zentangle 1:00pm – Depart for CVS 2:00pm – Billiard Group 6:30pm – Duplicate Bridge Labor Day	6 8:15am – Yoga/Stretch 9:15am – Yoga/Stretch 10:00am – WELLderly 10:00am – Vitality Checks and Blood Pressure Screening 10:00am – Bereavement 11:00am – Tai Chi 11:00am- Rosary Prayer 1:00pm – Ask Me Another 1:00pm – Mah Jong 1:30pm – Quilting 7:00pm – Chorus Practice	7 9:00am – Depart for Wells Fargo 9:30pm – Water Aerobics 10:30am – News with Nikki 2:00pm – Exercise with Tammy 2:15pm – Catholic Mass	8 8:15am – Yoga/Stretch 9:15am – Yoga/Stretch 11:15am – Hymn Sing 2:00pm – Coloring Book Group 7:00pm - Bingo	9 8:45am – Water Aerobics 10:00am – Exercise with Tammy 11:00am – Herb Gifford Road Show 1:30pm - -Depart for Wegmans 2:00pm – Knitting Group 2:00pm – Billiard Group 2:00pm – Line Dancing 3:00pm – Resident Games 7:00pm – Miller Brothers	10 7:00pm – Robert Peruzzi – Vintage Jazz Trio – Trumpet, Trombone, Piano
11 3:00pm – Sunday Church Service Grandparents Day	12 8:45am – Water Aerobics 9:45am – Water Volleyball 10:00am – Exercise with Tammy 11:00am – Bible Study 11:00am – Zentangle 1:00pm – Depart for Walmart 1:00pm – Beginner Art 2:00pm – Billiard Group 2:30pm – Advanced Art 6:30pm – Duplicate Bridge 7:00pm – Kerm Roth Bee Talk	13 8:15am – Yoga/Stretch 9:15am – Yoga/Stretch 10:00am – WELLderly 10:00am – Caring for the Caregiver 11:00am – Tai Chi 11:00am – Rosary Prayer 11:00pm –Depart for Bach at Noon 1:00pm – Ask Me Another 1:00pm – Mah Jong 1:30pm – Quilting 3:00pm – Book Club 7:00pm – Chorus Practice	14 9:30pm – Water Aerobics 10:30am – Resident Association Meeting 2:00pm – Exercise with Tammy 7:00pm – Emmaus Historical Society Lecture	15 8:15am – Yoga/Stretch 9:15am – Yoga/Stretch 11:15am – Hymn Sing 1:30pm – Depart for Allentown Farmers Market 2:00pm – Coloring Book Group 7:00pm - Bingo	16 8:45am – Water Aerobics 10:00am – Exercise with Tammy 11:00am – Herb Gifford Road Show 1:30pm - -Depart for Giant 2:00pm – Knitting Group 2:00pm – Billiard Group 2:00pm – Line Dancing 3:00pm – Resident Games 7:00pm – William Kasle is back	17 Oktoberfest Begins
18 3:00pm – Sunday Church Service	19 8:45am – Water Aerobics 9:45am – Water Volleyball 10:00am – Exercise with Tammy 11:00am – Bible Study 11:00am – Zentangle 1:00pm – Depart for CVS 1:00pm – Beginner Art 2:00pm – Billiard Group 2:30pm – Advanced Art 6:30pm – Duplicate Bridge 7:00pm – Gardening in Tanzania Africa	20 8:15am – Yoga/Stretch 9:15am – Yoga/Stretch 10:00am – WELLderly 10:00am – Vitality Checks and Blood Pressure Screening 10:00am – Bereavement 11:00am – Tai Chi 11:00am- Rosary Prayer 1:00pm – Ask Me Another 1:00pm – Mah Jong 1:30pm – Quilting 7:00pm – Chorus Practice	21 9:00am – Depart for Wells Fargo 9:30pm – Water Aerobics 10:30am – News with Nikki 11:30am – Lunch Bunch for Gourmet Chinese Buffet 2:00pm – Exercise with Tammy	22 8:15am – Yoga/Stretch 9:15am – Yoga/Stretch 11:15am – Hymn Sing 2:00pm – Coloring Book Group 2:30pm – Frankie Arboretum 7:00pm - Bingo Autumn Begins	23 8:45am – Water Aerobics 10:00am – Exercise with Tammy 11:00am – Herb Gifford Road Show 1:30pm - -Depart for Weis 2:00pm – Billiard Group 2:00pm – Line Dancing 3:00pm – Resident Games 7:00pm – SATORI	24
25 3:00pm – Sunday Church Service Rosh Hashanah Begins	26 8:45am – Water Aerobics 9:45am – Water Volleyball 10:00am – Exercise with Tammy 11:00am – Bible Study 11:00am – Zentangle 1:00pm – Beginner Art 2:00pm – Billiard Group 2:30pm – Advanced Art 6:30pm – Duplicate Bridge	27 8:15am – Yoga/Stretch 9:15am – Yoga/Stretch 10:00am – WELLderly 10:00am – Mid-Atlantic Air Museum 10:00am – Caring for the Caregiver 11:00am – Tai Chi 11:00am – Rosary Prayer 1:00pm – Ask Me Another 1:00pm – Mah Jong 1:30pm - Quilting 7:00pm – Chorus Practice	28 9:30pm – Water Aerobics 2:00pm – Exercise with Tammy	29 8:15am – Yoga/Stretch 9:15am – Yoga/Stretch 11:15am – Hymn Sing 2:00pm – Coloring Book Group 2:30pm – Oktoberfest with the Pioneer Band 7:00pm - Bingo	30 8:45am – Water Aerobics 10:00am – Exercise with Tammy 11:00am – Herb Gifford Road Show 1:30pm - -Depart for Wegmans 2:00pm – Billiard Group 2:00pm – Line Dancing 3:00pm – Resident Games 7:00pm – John Lionarons	

Activities are subject to change