

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 September 2022 Cascade Park Active Day Morning Program Monday – Friday 9am-1pm						
				9:00 Coffee Social w/Friends 1 9:15 Daily Chronicles- Did You Know? 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Gross Motor- Bean Bag Darts 11:45 Lunch Bunch @ Active Day Diner 12:30 Random Trivia	9:00 Coffee Social w/Friends 2 9:15 Daily Chronicles- Who Am I? 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Cognitive Stimulation- Jeopardy 11:45 Lunch Bunch @ Active Day Diner 12:30 Memory Ball	
	4 LABOR DAY WEEKEND PROGRAM IS CLOSED Labor Day	5 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- Daily Trivia 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Cognitive Stimulation- Five-Clue What am I? 11:45 Lunch Bunch @ Active Day Diner 12:30 Memory Match	6 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- Name Three 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Gross Motor- Duck Hunting Game 11:45 Lunch Bunch @ Active Day Diner 12:30 Tic – Tac – Toe	7 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- Riddle Me This 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Cognitive Stimulation- Picture a Word 11:45 Lunch Bunch @ Active Day Diner 12:30 Parachute/ Friends	8 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- Golden Memories 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Gross Motor- Corn Hole- Bean Bag Game 11:45 Lunch Bunch @ Active Day Diner 12:30 Random Trivia	
	11 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- Root of The Matter Is 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Cognitive Stimulation- Junk Drawer School Lunch 11:45 Lunch Bunch @ Active Day Diner 12:30 Jeopardy	12 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- Garden Party 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Gross Motor- BINGO 11:45 Lunch Bunch @ Active Day Diner 12:30 BINGO	13 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- Word to the Wise 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Cognitive Stimulation- If the Hat Fits Story 11:45 Lunch Bunch @ Active Day Diner 12:30 Game Shows	14 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- Word Scramble 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Gross Motor- Frisbee Toss 11:45 Lunch Bunch @ Active Day Diner 12:30 I Love Lucy	15 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- On This Date 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Cognitive Stimulation- Remembering Patsy Cline 11:45 Lunch Bunch @ Active Day Diner 12:30 Who Am I?	
Grandparents Day						Oktoberfest Begins
	18 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- What's the Difference 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Gross Motor- Frisbee Toss 11:45 Lunch Bunch @ Active Day Diner 12:30 Be- Witched	19 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- Passing Fancy 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Cognitive Stimulation- EZ Does it Trivia 11:45 Lunch Bunch @ Active Day Diner 12:30 Guess the 60s TV Show Theme Songs	20 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- Daily Trivia 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Gross Motor- Which Song is This? 11:45 Lunch Bunch @ Active Day Diner 12:30 Random Trivia	21 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- First Day of Fall 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Cognitive Stimulation- Can You Picture This? 11:45 Lunch Bunch @ Active Day Diner 12:30 Memory Match Autumn Begins	22 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- Where am I? 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Gross Motor- Bowling w/ Friends@ Active Day 11:45 Lunch Bunch @ Active Day Diner 12:30 Parachute Ball	
	25 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- Household Tips 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Cognitive Stimulation- Junk Drawer Detective 11:45 Lunch Bunch @ Active Day Diner 12:30 Memory Match	26 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- On the Road 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Gross Motor- Bean Bag Darts 11:45 Lunch Bunch @ Active Day Diner 12:30 Trivia	27 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- Word to the Wise 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Cognitive Stimulation- The Otherworldly Octopus 11:45 Lunch Bunch @ Active Day Diner 12:30 Jokes & Riddles	28 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- Toys of the Yesteryear 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Gross Motor- Wheel of Fortune 11:45 Lunch Bunch @ Active Day Diner 12:30 Bean Bag Toss	29 9:00 Coffee Social w/Friends 9:15 Daily Chronicles- On this Date 10:00 Get Moving w/Active Day- <i>Daily Exercises</i> 10:45 Cognitive Stimulation- Spotlight On: Lily Tomlin 11:45 Lunch Bunch @ Active Day Diner 12:30 Jeopardy	30 8/20/22 Activity Connection under Music
Rosh Hashanah Begins						