September 2023

Memory Haven

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	2 Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
3 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social Rest & Rejuvenation	4 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Labor Day	5 Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	6 Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation	7 Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder	8 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	9 Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
10 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social Rest & Rejuvenation Indigenous Day	11 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder	12 Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	13 Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation	14 Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder	15 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Rosh Hashanah Begins	16 Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance Oktoberfest Begins
17 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social Rest & Rejuvenation	18 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder	19 Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	20 Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation	21 Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder	22 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	23 Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance Autumn Begins
24 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social Rest & Rejuvenation Yom Kippur Begins	25 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder	26 Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Brain Builder	27 Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study BINGO Rest & Rejuvenation	28 Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation Nail Bar/ MYND VR Brain Builder	29 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation Sukkot Begins	30 Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance