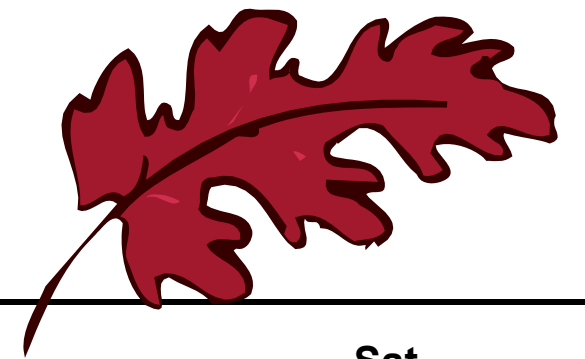


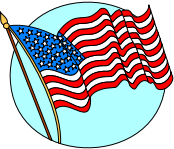


September 2010



KEYSTONE MEADOWS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	JUST A REMINDER... Activity dates and times are subject change. Please check the bulletin board across from the mailboxes DAILY for updates and Monday night movie listings. Remember to sign up for any activity in green so I know who and how many are going and how many supplies to have on hand. Thank you!					
			1 9:00 Forsyth Library Trip 10:00 Exercise for Fitness 10:30 Wii Bowling 2:00 Dorothy Baldwin 3:30 Breakdown	2 10:00 Tone it Up with Karen! 11:00 Catholic Mass 1:30 Craft Time: Photo Art  4:00 Reminiscing	3 9:30 Hand & Foot 10:00 Exercise for Fitness 10:30 Wii Bowling 1:00 Chat with the Chef <u>NO HAPPY HOUR TODAY</u>	4 10:00 Exercise for Fitness 2:00 Bingo
5 2:00 Church Robert Smith Moundford Free Methodist	LABOR DAY 6 9:30 Hand & Foot 10:00 Exercise for Fitness 10:30 Wii Bowling 2:00 Biography 6:00 Movie	7 9:30 Hand & Foot 10:00 Exercise for Fitness 10:30 Wii Bowling 1:30 Shopping at: <u>Brettwood Village</u>	8 10:00 Exercise for Fitness 9:00 Curtis Apple Orchard Tour with Lunch 11:00 Catholic Communion  3:30 Breakdown	9 10:00 Tone it Up with Karen! 10:30 Chat with Jami 11:00 Lunch Out to: Cracker Barrel 4:00 Reminiscing	10 9:30 Hand & Foot 10:00 Exercise for Fitness 10:30 Wii Bowling 2:00 Don Chamberlain Slide Presentation: Decatur Wildlife 4:00 Happy Hour	PATRIOT DAY 11 10:00 Exercise for Fitness 2:00 Bingo 
Happy Grandparents Day! 12 Assisted Living Week Kickoff 2:00 Church Jami Bray Mowequa First Christian	13 9:00 Photo Contest 10:00 Exercise for Fitness 10:30 Truth or Consequences 2:00 Ice Cream Social with Entertainment by Kay Tolly 6:00 Movie & Popcorn	14 9:00 Route 66 Walking Club 9:00 YMCA Trip & Swim 10:00 Exercise for Fitness 10:30 Sports Challenge Games 1:30 Shopping at Wal-Mart	15 9:30 Resident Photo Art Display 10:00 Exercise for Fitness 1:30 Flower Arranging to Music with Dianne Noland 6:00 Music in the Movies	16 10:00 Tone it Up with Karen! 11:00 Horseshoes with Jami 2:00 Hillbilly Golf 5:00—6:30 Family Style Supper with Entertainment	18 10:30—2:00 Tractor Show with hotdogs, popcorn and soda in the front parking lot 3:00 Residents Collectors Showcase in the Activity Rm. 4:00 Live it Up Happy Hour	18 10:00 Exercise for Fitness 2:00 Bingo
19 2:00 Church Richard Rotz Pilgrim Lutheran	20 9:30 Hand & Foot 10:00 Exercise for Fitness 10:30 Wii Bowling 10:30 Manicures 2:00 The Drifting Dreamers 6:00 Movie & Popcorn	21 8:30 B-Fast Out w/Jami 9:30 Hand & Foot 10:00 Exercise for Fitness 10:30 Wii Bowling 1:30 Shopping at: <u>Dollar Tree in Mt. Zion</u>	22 9:00 Forsyth Library Trip 10:00 Exercise for Fitness 10:30 Wii Bowling 11:00 Catholic Communion 2:00 Mark Vincent 3:30 Breakdown	AUTUMN BEGINS 23 10:00 Exercise for Fitness 2:00 Craft Time "Making Apple Butter" 4:00 Reminiscing 6:00 The Gospel Tones	24 9:30 Hand & Foot 10:00 Exercise for Fitness 10:30 Wii Bowling 2:00 Scenic Drive 4:00 Happy Hour	25 10:00 Exercise for Fitness 2:00 Bingo
26 10:30 Church Scott Parks First Christian Church	27 9:30 What Am I? 10:00 Exercise for Fitness 10:30 Manicures /Wii Bowling 2:00 Nature	FLU CLINIC DAY 28 9:00 - 11:00 Flu Clinic 1:30 Shopping at Wal-Mart	29 10:00 Exercise for Fitness 10:30 Wii Bowling 11:00 Catholic Communion 2:00 Resident Birthday Party with Entertainment	30 10:00 Tone it Up with Karen! 10:30 Wii Bowling 4:00 Dinner Out to: Bob Evans	