



MAHWAH ACTIVITIES CALENDAR SEPTEMBER 2022



LIVING LIFE WELL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30 Chair Exercise 10:30 Snack Tray 11:00 Baking Club 1:00 Mid Day Movie 3:00 Fresh Fruit Social 4:00 Bingo Bonanza & Prizes 6:00 Thursday Evening Movie	2 9:30 Pampered Nails 10:30 Relaxation & Snack 11:00 Ball Toss 1:00 Mid Day Matinee 2:00 Sing-A-Long 3:00 Making S'mores 4:00 Floral Arrangements	3 9:30 Coffee Klatch w/Friends 10:30 Relaxation 11:00 Color Your Stress Away 1:00 Mid Day Movie 2:00 Discussion On Animals 3:00 Root Beer Float Social 4:00 Table Games
4 9:30 Spiritual Hour 10:30 Relaxation 11:00 Coffee Klatch w/friends 1:00 Reminiscing Circle 2:00 Dominoes Game 3:00 Tea Social 4:00 Sind-A-Long	5 HAPPY LABOR DAY 10:00 Morning Stretch Exercise 10:30 Relax & Snacks 11:00 Reading Hour 1:00 Mid Day movie 3:00 Social Hour 4:00 Fun Puzzles 6:00 The Golden Girls	6 National Read A Book Day 9:30 Dancing Exercise 10:30 Relax & Snacks 11:00 Birds Watching 1:00 Mid Day Movie 2:00 Read A book 3:00 Social Hour 4:00 Finish The Line... 6:00 Family Movie	7 Margie Music 9:30 Light & Lively Exercise 10:30 Enjoyable Snacks 11:00 Music Fun Time 1:00 Mid Day Movie 3:00 Social Hour 4:00 Fun Cards Matching 6:00 Evening Movie Choice	8 Lenny Entertainment 9:30 Chair Exercise 10:30 Snack Tray 11:00 Baking Club 2:00 Music Time! 3:00 Fresh Fruit Social 4:00 Bingo Bonanza & Prizes 6:00 Thursday Evening Movie	9 9:30 Pampered Nails 10:30 Relaxation & Snack 11:00 Ball Toss 1:00 Mid Day Matinee 2:00 Sing-A-Long 3:00 Making S'mores 4:00 Floral Arrangements	10 9:30 Coffee Klatch w/Friends 10:30 Relaxation 11:00 Color Your Stress Away 1:00 Mid Day Movie 2:00 Discussion On Animals 3:00 Root Beer Float Social 4:00 Table Games
11 9:30 Spiritual Hour 10:30 Relaxation 11:00 Coffee Klatch w/friends 1:00 Reminiscing Circle 2:00 Trivia Game 3:00 Ice Cream Sundae Social 4:00 Sind-A-Long	12 10:00 Morning Stretch Exercise 10:30 Relax & Snacks 11:00 Poetry Space 1:00 Mid Day movie 3:00 Doughnut Social 4:00 Fun Puzzles 6:00 Family Feud	13 9:30 Dancing Exercise 10:30 Relax & Snacks 11:00 Leaves Collages with Friends 1:00 Mid Day Movie 2:00 Brain Teasers 3:00 Social Hour 4:00 Solve The puzzle	14 9:30 Walk & stretch Exercise 10:30 Enjoyable Snacks 11:00 Color Your Stress Away 1:00 Mid Day Movie 3:00 Social Hour 4:00 Fun Painting 6:00 Evening Movie Choice	15 9:30 Chair Exercise 10:30 Snack Tray 11:00 Ball Toss 1:00 Mid Day Movie 3:00 Tea & Biscuit social 4:00 Name 10 Trivia 6:00 Thursday Evening Movie	16 9:30 Pampered Nails 10:30 Relaxation & Snack 11:00 Ball Toss 1:00 Mid Day Matinee 2:00 Sing-A-Long 3:00 Making S'mores 4:00 Floral Arrangements	17 9:30 Coffee Klatch w/Friends 10:30 Relaxation 11:00 Color Your Stress Away 1:30 Music with friends 2:00 Discussion On Animals 3:00 Root Beer Float Social 4:00 Table Games
18 9:30 Spiritual Hour 10:30 Relaxation 11:00 Coffee Klatch w/friends 1:00 Reminiscing Circle 2:00 Dominoes Game 3:00 Ice Cream Sundae Social 4:00 Sind-A-Long	19 10:00 Morning Stretch Exercise 10:30 Relax & Snacks 11:00 Fun Crafting 1:00 Mid Day movie 3:00 Social Hour 3:45 Music Remedy 6:00 Family Movie	20 9:30 Move To The Beat 10:30 Relax & Snacks 11:00 Hand Massage 1:00 Group Activities 2:00 Trivia Time 3:00 Social Hour 4:00 Finish The Line...	21 Lenny Entertainment 9:30 Lively Exercise 10:30 Enjoyable Snacks 11:00 Color Your Stress Away 2:00 Music Remedy 3:00 Social Hour 4:00 Fun Puzzle Pieces 6:00 Evening Movie Choice	22 1st Day of Fall 9:30 Chair Exercise 10:30 Snack Tray 11:00 Baking Club 1:00 Mid Day Movie 3:00 Fresh Fruit Social 4:00 Bingo Bonanza & Prizes 6:00 Thursday Evening Movie	23 9:30 Pampered Nails 10:30 Relaxation & Snack 11:00 Ball Toss 1:00 Mid Day Matinee 2:00 Sing-A-Long 3:00 Making S'mores 4:00 Floral Arrangements	24 9:30 Decorate for Fall 10:30 Relaxation 11:00 Color Your Stress Away 1:00 Mid Day Movie 2:00 Discussion On Animals 3:00 Root Beer Float Social 4:00 Table Games
25 9:30 Spiritual Hour 10:30 Relaxation 11:00 Coffee Klatch w/friends 1:00 Reminiscing Circle 2:00 Dominoes Game 3:00 Ice Cream Social 4:00 Sind-A-Long	27 National Pancake Day 10:00 Morning Stretch Exercise 10:30 Relax & Snacks 11:00 Read A Book 1:00 Mid Day movie 3:00 Doughnut Social 4:00 Fun Puzzles 6:00 Family Movie 	28 9:30 Dancing Exercise 10:30 Relax & Snacks 11:00 Hand Massage 1:00 Mid Day Movie 2:00 Trivia Time 3:00 Hot Chocolate 4:00 Finish The Line...	29 9:30 Light & Lively Exercise 10:30 Enjoyable Snacks 11:00 Color Your Stress Away 1:00 Mid Day Movie 3:00 Social Hour 4:00 Brain Teasers 6:00 I Love Lucy	30 9:30 Chair Exercise 10:30 Snack Tray 11:00 Spelling Contest 1:00 Mid Day Movie 3:00 Fresh Fruit Social 4:00 Name 10 Trivia 6:00 Thursday Evening Movie		