




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>HIDDEN MEADOWS ON THE RIDGE</b> By Discovery Senior Living</p>	 <p><b>September 2021</b> Celebrate Back to school month!</p>	 <p><b>CELEBRATIONS</b> ACTIVITIES &amp; EVENTS</p>	<p>10 Chair Yoga - Theatre 10:30 Manicures, Music &amp; Hand Massages 11:30 Traveling Tunes 3<sup>rd</sup> fl 1:30 Art Expression: Sketch &amp; Draw 2:30 Pitching Pennies for Prizes 4 Country Hits Day- Top 50 Countdown</p>	<p>10 Bible Study w/ Penny 1<sup>st</sup> fl lounge 10:30 Activity Planning Mtg. 11 Resident Council Mtg. 11 Roll &amp; Stroll 1:30 Scenic Driving Tour of Local Historic Sites (Sign up by 11am on 2<sup>nd</sup> fl theatre) 2 Easy Listening: Smooth Jazz 4 Smithsonian Institute You Be the Expert 6 Hidden Meadows Chorus</p>	<p>10 Stretch &amp; Flex 10:30 Brain Games, Biscotti &amp; Java Brew 11:15 Leisure Cart 3<sup>rd</sup> fl. 1:30 Name That Tune 2:30 Card Club &amp; Puzzles (independent) 4 Mexican Train Dominoes 1<sup>st</sup> fl lounge (resident led) 6 Movie: The Last Bridesmaid ch. Hallmark</p>	<p>10:30 Light Weight Exercise 11 Make &amp; Take Custom Jewelry Creations 1:30 Distribution of Wildlife Wonders &amp; Autocorrect Blunders 2:30 Saturday Afternoon Social (café) 7 Movie: Hearts Down Under Ch. Hallmark</p>
<p>10:30 Stretch &amp; Flex 11 Bible Bits 11:30 Hymn Sing 1:30 The History of Rock &amp; Chip off The Block Coming to You 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls. 3 Family Worship Center Services (Ch. 193) 6 Movie: Winter in Vail ch. Hallmark</p>	<p><b>Labor Day</b> 10:30 Easy Cardio Workout 11 Labor Day Lotto <i>*Special indoor picnic lunch served today!</i> 1:30 You Had One Job &amp; Crossword Challenge Coming to You 4 Mexican Train Dominoes 1<sup>st</sup> fl lounge (resident led) <i>Rosh Hashanah begins at sundown</i></p>	<p>10 Sit &amp; Be Fit 10:30 Coffee Club &amp; Chronicles 11 Roll &amp; Stroll <i>*11-2 Shredder Event</i> 1:30 Sing Along Songs 2:30 You Be the Judge 4 Air Tails Toss 6 Back to School Bingo Game Night!</p>	<p>10 Exercise 10:30 Manicures, Music &amp; Hand Massages 11:30 Leisure Cart 3<sup>rd</sup> fl 1:30 Art Expression: Watercolor Apple Painting 3 Rosh Hashanah Celebration with Presentation by Eric B. 4 Twister Toss</p>	<p>10 Bible Study w/ Penny 1<sup>st</sup> fl lounge 10:30 Unscramble This 11 School Days Teacher's Pet &amp; 1<sup>st</sup> Crush Memories (1<sup>st</sup> fl. lounge) 1:30 Outing to Dollar Tree (Sign up by 11am on 2<sup>nd</sup> fl theatre) 2 Card Games (independent) 4 Quarterback Snap Contest 8:20 Cowboys at Tampa Bay (ch. NBC) <i>NFL Kick Off Day</i></p>	<p>10 Sit &amp; Be Fit 10:30 All About September 11:15 Music on The Go 3<sup>rd</sup> fl. 1:30 Wii Sports Challenge 2:30 August Birthday Social (café) 4 Mexican Train Dominoes 1<sup>st</sup> fl lounge (resident led) 8 Movie: Cabaret ch.243</p>	<p>10:30 Stretch &amp; Flex 11 Beehive Bingo Game 1:30 Distribution of A- MAZING Puzzles of Pets &amp; Slogans You'll Never Forget 2:30 Saturday Afternoon Social (café) 8 Movie: Grapes of Wrath ch. 243</p>
<p>10:30 Grandparent's Day <b>Sweet Treat Salute: Brownie Bar &amp; Java Brew</b> 11:30 Memories &amp; Mementos 1:30 Mailbox Music Makers &amp; Mad Libs 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls. 3 Family Worship Center Services (Ch. 193) 8 Movie: Clay Pigeon ch 243 <i>Grandparent's Day</i></p>	<p>10 Exercise 10:30 Patio Planters 11:15 Out of Order (1<sup>st</sup> fl. lounge) 1:30 Science Experiments 4 Fun 2:30 Bingo 4 Saint Agnes Mass (1<sup>st</sup> fl. lounge) 6 Horseshoe Pitching on The Patio (resident led)</p>	<p>10 Chair Tai Chi 10:30 Coffee Club &amp; Chronicles 11 Roll &amp; Stroll 1:30 Technology Tuesday: Tablet Tricks &amp; Techniques 2:30 To Tell the Truth w/ Staff Panel of "Experts" 4 Poetry &amp; Prose on The Patio</p>	<p>10 Chair Yoga - Theatre 10:30 Manicures, Music &amp; Hand Massages 11:30 Traveling Tunes 3<sup>rd</sup> fl 1:30 The Story Behind Fake Art Fortunes 2:30 Word Game Wednesday 4 Floor Darts <i>Yom Kippur begins at sundown</i></p>	<p>10 Bible Study w/ Penny 1<sup>st</sup> fl lounge 10:30 Color Therapy: Amazing Angels &amp; Beautiful Birds 11 Learn a Language: Beginners French 1<sup>st</sup> fl lounge 1:30 County Drive &amp; Donuts (Sign up by 11am on 2<sup>nd</sup> fl theatre) 2 Easy Listening: Classical 4 Hole In One Contest 6 Coastal Cocktail Social &amp; Sing Along</p>	<p>10 Drumming Exercise 10:30 Cultural Class: Nat'l. Hispanic Heritage Month 11:15 Leisure Cart 3<sup>rd</sup> fl 1:30 You Tube Review (theatre) 2:30 Chef's Demo &amp; Taste Social (café) 4 Mexican Train Dominoes 1<sup>st</sup> fl lounge (resident led) 5:45 Movie: Do Not Disturb ch 243</p>	<p>10:30 Light Weight Exercise 11 Creative Crafting- Autumn Door Décor 1:30 Distribution of Sci-Fi Fun &amp; The Moon &amp; The Sun 2:30 Saturday Afternoon Social (café) 8 Movie: Little Caesar ch. 243</p>
<p>10:30 Stretch &amp; Flex 11 The Study of Spirituality in America 11:30 Hymn Sing 1:30 Down on One Knee &amp; Classic TV Coming to You 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls. 3 Family Worship Center Services (Ch. 193) 8 73<sup>rd</sup> Emmy Awards (ch.CBS)</p>	<p>8:30 Men's Club Breakfast 10 Exercise 10:30 Patio Planters 11:15 Password (1<sup>st</sup> fl lounge) 1:30 Make &amp; Donate: Teacher Survival Kits 2:30 Bingo 4 Karaoke Open Mic 6 Horseshoe Pitching on The Patio (resident led)</p>	<p>10 Sit &amp; Be Fit 10:30 Coffee Club &amp; Chronicles 11 Roll &amp; Stroll 1:30 Game of Quelf 2:30 Penny Ante 4 Washers Toss 6 Lucky Number Lotto</p>	<p>10 Exercise 10:30 Manicures, Music &amp; Hand Massages 11:30 Leisure Cart 3<sup>rd</sup> fl 1:30 Art Class: Nature Drawing 101 2:30 Rebound Shuffleboard 4 Famous Centenarians <i>Autumn begins today</i></p>	<p>10 Bible Study w/ Penny 1<sup>st</sup> fl lounge 10:30 Planet Earth Seasonal Forests on DVD (theatre) 11 Make Your Point 1<sup>st</sup> fl lounge 11:30 Picnic Lunch at Lake Lenape Park-Campus Trip (Sign up by 9 am on 2<sup>nd</sup> fl theatre) 1:30 Velvet Art &amp; Music from The Heart (independent) 4 Sudoku Puzzle Challenge</p>	<p>10 Chair Tai Chi 10:30 Day of Darts Game 11:15 Music on The Go 3<sup>rd</sup> fl. 1:30 Guided Imagery (theatre) 2:30 Staff "Cooking" Contest &amp; Residents' Tasting Social (café) 4 Mexican Train Dominoes 1<sup>st</sup> fl lounge (resident led) 8 Movie: TBA</p>	<p>10:30 Stretch &amp; Flex 11 Collectors Corner &amp; Cranberry Coolers 1:30 Distribution of Puzzles &amp; More and Places to Tour 2:30 Saturday Afternoon Social (café) 7 Movie: TBA</p>
<p>10:30 Sit &amp; Be Fit 11 Fascinating Bible Facts 11:30 Hymn Sing 1:30 Mailbox Seek &amp; Find &amp; Ties That Bind 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> fls. 3 Family Worship Center Services (Ch. 193) Movie: TBA</p>	<p>10 Exercise 10:30 Patio Planters 11:15 That's It (1<sup>st</sup> fl lounge) 1:30 Kubb Bowling 2:30 Bingo 4 School Days Doo-Wop Sock Hop 6 Horseshoe Pitching on The Patio (resident led)</p>	<p>10 Stretch &amp; Flex 10:30 Coffee Club &amp; Chronicles 11 Roll &amp; Stroll 1:30 Spotlight on Ed Sullivan Day: Talent on Tour 2:30 Bean Bag Bullseye 3:30-4:30 Happy Hour (café)</p>	<p>10 Chair Yoga - Theatre 10:30 Manicures, Music &amp; Hand Massages 11:30 Traveling Tunes 3<sup>rd</sup> fl 1:30 Art Expression: Acrylic Painting 2:30 Entertainment by Willow Creek Band 4 Frisbee Golf Competition</p>	<p>10 Bible Study w/ Penny 1<sup>st</sup> fl lounge 10:30 Color Therapy: Architectural Art 11 Roll &amp; Stroll 1:30 Fall Foliage Excursion (Sign up by 11am on 2<sup>nd</sup> fl theatre) 2 Easy Listening: Guitar Music 4 Wii Hollywood Squares 6 Hidden Meadows Chorus</p>	<p>"THE BEAUTIFUL THING ABOUT LEARNING IS THAT NO ONE CAN TAKE IT AWAY FROM YOU." — B.B. KING</p>	