



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 10am Daily Chronicles Courtyard 10:20am Bend & Balance Courtyard 2pm BINGO Dining Room	30 10:20am Music & Rhythm Courtyard 1:30pm Minute to Win it- Tilt A Cup Challenge Dining Room 2:30pm Afternoon Stretches & Breathing Exercises Dining Room	31 10:30am Seated Dance Fitness Activity Rm 1:30pm Watercolor Painting Dining Room 2:30pm Musical Afternoon with Robert Dining Room 3:30pm Afternoon Trivia Dining Room	01 Happy Birthday Joann 10:20am Cardio Drumming Courtyard 1:30pm Bingo Game & Win Bingo Bucks (N) Dining Room 2:30pm Art Therapy Dining Room 6:30pm Wednesday Movie Night Dining Room	02 10:20am Chair Yoga Courtyard 2pm Thursday Devotional with Rick Dining Room 3pm Creative Corner- Bottle Landscapes Dining Room	03 10:20am Sit & Be Fit Courtyard 1:30pm Afternoon Entertainment with Michael & Anna Dining Room 3:30pm Oldies but Goodies Music Dining Room	04 Happy Birthday Wendy M. 10:00am Saturday Motivation with Lucille & Beverly Dining Room 2:00pm DIY- Card Making Dining Room 3:00pm Guess the Tune & Sing Along Dining Room
05 10:15am Bend & Balance Courtyard 2:00pm POKENO Dining Room 3:00pm Armchair Travel to New York City Dining Room	06 Happy Labor Day Rosh Hashanah- Jewish New Year 10am Daily Chronicles Courtyard 10:40am Reflex & Memory Fitness Dining Room 2pm Bingo for Bingo Bucks Dining Room	07 10:00am Tuesday Rummage Activity Room 2:30pm Happy Hour with Robert Dining Room 3:30pm Who Am I? Dining Room 4:00pm Dinner Assist	08 2:00pm Bingo for Bingo Bucks Dining Room 3:00pm Creative Outlet Dining Room 4:00pm Music of the Past Dining Room	09 Happy Birthday Bernadette V. 2:00pm Coin Tossing Competition Dining Room 3:00pm Armchair Travels & Discussions Dining Room 3:30pm Afternoon Stretches & Breathing Techniques Dining Room	10 10:00am Daily Chronicles Courtyard 1:30pm Afternoon Entertainment with Mike & Anna Dining Room 2:30pm Bingo for Bingo Bucks Dining Room	11 11:30am Therapeutic Portable Activity- Fun on the Run 2:00pm Brain Teasers & Rhyming Riddles Dining Room 3:00pm Kickball Afternoon Dining Room
12 10:20am Reflex & Cognitive Fitness Courtyard 2:00pm CHARADES Dining Room 3:00pm Armchair Travel Dining Room	13 Happy Birthday Letha S. 10:00am Daily Chronicles- This Day in History Courtyard 1:30pm Afternoon Entertainment with Michael & Anna Dining Room 2:30pm BINGO for Bingo Bucks Dining Room	14 10:00am Rummage Tuesday Activity Room 2:00pm Money Ball Challenge Dining Room 3:00pm Artist Corner Dining room (L)	15 10:00am Resident Council Meeting Dining Room 2:00pm Bingo for Bucks Dining Room 3:00pm Creative Corner Dining Room	16 Mexican Independence Day 10:40am Reflex & Memory Ball Game Courtyard 2:00pm Karaoke, Fun games & Relay, Drinks, Chips & Salsa Day Employees Encouraged to Attend & Participate Dining Room & Courtyard	17 1:30pm Afternoon Entertainment with Michael & Anna Dining Room 2:30pm Music Serenade with Tom Munch Dining Room 3:30pm Complete the Poems Using a Rhyming Word Dining Room	18 Happy Birthday Laura S. Oktoberfest Day 2:00pm Weekend Sensory & Cognitive Games Dining Room 3:00pm Game Show Challenge Dining Room 4:00pm Mix & Mingle Dining Room
19 Talk Like a Pirate Day 1:30pm Sunday Inspirational Messages Dining Room 2:30pm Word Search Challenge Dining Room 4:00pm Sunday Devotional Messages & Music Dining Room	20 Happy Birthday Gasper G Happy Birthday Fred K. 10:20am Seated Dance Fitness Dining Room 2:00pm Bingo for Bingo Bucks Dining Room 3:00pm Coffee, Cocoa & Conversation Starters Dining Room	21 International Peace Day/ World Gratitude Day 2:00pm Coin Tossing Competition Dining Room 3:30pm Favorite Books & Authors Round Robin Discussions Dining Room	22 Autumn Begins 10:20am Cardio Drumming Courtyard 2:00pm Bingo for Bingo Bucks Dining Room 3:00pm Autumn Arts & Crafts Dining Room	23 10:00am History & Trivia Courtyard 2:00pm -4:00pm Photo Shoot 1st Come 1st Serve East Foyer 4:00pm Puzzles & Brain Teasers Dining Room	24 Native American Day 10:20am Music & Rhythm Courtyard 1:30pm Afternoon Entertainment with Michael & Anna Dining Room 2:30pm Bingo for Bingo Bucks Dining Room	25 Comic Book Day 10:45am Reflex & Memory Ball Fitness Courtyard 2:00pm POKENO Dining Room 3:00pm Afternoon Social Mix & Mingle Dining Room
26 10:20am Chronicles & Trivia Dining Room 11:30am Portable Activities- Fun on the Run 2:30pm Sunday Inspirational Music & Messages Dining Room	27 10:00am Daily Chronicles- This Day in History Courtyard 2:00pm Bingo for Bingo Bucks Dining Room 3:00pm Creative Outlet Dining Room	28 Confucius Day 10:20am Daily Chronicles & Trivia Courtyard 2:00pm Sip & Paint Dining Room 3:30pm Guided Meditation Dining Room	29 10:20am Cardio Drumming Courtyard 2:00pm Bingo for Bingo Bucks Dining Room 3:00pm DIY Corner Dining Room	30 World Maritime Day 10:45am Reflex & Cognitive Fitness Dining Room 2:00pm-4pm Western Theme End of the Month Social Mix & Mingle with Coffee, Teas and Juices Dining Room		

*Hospitality/ One to One Visits. Social. Emotional Intellectual. Vocational. Creative. Physical. Sensory. Entertainment.

Spiritual visits upon request

Activities are subject to change without notice

For full activity list or information please visit our website: www.careatbelmont.com or call us at (719) 562-7200

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