

September 2022 Sabal Palms Memory Care Monthly Calendar



Sunday Monday Tuesday Wednesday Thursday Friday Saturday



Location Keys

Dining Room

DR

- FB *Find Balance
- LI *Live Inspired
- MC *Maintain Connections
- SK *Seek Knowledge
- SS *Stay Strong
- ★ Purposeful

"By all these lovely tokens,
September days are here,
with summer's best of
weather and autumn's best
of cheer."
— H.H. Jackson

<p>9:30 SS Rocking and Rolling</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK History Highlights</p> <p>2:00 ★ World of Color</p> <p>4:00 MC Green Thumb Gardeners</p> <p>6:30 LI Weekday Worship: Favorite Hymns</p> <p>7:00 LI Church Gathering and Worship</p>	<p>4</p> <p>Labor Day</p> <p>9:30 SS Seated Aerobics</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Jingle Jumble</p> <p>2:00 ★ Community Chores</p> <p>4:00 MC Sunshine Social</p> <p>6:30 LI Daily Devotions</p>	<p>5</p> <p>9:30 SS Shake Shake- Ice Cream Making</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Group Imagination</p> <p>2:00 ★ Dinner Party name cards</p> <p>4:00 MC Favorite Song-Sing-A-Long</p> <p>6:30 LI Sentimental Serenity</p> <p>7:00 FB Timeless Melodies Choir Club</p>	<p>6</p> <p>9:30 SS HORSE</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Link Think</p> <p>2:00 ★ Cooking Club: Smooth Moves</p> <p>4:00 MC Wheel of Fortune</p> <p>6:30 LI Meditation Circle</p> <p>7:00 FB Chapter Chat</p>	<p>7</p> <p>9:30 SS Zumba Gold</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Poetry Pals</p> <p>2:00 ★ Office Life Station</p> <p>2:30 MC Prize Bingo</p> <p>4:00 MC Share the Good News</p> <p>6:30 LI Prayer or group spiritual reading</p>	<p>8</p> <p>9:30 SS Chair Dance</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Crosswords and puzzles</p> <p>1:00 MC Trips and Travels/ Mystery Ride</p> <p>2:00 ★ Soft pretzels</p> <p>4:00 MC Uncorked/ Drink Up</p> <p>6:30 LI Chicken Soup for the Soul</p> <p>7:00 SK Montessori Life</p>	<p>9</p> <p>9:30 SS Bocce Ball</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK A World of Good-News</p> <p>1:00 MC Be Our Guest/ Elvis takes the stage (virtual)</p> <p>2:00 ★ Puzzle Club</p> <p>4:00 MC Flag-colored parfaits</p> <p>6:30 LI Tablet for relaxation</p> <p>7:00 SK Pass the Popcorn/ I Love Lucy</p>
<p>9:30 SS Home Stretch Derby</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Creating firework art</p> <p>2:00 ★ World of Color</p> <p>4:00 MC Green Thumb Gardeners</p> <p>6:30 LI Sentimental Serenity</p> <p>7:00 LI Church Gathering and Worship</p>	<p>11</p> <p>9:30 SS Meditation and Relaxation</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Higher or Lower</p> <p>2:00 ★ Crafty Club: Jewelry Making</p> <p>4:00 MC Friendly Formal</p> <p>6:30 LI Meditation Circle</p>	<p>12</p> <p>9:30 SS Baget Baseball</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Word Clue- fill in the blank</p> <p>2:00 ★ Collaborative Fairy Garden</p> <p>4:00 MC Blessed Blooms Club</p> <p>6:30 LI Mindfulness Meditation</p> <p>7:00 FB Timeless Melodies Choir Club</p>	<p>13</p> <p>9:30 SS Aqua Toss</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Taste-testing</p> <p>2:00 ★ Baking cookies</p> <p>4:00 MC Riddle Me This</p> <p>6:30 LI Daily Devotions</p> <p>7:00 FB Chapter Chat</p>	<p>14</p> <p>9:30 SS Baget Golf</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Clap, Clap</p> <p>2:00 ★ Veterans celebration</p> <p>2:30 MC Prize Bingo</p> <p>4:00 MC Beautiful Blossoms Game</p> <p>6:30 LI Weekday Worship: Favorite Hymns</p>	<p>15</p> <p>9:30 SS Seated Soccer / "Football"</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Flower suncatchers</p> <p>1:00 MC Trips and Travels/ Scenic Ride & Ice Cream</p> <p>2:00 ★ Colorful Collage</p> <p>4:00 MC Uncorked/ Happy Hour w/ Friends</p> <p>6:30 LI Prayer or group spiritual reading</p> <p>7:00 SK Montessori Life</p>	<p>16</p> <p>9:30 SS Frisbee Golf</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK A World of Good-News</p> <p>1:00 MC Be Our Guest/ Dean Martin Biography/ Virtual</p> <p>2:00 ★ Puzzle Club</p> <p>4:00 MC Making mocktails</p> <p>6:30 LI Music in Motion</p> <p>7:00 SK Pass the Popcorn/ It's show time featuring The Golden Girls</p>
<p>9:30 SS Sports Moves</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Dave Delivers Donuts in Denver</p> <p>2:00 ★ World of Color</p> <p>4:00 MC Green Thumb Gardeners</p> <p>6:30 LI Chicken Soup for the Soul</p> <p>7:00 LI Church Gathering and Worship</p>	<p>18</p> <p>9:30 SS Bowling</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Finish The Phrase Game</p> <p>2:00 ★ Aquapaint</p> <p>4:00 MC Patio Put-Put</p> <p>6:30 LI Tablet for relaxation</p>	<p>19</p> <p>9:30 SS Badminton</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Treeval Word Game: Peacemakers</p> <p>2:00 ★ Time to Shine</p> <p>4:00 MC Painting watercolor dreidels</p> <p>6:30 LI Daily Devotions</p> <p>7:00 FB Timeless Melodies Choir Club</p>	<p>20</p> <p>9:30 SS Seated Qigong Tai Chi and Yoga</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Tape Art</p> <p>2:00 ★ Planning a parade float</p> <p>4:00 MC Cooking Club: American Classic</p> <p>6:30 LI Chicken Soup for the Soul</p> <p>7:00 FB Chapter Chat</p>	<p>21</p> <p>9:30 SS Kickball</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Tongue Twisters</p> <p>2:00 ★ Crafty Club: Stained Glass</p> <p>2:30 MC Prize Bingo</p> <p>4:00 MC Cooking Club: French Cuisine</p> <p>6:30 LI Music in Motion</p>	<p>22</p> <p>9:30 SS Croquet</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Word Search with Friends</p> <p>1:00 MC Trips and Travels/ Roll & Stroll</p> <p>2:00 ★ Makeover Madness Photo Shoot</p> <p>4:00 MC Uncorked/ Cocktails anyone?</p> <p>6:30 LI Weekday Worship: Favorite Hymns</p> <p>7:00 SK Montessori Life</p>	<p>23</p> <p>9:30 SS Table Ball / Table Pong</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK A World of Good-News</p> <p>1:00 MC Be Our Guest/ Betty White Documentary</p> <p>2:00 ★ Puzzle Club</p> <p>4:00 MC Resident Spotlight: My History</p> <p>6:30 LI Meditation Circle</p> <p>7:00 SK Pass the Popcorn/ Evening Flick featuring Casablanca</p>
<p>9:30 SS TacTic Toss</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Grocery Game</p> <p>2:00 ★ World of Color</p> <p>4:00 MC Green Thumb Gardeners</p> <p>6:30 LI Sentimental Serenity</p> <p>7:00 LI Church Gathering and Worship</p>	<p>25</p> <p>9:30 SS Throw Tic Tac Toe</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Group Rhyme</p> <p>2:00 ★ Bird feeders</p> <p>4:00 MC Taste of home</p> <p>6:30 LI Mindfulness Meditation</p>	<p>26</p> <p>9:30 SS Senior Stretch</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Breaking Bread</p> <p>2:00 ★ Get Crafty Welcome Sign</p> <p>4:00 MC Bird scaping: Attracting and Recognizing your Native Birds</p> <p>6:30 LI Prayer or group spiritual reading</p> <p>7:00 FB Timeless Melodies Choir Club</p>	<p>27</p> <p>9:30 SS Free-Throw Competition</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Pictionary</p> <p>2:00 ★ No-bake items</p> <p>4:00 MC Going out for lunch</p> <p>6:30 LI Tablet for relaxation</p> <p>7:00 FB Chapter Chat</p>	<p>28</p> <p>9:30 SS Sit and Be Fit</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Map it Out</p> <p>2:00 ★ Make popsicles</p> <p>2:30 MC Prize Bingo</p> <p>4:00 ★ Birthday Bash It's my Party [DR]</p> <p>6:30 LI Chicken Soup for the Soul</p>	<p>29</p> <p>9:30 SS Sittercise</p> <p>10:00 SS Infusion Bar</p> <p>11:30 SK Word Storm</p> <p>1:00 MC Trips and Travels/ Scenic Ride</p> <p>2:00 ★ Crafty Club: Newspaper Florals</p> <p>4:00 MC Uncorked/ Wine with Friends</p> <p>6:30 LI Meditation Circle</p> <p>7:00 SK Montessori Life</p>	<p>30</p> 