

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# SEPTEMBER 2023

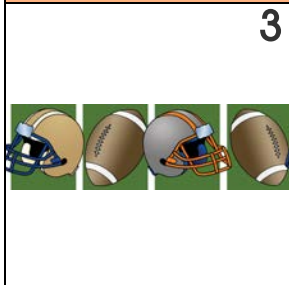
Program Key:

**Intellectual** **Physical** **Emotional** **Vocational** **Social**

**10:00** Strength **1**  
**Exercise**  
**10:45** Bingo  
**1:15** Letters Brain  
**Game**  
**2:00** Karaoke



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3

**CLOSED/**



**CERRADO**

**4** **10:00** Chair Yoga  
**10:45** Bingo  
**1:15** Indoor Walk  
**2:00** Name That  
Tune

**5** **10:00** Seated  
Balance  
**10:45** Football Craft  
**1:15** Brain Game:  
(Word Bubble)  
**2:00** PACE video

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**7** **10:00** Stretch  
**Exercise**  
**10:45** Spa  
Manicures  
**1:15** Paint Along  
**2:00** Karaoke

Football Season Starts

**8** **10:00** Standing  
Balance  
**10:45** Bingo  
**1:15** Brain Game:  
(Word Bubble)  
**2:00** Karaoke



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Grandparents Day

10

**11** **10:00** Chair  
Yoga  
**10:45** Grandparent's  
Day Craft part 1  
**1:15** Bingo  
**2:00** Guess the  
Theme Song

**12** **10:00** Balloon  
Tennis  
**10:45** Karaoke  
**1:15** Giant  
Dominoes Game  
**2:00** YouTube  
Music Video Watch  
Group

**13** **10:00** Standing  
Balance  
**10:45** Grandparent's  
Day Craft part 2  
**1:15** Dice-breaker  
Game  
**2:00** PACE Shuffle  
Board Tournament

**14** **10:00** Strength  
**Exercise**  
**10:45** Bingo  
**1:15** Memory Game  
**2:00** Karaoke

**15** **10:00** Stretch  
**Exercise**  
**10:45** Tissue Paper  
Painting  
**1:15** Guided  
Meditation  
**2:00** Karaoke

Rosh Hashanah Begins



Oktoberfest Begins

16



Hispanic Heritage Month

17

**18** **10:00** PACE DAY  
Tai Chi  
**10:45** Spa  
Manicures  
**1:15** PACE Cornhole  
Tournament  
**2:00** Rodeo Hats  
Craft

**19** **10:00** Strength  
**Exercise**  
**10:45** Music in the  
Garden  
**1:15** Audio Bingo  
**2:00** Giant Jenga

**20** **10:00** ChairYoga  
**10:45** Marbling  
Paint Art  
**1:15** Brain Game:  
(Word Bubble)  
**2:00** Loteria Bingo

**21** **10:00** Seated  
Balance  
**10:45** Bingo  
**1:15** Karaoke  
**2:00** Color Along

**22** **10:30** PACE RACE:  
Brain Game  
**1:15** Rodeo Hats/  
Boots Fashion  
Show  
**2:00** Karaoke



Autumn Begins

23



Yom Kippur

24

**25** **10:00** Strength  
Balance  
**10:45** Bingo  
**1:15** Name That  
Tune  
**2:00** Paint Along

**26** **10:00** Stretch  
**Exercise**  
**10:45** Memory  
Game  
**1:15** Indoor Walk  
**2:00** Guided  
Meditation

**27** **10:00** Seated  
Balance  
**10:45** Karaoke  
**1:15** Audio Bingo  
**2:00** Giant Jenga

**28** **10:00** ChairYoga  
**10:45** Memory  
Game  
**1:15** Indoor Walk  
**2:00** Youtube  
Music Video Watch  
Group

**29** **10:00** Seated  
Volleyball  
**10:45** Bingo  
**1:30** Brain Game:  
(What am I?)  
**2:00** Karaoke



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**\*Tentative Schedule. All Activities and times subject to change\***