

Sunday

Monday

Tuesday

Wednesday





Thursday

Friday

Saturday

# September 2023

**Piedmont, Assisted Living, Life Enrichment Guide** First Floor: LR- Living Room, HAM-Ham's Billiard Room RDR- Ridges Dining Room, P-Pub, L- Library, C-Café, PL: Parking Lot, PDR Private Dining Room. Second Floor: A--Afton Mountain Community Room, LR-Living Room Third Floor: H-Haden's Farm Community Room, Greenwood Dining Room **Red:** Outing, **Purple:** Entertainment. Sign-up sheets are outside the dining room.

<p>YOU CHOOSE: Activity Basket-A</p> <p>2:00 Crozet Methodist Church, Stream Service-HCR</p>	<p><b>3</b></p>  <p><b>Labor Day</b></p> <p>Labor Day</p>	<p><b>4</b></p> <p>9:30 Yoga-A</p> <p>10:15 Chronicles-A</p> <p>10:30 Word Mining-A</p> <p>2:00 Bingo-GDR</p> <p>3:15 Documentary: "Killer Whales" the Amazing Journey of an Orca Whale"-A</p>	<p><b>5</b></p> <p>10:00 Fitness-A</p> <p>10:30 Chronicles-A</p> <p>2:00 Pet Therapy-A</p> <p>3:00 Music: Dan Layman-LR</p> <p>4:00 Walks-A</p>	<p><b>6</b></p> <p>9:30 Yoga-A</p> <p>10:30 Word Search-A</p> <p>2:00 Reminisce-A</p> <p>3:00 Noodle Ball-A</p> <p>3:00 Catholic Communion-GDR</p> <p>4:00 Room Visits</p>	<p><b>7</b></p> <p>9:30 Harris Teeter</p> <p>9:45 Fitness-A</p> <p>10:30 Unscramble Words</p> <p>2:00 Celebrity Spotlight</p> <p>3:15 Spa Nails-A</p>	<p><b>1</b></p> <p>9:30 Dollar Tree</p> <p>9:45 Fitness-A</p> <p>10:30 Whacky Pictures</p> <p>2:00 Monthly Gazette</p> <p>3:15 Radio Mystery Hour, You Tube-A</p> <p>4:15 Walks-A</p> <p><b>2</b></p> <p>10:00 Morning Stretch &amp; Trivia-A</p> <p>3:00 Bingo-GDR</p>
<p>YOU CHOOSE: Activity Basket-A</p> <p>2:00 Crozet Methodist Church, Stream Service-HCR</p> <p><b>National Assisted Living Week!</b></p> <p>Grandparents Day</p>	<p><b>10</b></p> <p><b>Celebrity Day!</b></p> <p>10:00 Fitness-A</p> <p>10:30 Brain Games-A</p> <p>2:00 Group Crosswords-A</p> <p>3:00 Music from Around the World: Kim &amp; Jimbo-LR</p> <p>4:15 Room Visits</p>	<p><b>11</b></p> <p><b>Hippie Day!</b></p> <p>9:30 Yoga-A</p> <p>10:15 Chronicles-A</p> <p>10:30 Word Mining-A</p> <p>2:00 Bingo-GDR</p> <p>3:15 Documentary: Woodstock, 3 days that changed everything.</p>	<p><b>12</b></p> <p><b>Down on the Farm Day!</b></p> <p>10:00 Fitness-A</p> <p>10:30 Chronicles-A</p> <p>2:00 Color Me Calm Farm Sheets-A</p> <p>3:00 We Bring the Music: "Jazz Connection"-LR</p> <p>4:00 Walks-A</p>	<p><b>13</b></p> <p><b>Favorite Tee Shirt Day!</b></p> <p>9:30 Yoga-A</p> <p>10:30 Tattoo Parlor-A</p> <p>2:00 Gaither Vocal Band DVD-A</p> <p>3:00 Draw with Artist Jason-A</p> <p>3:00 Catholic Communion-GDR</p> <p>4:15 Room Visits</p>	<p><b>14</b></p> <p><b>Beach Day!</b></p> <p>9:30 Dollar General</p> <p>9:45 Fitness-A</p> <p>10:30 Hawaiian Folklore-A</p> <p>2:00 Beach Reminisce-A</p> <p>3:15 Beach Day Happy Hour!-A (Come enjoy Hula Dancing)</p>	<p><b>15</b></p> <p>10:00 Morning Stretch &amp; Trivia-A</p> <p>3:00 Bingo-GDR</p> <p>Oktoberfest Begins</p>
<p>YOU CHOOSE: Activity Basket-A</p> <p>2:00 Crozet Methodist Church, Stream Service-HCR</p>	<p><b>17</b></p> <p>10:00 Fitness-A</p> <p>10:30 Brain Games-A</p> <p>2:00 Group Crosswords-A</p> <p>3:00 Music; Eli Jessee-A</p> <p>4:15 Room Visits</p>	<p><b>18</b></p> <p>9:30 Yoga-A</p> <p>10:15 Chronicles-A</p> <p>10:30 Word Mining-A</p> <p>2:00 Bingo-GDR</p> <p>3:00 Music: Stan &amp; Dan-LR</p>	<p><b>19</b></p> <p>10:00 Fitness-A</p> <p>10:30 Chronicles-A</p> <p>10:45 Lunch Outing: Hometown Grill</p> <p>2:30 Movie: Zoo Keeper!-A</p> 	<p><b>20</b></p> <p>9:30 Yoga-A</p> <p>10:30 Secret Messages-A</p> <p>2:00 Music Memories-A</p> <p>3:00 Donut Detective-A</p> <p>3:00 Catholic Communion-GDR</p> <p>4:00 Room Visits</p>	<p><b>21</b></p> <p>9:30 Harris Teeter</p> <p>9:45 Fitness-A</p> <p>10:30 Group X Word</p> <p>2:00 Travel to Milan</p> <p>3:00 Music: Greg Brown-RDR</p> <p>4:15 Walks</p>	<p><b>22</b></p> <p>10:00 Morning Stretch &amp; Inspiration-A</p> <p>3:00 Bingo-GDR</p> <p>Autumn Begins</p>
<p>YOU CHOOSE: Activity Basket-A</p> <p>2:00 Crozet Methodist Church, Stream Service-HCR</p> <p>Yom Kippur Begins</p>	<p><b>24</b></p> <p>10:00 Fitness-A</p> <p>10:30 Brain Games-A</p> <p>2:00 Group Crosswords-A</p> <p>3:00 Music: Kimball Swanson-LR</p> <p>4:15 Room Visits</p>	<p><b>25</b></p> <p>10:00 Fitness-A</p> <p>10:30 Word Mining-A</p> <p>2:00 Bingo-GDR</p> <p>3:15 Documentary: "My Octopus Teacher"- Rated 5 Stars!-A</p> 	<p><b>26</b></p> <p>10:00 Fitness-A</p> <p>10:30 Chronicles-A</p> <p>2:00 Karaoke-Sing A Long</p> <p>3:15 "Get the Scoop" Ice Cream-GDR</p> <p>4:15 Walks-A</p> 	<p><b>27</b></p> <p>10:00 Fitness-A</p> <p>10:30 Picture Imperfect-A</p> <p>2:00 POKENO-A</p> <p>3:00 Jeopardy-A</p> <p>3:00 Catholic Communion-GDR</p> <p>4:00 Room Visits</p>	<p><b>28</b></p> <p>9:30 Target</p> <p>9:45 Fitness-A</p> <p>10:30 Brain Games</p> <p>2:00 Crafter's Corner: Dragon Flies!</p> <p>3:30 Spa Nails-A</p> <p>Sukkot Begins</p>	<p><b>29</b></p> <p>10:00 Morning Stretch &amp; Trivia-A</p> <p>3:00 Bingo-GDR</p>