

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Welcome to September 1 9:00 Church Service 9:30 Sort club 10:00 Snack & Hydrate 10:30 Sit & Be Fit 1:00 Bowling Sunday 2:00 Delicious Treats 3:00 Sunday Matinee 5:00 Wind Down	Labor Day 2 9:00 Daily Chronicles 9:30 Mind & Body Exercise 10:00 Snack & Hydration 10:30 Balloon Volleyball 1:00 Silver Sneakers 3 rd 2:00 Afternoon Delight 2:30 Bingo Monday 4:00 Music time 5:00 Wind Down	Improve Your Penmanship Day 3 9:00 Daily Chronicles 9:30 Guess what I am? 10:00 Snack & Hydrate 1:00 Silver Sneakers 3 rd 2:00 Afternoon Tea 2:30 Sensory Work / Floral Club 4:00 Music time 5:00 Wind Down	The Price is Right Day 4 9:00 Daily Chronicles 10:00 Snack & Hydration 1:00 Silver Sneakers 3 rd 2:00 Afternoon Delight 2:30 Arts & Crafts 4:00 Music time 5:00 Wind Down	Fashion Week Begins 5 9:00 Daily Chronicles Chronicles/Ingredients 10:00 Sing a long Rosary visit 1:00 Silver Sneakers 3 rd 2:00 Bread Time 4:00 Music time 5:00 Wind Down	How Would You Look in a Wig 6 9:00 Tai-Chi w/ Jack 9:30 Glamor Time 10:00 Snack & Hydration 10:30 Fan Dance Friday 1:00 Silver Sneakers 3 rd 2:00 Ice Cream 3:30 Bingo Fun Time 4:00 Music Time 5:00 Wind Down	Grandma Moses Day 7 9:30 Daily Chronicles 10:00 Snack & Hydration 1:00 Matching Time 2:00 Cooking Class 4:00 Music Time 5:00 Wind Down
Grandparents Day 8 9:00 Church Service 9:30 Sort club 10:00 Snack & Hydrate 10:30 Sit & Be Fit 1:00 Bowling Sunday 2:00 Delicious Treats 3:00 Sunday Matinee 5:00 Wind Down	We're On Cloud Nine" Day 9 9:00 Morning Meeting 9:30 Mind & Body Exercise 10:00 Snack Prep 10:30 Balloon Volleyball 1:00 Silver Sneakers 3 rd 2:00 Afternoon Delight 2:30 Bingo Monday 4:00 Meditation 5:00 Wind Down	Good News Day 10 9:00 Morning Meeting 9:00 Mind & Body Exercise 10:00 Snack Prep 1:00 Silver Sneakers 3 rd 2:00 Afternoon Tea 2:30 Sensory Work / Floral Club Music with Darren 4:00 Music Appreciation 5:00 Wind Down	"Back to School Day" 11 9:00 Morning Meeting 9:00 Mind & Body Exercise 10:00 Snack Prep 1:00 Silver Sneakers 3 rd 2:00 Afternoon Delight 2:30 Fall in Love w. Crafts 4:00 Mindful Practices 5:00 Wind Down	Chocolate Milkshake Day 12 9:00 Morning Meeting 10:00 Music with Bubble Man Rosary visit 1:00 Silver Sneakers 3 rd 2:00 Bread Time 2:00 Party time w. Jim T. 3:00 Beach Volleyball 4:00 Music Appreciation 5:00 Wind Down	Milton S. Hershey' Day 13 9:00 Tai-Chi w/ Jack 9:30 Glamor Time 10:00 Snack & Hydration 10:30 Fan Dance Friday 1:00 Silver Sneakers 3 rd 2:00 Ice Cream 3:30 Bingo Fun Time 4:00 Music Time 5:00 Wind Down	Harvest Moon 14 9:30 Daily Chronicles 10:00 Snack & Hydration 1:00 Matching Time 2:00 Cooking Class 4:00 Music Time 5:00 Wind Down
Hispanic Heritage 15 9:00 Church Service 9:30 Whiteboard Games 10:00 Snack & Hydrate 10:30 Fitness Fusion 1:00 Bowling Sunday 2:00 Delicious Treats 3:00 Sunday Matinee 5:00 Wind Down	Mexican Independence day 16 9:00 Morning Meeting 9:30 Mind & Body Exercise 10:00 Snack Prep 10:30 Beach Volleyball 1:00 Silver Sneakers 3 rd 2:00 Afternoon Delight 2:30 Bingo Monday 4:00 Meditation 5:00 Wind Down	Argentine Art & Culture Day 17 9:00 Morning Meeting 9:00 Mind & Body Exercise 10:00 Snack Prep 1:00 Silver Sneakers 3 rd 2:00 Afternoon Tea 2:30 Sensory Work / Floral Club 4:00 Music Appreciation 5:00 Wind Down	Frankie Avalon B-day 18 9:00 Morning Meeting 9:00 Mind & Body Exercise 10:00 Snack Prep 1:00 Silver Sneakers 3 rd 2:00 Afternoon Delight 2:30 Arts & Crafts 4:00 Mindful Practices 5:00 Wind Down	Pirate Day 19 9:00 Morning Meeting 10:00 Music with Bubble Man Rosary visit 1:00 Silver Sneakers 3 rd 2:00 Bread Time 3:00 Beach Volleyball 4:00 Music Appreciation 5:00 Wind Down	Career Day 20 9:00 Tai-Chi w/ Jack 9:30 Glamor Time 10:00 Snack & Hydration 10:30 Fan Dance Friday 1:00 Silver Sneakers 3 rd 2:00 Ice Cream 3:30 Bingo Fun Time 4:00 Music Time 5:00 Wind Down	Oktoberfest Begins 21 9:30 Daily Chronicles 10:00 Snack & Hydration Music w. Sarah 1:00 Cooking Class 2:00 Music with Rick 4:00 Meditation Practices 5:00 Wind Down
Emmy Awards 22 9:00 Church Service 9:30 Whiteboard Games 10:00 Snack & Hydrate 10:30 Sit & Be Fit 1:00 Bowling Sunday 2:00 Delicious Treats 3:00 Sunday Matinee 5:00 Wind Down	Autumn Begins 23 9:00 Morning Meeting 9:30 Mind & Body Exercise 10:00 Snack Prep 10:30 Balloon Volleyball 1:00 Silver Sneakers 3 rd 2:00 Afternoon Delight 2:30 Bingo Monday 4:00 Meditation 5:00 Wind Down	Cruise Ship Day 24 9:00 Morning Meeting 9:00 Mind & Body Exercise 10:00 Snack Prep 1:00 Silver Sneakers 3 rd 2:00 Afternoon Tea 2:30 Sensory Work / Floral Club 4:00 Music Appreciation 5:00 Wind Down	Superman Day 25 9:00 Morning Meeting 9:00 Mind & Body Exercise 10:00 Snack Prep 1:00 Silver Sneakers 3 rd 1:30 Employee of the Month 2:30 Fall in love w. Crafts 4:00 Mindful Practices 5:00 Wind Down	George Gershwin 26 9:00 Morning Meeting 10:00 Music with Bubble Man Rosary visit 1:00 Silver Sneakers 3 rd 2:00 Bread Time 3:00 Beach Volleyball 4:00 Music Appreciation 5:00 Wind Down	Fall Foliage Friday 27 9:00 Tai-Chi w/ Jack 9:30 Glamor Time 10:00 Snack & Hydration 10:30 Fan Dance Friday 1:00 Silver Sneakers 3 rd 2:00 Ice Cream 3:30 Bingo Fun Time 4:00 Music Time 5:00 Wind Down	Ed Sullivan Day 28 9:30 Daily Chronicles 10:00 Snack & Hydration 1:00 Cooking Class 3:00 Music with Kristin 4:00 Music Time 5:00 Wind Down
Rosh Hashanah 29 9:00 Church Service 9:30 Whiteboard Games 10:00 Snack & Hydrate 10:30 Sit & Be Fit 1:00 Corn Hole 2:00 Delicious Treats 3:00 Sunday Matinee 5:00 Wind Down	Gum it Up Day 30 9:00 Morning Meeting 9:30 Mind & Body Exercise 10:00 Snack Prep 10:30 Beach Volleyball 1:00 Silver Sneakers 3 rd 2:00 Afternoon Delight 2:30 Bingo Monday 4:00 Meditation 5:00 Wind Down					

September 2019

Living the Vicino Way
 Community Channel 1960
 6246 N 19TH Ave. Phoenix AZ 85015