

September 2023 Mezzanine Activity Calendar



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



- Creative Arts
- Emotional
- Health and Wellness
- Intellectual
- Nature
- Purposeful
- Recreation and Leisure
- Restorative
- Spiritual

Location Keys

2nd FL Living Room	2LVR
AL 2nd FL Activity Room	AAR
AL 4th FL Theater	ALT
Assisted Living Patio	ALP
Bistro	BST
Crown Dining Room-3rd Floor Independent Living	CDR
Fitness Center	FC
Independent Living Cafe	ILC
Independent Living Game Room-4th Floor	ILGR
Independent Living Theater-3rd Floor	ILT
Mezzanine Activity Room	Mez
Mezzanine Library	ML
Mezzanine Living Room	MLR

Resident Birthdays
 Jeanette F. 9/12
 Chris A. 9/18
 Ann S. 9/29

10:00 Dance Party Friday! [Mez] 1	9:30 Carrington Community Church [BST] 2
10:30 News and Views [Mez]	10:30 News and Views [AAR]
10:45 Word Games [Mez]	11:00 Moving For Mobility [AAR]
12:30 Refresh and Recharge [Mez]	12:30 Refresh and Recharge [Mez]
1:30 Fitness with Arthur [AAR]	1:30 Gardening Club [ALP]
2:30 Friday Movie Matinee-Camelot [Mez]	2:30 Puzzles and Games [Mez]
4:30 Shabbat [BST]	2:30 School Days Reminiscing [ALP]
5:30 Relax and Unwind [Mez]	5:30 Relax and Unwind [Mez]

10:00 Move and Groove [Mez] 3
10:45 SingFit! [Mez]
12:30 Refresh and Recharge [Mez]
1:30 Noodleball [Mez]
3:00 Piano Parlor with Patrick [BST]
5:30 Relax and Unwind [Mez]

Labor Day 4
10:00 Zumba and Laughter Yoga [Mez]
10:45 News and Views [Mez]
11:00 Labor Day Cook Out
12:30 Refresh and Recharge [Mez]
1:30 Trivia [Mez]
2:00 Big Band Dancing with Martha [FC]
2:30 Documentary Hour-Nature
4:00 Word Games [Mez]
5:30 Relax and Unwind [Mez]

10:00 Move and Groove [Mez] 5
10:30 Music Therapy with Nancy [Mez]
12:30 Refresh and Recharge [Mez]
1:30 Relax and Breathe with Meryl
1:30 Walking Club
2:00 Bingo [Mez]
3:30 Arm Chair Travels [Mez]
5:30 Relax and Unwind [Mez]

10:00 Sit and Be Fit [Mez] 6
10:30 News and Views [Mez]
10:45 SingFit! [Mez]
12:30 Refresh and Recharge [Mez]
1:00 Bible Study with Suzanne [ML]
1:30 Exercise with Arthur [FC]
2:15 Puzzles and Games [Mez]
3:00 Happy Hour [BST]
5:30 Relax and Unwind [Mez]

10:00 Scarf Dancing [Mez] 7
10:30 News and Views
10:45 Trivia [Mez]
12:30 Refresh and Recharge [Mez]
1:00 Rosary [ML]
1:30 Exercise with Arthur [FC]
1:30 Gardening Club [ALP]
2:30 Hollywood Musical Moments [ALT]
3:00 Hotsie Totsie Voices Rehearsal [BST]
3:45 Puzzles and Card Games [Mez]
5:30 Relax and Unwind [Mez]

10:00 Dance Party Friday! [Mez] 8
10:00 Jewish Holidays with Anita [CDR]
10:30 News and Views [Mez]
10:45 Word Games [Mez]
12:30 Refresh and Recharge [Mez]
1:30 Fitness with Arthur [AAR]
2:30 Friday Movie Matinee-When Harry Met Sally [Mez]
4:30 Shabbat [BST]
5:30 Relax and Unwind [Mez]

9:30 Carrington Community Church [BST] 9
10:30 News and Views [AAR]
11:00 Moving For Mobility [AAR]
12:30 Refresh and Recharge [Mez]
1:30 Gardening Club [ALP]
2:30 Mocktail Magic-Margaritas! [ALP]
3:30 Bowling [Mez]
5:30 Relax and Unwind [Mez]
7:00 Cabaret Concert with Carla Gordon [BST]

10:00 Move and Groove [Mez] 10
10:45 SingFit! [Mez]
12:30 Refresh and Recharge [Mez]
1:30 Noodleball [Mez]
2:00 Puzzles [Mez]
3:00 Hymn Sing with AnnaMarie and Mary [BST]
5:30 Relax and Unwind [Mez]

10:00 New! Bible Study with Chris 11
10:00 Zumba and Laughter Yoga [Mez]
10:45 News and Views [Mez]
12:30 Refresh and Recharge [Mez]
2:00 Line Dancing with Martha! [FC]
2:30 Documentary Hour-Nature
4:00 Word Games [Mez]
5:30 Relax and Unwind [Mez]
7:00 Love Letters [BST]

10:00 Daily Chronicle [AAR] 12
10:30 Fitness with Arthur [AAR]
12:30 Refresh and Recharge [Mez]
1:30 Opera Club [ILT]
2:00 Bingo [Mez]
2:00 Painting with Colleen [AAR]
3:30 Arm Chair Travels [Mez]
5:30 Relax and Unwind [Mez]

10:00 Med Talk: Horticulture Therapy [BST] 13
10:00 Sit and Be Fit [Mez]
10:30 News and Views [Mez]
10:45 SingFit! [Mez]
12:30 Refresh and Recharge [Mez]
1:30 Exercise with Arthur [FC]
2:15 Puzzles and Games [Mez]
3:00 Happy Hour [BST]
5:30 Relax and Unwind [Mez]

10:00 Scarf Dancing [Mez] 14
10:30 Art History with Debra: Gustav Klimt
10:30 News and Views
10:45 Trivia [Mez]
12:30 Refresh and Recharge [Mez]
1:00 Rosary [ML]
1:30 Exercise with Arthur [FC]
2:00 Crafting Club [Mez]
3:00 Hotsie Totsie Voices Rehearsal [BST]
5:30 Relax and Unwind [Mez]

Rosh Hashanah Begins 15
10:00 Dance Party Friday! [Mez]
10:30 News and Views [Mez]
10:30 Veteran's Club [ILGR]
10:45 Word Games [Mez]
12:30 Refresh and Recharge [Mez]
1:30 Fitness with Arthur [AAR]
2:30 Friday Movie Matinee-Driving Miss. Daisy [Mez]
4:30 Shabbat [BST]
5:00 Rosh Hashanah Dinner
5:30 Relax and Unwind [Mez]
7:00 Rosh Hashanah Service [BST]

9:30 Carrington Community Church [BST] 16
10:30 News and Views [AAR]
10:30 Rosh Hashanah Service [BST]
11:00 Moving For Mobility [AAR]
12:30 Refresh and Recharge [Mez]
1:30 Gardening Club [ALP]
2:30 What's In The Box? [ALP]
3:30 Puzzles [Mez]
5:30 Relax and Unwind [Mez]

September 2023 Mezzanine Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 🚶 Move and Groove [Mez] 17</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>12:30 🌿 Refresh and Recharge [Mez]</p> <p>1:30 🚶 Noodleball [Mez]</p> <p>2:00 🍳 Cooking Club [Mez]</p> <p>3:00 ❤️ Sunday Social [Mez]</p> <p>3:30 💡 Arm Chair Travels [Mez]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🚶 Zumba and Laughter Yoga [Mez] 18</p> <p>10:45 💡 News and Views [Mez]</p> <p>12:30 🧑‍🤝‍🧑 Kindness Chains Boutique [ILC]</p> <p>12:30 🌿 Refresh and Recharge [Mez]</p> <p>2:00 🚶 Big Band Dancing with Martha [FC]</p> <p>2:30 ❤️ Everyone Has a Story-Bernie [BST]</p> <p>4:00 💡 Word Games [Mez]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🚶 Move and Groove [Mez] 19</p> <p>10:30 🎵 Music Therapy with Nancy [Mez]</p> <p>12:30 🌿 Refresh and Recharge [Mez]</p> <p>2:00 🧑‍🤝‍🧑 Bingo [Mez]</p> <p>2:00 🌿 Relax and Breathe with Meryl</p> <p>3:30 🧑‍🤝‍🧑 Arm Chair Travels [Mez]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🚶 Sit and Be Fit [Mez] 20</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>11:00 🌿 Bird Trivia with Alyse [BST]</p> <p>12:30 🌿 Refresh and Recharge [Mez]</p> <p>1:00 🦋 Bible Study with Suzanne [ML]</p> <p>1:30 🚶 Exercise with Arthur [FC]</p> <p>2:15 🧑‍🤝‍🧑 Puzzles and Games [Mez]</p> <p>3:00 🧑‍🤝‍🧑 Happy Hour [BST]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🚶 Scarf Dancing [Mez] 21</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 💡 Trivia [Mez]</p> <p>12:30 🌿 Refresh and Recharge [Mez]</p> <p>1:00 🦋 Rosary [ML]</p> <p>1:30 🚶 Exercise with Arthur [FC]</p> <p>1:30 🌿 Gardening Club [ALP]</p> <p>2:30 🎭 Classic Comedy Hour [ALT]</p> <p>3:00 🎭 Hotsie Totsie Voices Rehearsal [BST]</p> <p>4:00 ❤️ Getting to Know You [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p> <p>7:00 🎭 Michael Leirch Jazz Ensemble [BST]</p>	<p>10:00 🚶 Dance Party Friday! [Mez] 22</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 💡 Word Games [Mez]</p> <p>11:00 ❤️ Sing A Long with AnnaMarie! [2LVR]</p> <p>12:30 🌿 Refresh and Recharge [Mez]</p> <p>1:30 🚶 Fitness with Arthur [AAR]</p> <p>2:30 🎭 Friday Movie Matinee-The King's Speech [Mez]</p> <p>4:30 🦋 Shabbat [BST]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>9:30 🦋 Carrington Community Church [BST] 23</p> <p>10:30 💡 News and Views [AAR]</p> <p>11:00 🚶 Moving For Mobility [AAR]</p> <p>12:30 🌿 Refresh and Recharge [Mez]</p> <p>1:30 🌿 Gardening Club [ALP]</p> <p>3:30 🚶 Bowling [Mez]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>
<p>Yom Kippur (Begins at Sundown) 24</p> <p>10:00 🚶 Move and Groove [Mez]</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>12:30 🌿 Refresh and Recharge [Mez]</p> <p>1:30 🚶 Noodleball [Mez]</p> <p>2:00 🍳 Cooking Club [Mez]</p> <p>3:00 ❤️ Sunday Social [Mez]</p> <p>3:30 💡 Arm Chair Travels [Mez]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p> <p>7:00 🦋 Yom Kippur Service [BST]</p>	<p>10:00 🚶 Zumba and Laughter Yoga [Mez] 25</p> <p>10:30 🦋 Yom Kippur Service [BST]</p> <p>10:45 💡 News and Views [Mez]</p> <p>12:30 🌿 Refresh and Recharge [Mez]</p> <p>2:00 🚶 Line Dancing with Martha! [FC]</p> <p>2:30 💡 Documentary Hour-Nature</p> <p>4:00 💡 Word Games [Mez]</p> <p>4:30 🦋 Concluding Service Yom Kippur [BST]</p> <p>5:00 🦋 Yom Kippur Meal</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 💡 Daily Chronicle [AAR] 26</p> <p>10:30 🚶 Fitness with Arthur [AAR]</p> <p>12:30 🌿 Refresh and Recharge [Mez]</p> <p>2:00 🧑‍🤝‍🧑 Bingo [Mez]</p> <p>3:30 🧑‍🤝‍🧑 Arm Chair Travels [Mez]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🚶 Sit and Be Fit [Mez] 27</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>12:30 🌿 Refresh and Recharge [Mez]</p> <p>1:30 🚶 Exercise with Arthur [FC]</p> <p>2:15 🧑‍🤝‍🧑 Puzzles and Games [Mez]</p> <p>3:00 🧑‍🤝‍🧑 Happy Hour [BST]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🚶 Scarf Dancing [Mez] 28</p> <p>10:30 ❤️ Drumming with Chris! [Mez]</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 💡 Trivia [Mez]</p> <p>12:30 🌿 Refresh and Recharge [Mez]</p> <p>1:00 🦋 Rosary [ML]</p> <p>1:30 🚶 Exercise with Arthur [FC]</p> <p>1:30 🌿 Gardening Club [ALP]</p> <p>2:30 🎭 September Birthday Party! [AAR]</p> <p>3:00 🎭 Hotsie Totsie Voices Rehearsal [BST]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🚶 Dance Party Friday! [Mez] 29</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 💡 Word Games [Mez]</p> <p>12:30 🌿 Refresh and Recharge [Mez]</p> <p>1:30 🚶 Fitness with Arthur [AAR]</p> <p>2:30 🎭 Friday Movie Matinee-Grumpy Old Men [Mez]</p> <p>4:30 🦋 Shabbat [BST]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>9:30 🦋 Carrington Community Church [BST] 30</p> <p>10:30 💡 News and Views [AAR]</p> <p>11:00 🚶 Moving For Mobility [AAR]</p> <p>12:30 🌿 Refresh and Recharge [Mez]</p> <p>1:30 🌿 Gardening Club [ALP]</p> <p>3:30 🧑‍🤝‍🧑 Puzzles [Mez]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>

“When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow.”
— Shauna Niequist

- 🎨 Creative Arts
- ❤️ Emotional
- 🚶 Health and Wellness
- 💡 Intellectual
- 🌿 Nature
- 🍳 Purposeful
- 🧑‍🤝‍🧑 Recreation and Leisure
- 🌿 Restorative
- 🦋 Spiritual

- Location Keys**
- 2nd FL Living Room
 - 2LVR
 - AL 2nd FL Activity Room
 - AAR
 - AL 4th FL Theater
 - ALT
 - Assisted Living Patio
 - ALP
 - Bistro
 - BST
 - Crown Dining Room-3rd Floor Independent Living
 - CDR
 - Fitness Center
 - FC
 - Independent Living Cafe
 - ILC
 - Independent Living Game Room-4th Floor
 - ILGR
 - Independent Living Theater-3rd Floor
 - ILT
 - Mezzanine Activity Room
 - Mez
 - Mezzanine Library
 - ML
 - Mezzanine Living Room
 - MLR

All activities are subject to change. Please refer to the Daily Sheet for the most up to date schedule of programs



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