

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="font-family: cursive; color: #C8A23E;">September 2023</h1>						
3	4	5	6	7	8	9
9:00 Motown Music Movement class 10:15 Cranberry refreshment break 11:00 Toss and Talk 11:30 Virtual church 1:00 Simple Sunday Craft 2:00 Root Beer Floats 3:00 Dominoes 4:00 Hand Spa	8:30 1:1 after breakfast 9:00 Weight Workout 10:00 Resident Made Muffins 11:00 Noodle Ball Hockey 1:30 Listen to Broadway Musicals 1:30 Monday Manicures 2:00 Penny Games 3:00 Monday Milk Shake 4:00 Watch Norma Rae movie Labor Day	National Cheese Pizza Day 8:30 1:1 after breakfast 9:30 Drumming Class 10:15 Coffee and Daily news 11:00 Noodle Ball 11:45 Hand Spa 1:00 How was it made? Pizza Dough 2:30 Afternoon Toss and Talk 3:00 English Muffin Pizzas 3:15 Bingo Blast	National Read a Book 8:30 1:1 after breakfast 9:30 Resident Kitchen Club Pudding Clouds 10:15 S 11:00 Noodle Ball 11:45 Short Stories 1:00 Craft Class Modeling Clay Creations 2:00 Table Tennis 3:00 Soft Pretzels and cheese dip 3:30 Sing with Susie	8:30 1:1 after breakfast 9:00 Exercise to 50's music 10:15 Coffee and Danish 11:30 Morning Stretch 1:00 White Board Challenge 2:00 Toilet Paper Pumpkins 3:00 Smoothies and Garden Time 4:00 Hymn Sing	Happy Birthday Betty 8:30 1:1 after breakfast 9:30 Instructor choice exercise 10:15 Coffee and Trivia 11:00 Corn Hole 1:00 Trivia Time 2:00 Painting Class Fall Tree 3:00 Wine and Cheese Hour 4:00 Music Time- Country Music Fridays	9:00 Morning Exercise 10:00 Lemonade in the Garden 11:00 Noodle Ball* 1:00 After lunch Card Games 2:00 Activity Room Don't Drop the Balloon* 3:00 Popcorn and a Movie
10	11	12	13	14	15	16
National Assisted Living Week 9:00 Sunday Morning Yoga 10:15 Coffee and News 11:00 Noodle Ball 1:00 Simple Sunday Craft 2:00 Bean Bag Twister 3:00 Sundaes on Sunday 3:30 Virtual church 4:00 Watch Wide World of Disney Grandparents Day	8:30 1:1 after breakfast 9:00 Weight Workout 9:30 Residents Make Muffins 10:00 Tea and Fresh Muffins 11:00 Horseshoes 1:00 Monday manicures 2:00 Caramel Milk Shakes with Apple Slice 3:00 Table Tennis 4:00 Listen to Liza Minelli Wacky Outfit Day	National Chocolate Milkshake Day 8:30 1:1 after breakfast 9:30 Drumming Class 10:15 Coffee and Daily news 11:00 Noodle Ball 11:45 Hand Spa 1:00 How was it made? The Slinky 2:30 Bingo Blast 3:15 Ice Cream Sundaes Decades Day 2:00 AL music by Todd Senter	8:30 1:1 after breakfast 9:30 Resident Kitchen Club PBJ 10:15 Yoga with Jamie 11:00 Juice refreshers and Trivia 11:45 Hand Spa 1:00 Summer Crafting Class 2:00 Birthday Bash with Dan 3:00 Enjoy Birthday Cake! 3:30 Sing with Susie Wear your Shades Day	National Coloring Day 8:30 1:1 after breakfast 9:00 Exercise to 50's music 10:15 Music by Digger 11:30 Morning Stretch 1:00 White Board Challenge 2:00 Fall Wreaths 3:00 Hot Chocolate Bar 4:00 Hymn Sing Crazy Hair Day	Butterscotch Pie Day 8:30 1:1 after breakfast 9:30 Instructor choice exercise 10:15 Coffee and Trivia 11:00 Noodle Hockey 1:00 Short Stories 2:00 VL Talent Show in AL 3:00 Wine and Cheese Hour 4:00 Music Time- The Four Seasons Dress in Sunflower Colors Day Rosh Hashanah Begins	Cinnamon Raisin Bread Day 9:00 Morning exercise 10:00 Iced Tea and Trivia 11:00 Noodle Ball* 1:00 After Lunch Community Stroll 1:30 Free Style Watercolors 2:00 Horse Shoes* 3:00 Cranberry Spritzers 3:15 Movie Matinee Oktoberfest Begins
17	18	19	20	21	22	23
Happy Birthday Sharon 9:00 Aretha Franklin Music Movement class 10:15 Cranberry refreshment break 11:00 Toss and Talk* 1:00 Simple Sunday Craft 2:00 Root Beer Floats 2:30 Virtual Church 3:00 Dominoes 4:00 Hand Spa	8:30 1:1 after breakfast 9:00 Weight Workout 10:00 Coffee, make and enjoy muffins 11:00 Noodle Ball Hockey 1:00 Monday Manicures 2:00 Afternoon community stroll 2:30 Monday Milk shakes 3:00 Corn Hole 4:00 Hymn sing	Apple Festival Day 8:30 1:1 9:00 Set up Apple Truck display 9:30 Exercise to Apple Songs 10:00 Mix Applesauce Bread 10:30 Apple Slices with PB 11:00 Apple Craft 1:00 Listen to the Andrews Sisters 1:30 Bobbing for Apples 2:00 Make Mini Apple Pie Pockets 3:00 Enjoy Pie and Coffee	Podiatrist Day 8:30 1:1 after breakfast 9:30 Resident Kitchen Club PBJ 10:15 Yoga with Jamie 11:00 Juice refreshers and Trivia 11:45 Hand Spa 1:00 Fall Crafting - leaf rubbings 2:00 Table Tennis 3:00 Gooley Butter Cake 3:30 Sing with Susie	Flamenco with Bruce VanHorn 8:30 1:1 after breakfast 9:00 Exercise to 60's music 10:15 Coffee and Cake 11:00 Baseball Practice 1:00 White Board Challenge 2:00 Flamenco with Bruce 3:00 PB & J English Muffins 4:00 Hymn Sing	8:30 1:1 after breakfast 9:30 Chair Dancing 10:15 Coffee and Daily News 11:00 Table Top Bowling 11:45 Hand Spa 1:00 Name That Trivia Time 2:00 Stretch and Stress Ball 3:00 Happy Hour 4:00 Listen to The Temptations	9:00 Morning exercise 10:00 Iced Tea and Trivia 11:00 Noodle Ball* 1:00 Jam Jar Mummies 2:00 Horse Shoes 3:00 Soft Pretzels and Cheese 3:15 Movie Matinee Autumn Begins
24	25	26	27	28	29	30
9:00 Sunday Morning Yoga 10:15 Coffee and News 11:00 Noodle Ball 1:00 Simple Sunday Craft Fall Sponge Tree 2:00 Bean Bag Twister 3:00 Sundaes on Sunday 3:30 Virtual church 4:00 Watch Wide World of Disney Yom Kippur	Happy Birthday Carol Quesadilla Day 8:30 1:1 after breakfast 9:00 Weight Workout 9:30 Coffee and Danish 10:00 Card Games with Marsha 11:00 Table Top Shuffleboard 1:00 Monday Manicures 2:00 Art with Debi 3:00 Cheese Quesadillas 3:30 Town Hall Meeting 4:00 Sing with Susie	8:30 1:1 after breakfast 9:30 Drumming Class 10:15 Coffee and Daily news 11:00 Noodle Ball 11:45 Hand Spa 1:00 How was it made? Silly Putty 2:00 Silly Putty Tracings and Superball toss 2:30 Bingo Blast 3:30 Karaoke	Tacky Tourist Day 8:30 1:1 after breakfast 9:30 Stretch Band Exercise 10:15 Guided bus Tour, Jeff is our guide :) 11:00 Tacky Tourist Photos 11:45 Hand Spa 1:00 Craft Class Fall Mason Jar Luminaries 2:00 Table Tennis 3:00 Fruit Smoothie 3:30 Sing with Susie	8:30 1:1 after breakfast 9:00 Exercise to 60's music 10:15 Coffee and Danish 11:30 Morning Stretch 1:00 White Board Challenge 2:00 Painted Fall Décor 3:00 Pumpkin Chocolate Chip Cookies 4:00 Listen to Buddy Holly	8:30 1:1 after breakfast 9:30 Chair Dancing 10:15 Coffee and Daily News 11:00 Table Top Bowling 11:45 Hand Spa 1:00 Name That Trivia Time 2:00 Pumpkin Craft 3:00 Happy Hour 4:00 Listen to Barbara Streisand Sukkot Begins	9:00 Morning Exercise 10:00 Lemonade in the Garden 11:00 Noodle Ball* 1:00 After lunch Card Games 2:00 Activity Room Don't Drop the Balloon* 3:00 Popcorn and a Movie

The Boardwalk at Victoria Landing 1279 Houston St. Melbourne, FL 32935 (321)622-6730
 All programs subject to change due to circumstances beyond our control.