



# September 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Timing and length of activities are driven residents' interest. *Individual visits also occur based on resident preferences.			www.cedarhursthome.ca		Good Morning News 1 Word Search Fun Fitness Bowling Welcome to September Gentle Stretches Happy Hour	Good Morning Greetings 2 Word in a word Morning Stretch Ball Toss Food & Drink Bingo Afternoon Fitness Dominoes
Breakfast Club 3 Daily Chronicle Morning Fitness Tallest Buildings in the World Jenga Afternoon Fitness Comedy Hour	<b>Labour Day</b> Good Morning 4 Would you rather? Love to Move Bean Bag Toss All About: Labour Day Strengthen & Stretch Uno Cards	Morning Greetings 5 Opposites Attract Fitness Club Music with Sonja Reading Club Afternoon Stretch Connect Four	Breakfast Club 6 Word Ladder Fun Fitness Ring Toss Famous Quotes Afternoon Fitness Karaoke	Table Topics 7 Word Scrabble Exercises Balloon Badminton Biography: Fastest Man Alive Afternoon Moves Air Hockey	Good morning 8 5 Second Rule Chair Yoga Food Origins Game Afternoon Fitness Happy Hour	Good Day Greetings 9 Junkyard detective Chair Dancing Beaches of the World Craft: Beach in a Jar Afternoon Stretches Card Games
Morning Hello 10 Spin the Wheel Gentle stretches Wisdom from Grandparents Grandparents Day Celebration Dominoes	Monday Greetings 11 Finish the Phrase Morning Fitness Balloon Volleyball Wheel of Fortune Afternoon Stretches Comedy Hour	Morning Greetings 12 Shout it Out Fun With Fitness Table Pong In the Kitchen: Fortune Cookies Beach Ball Toss Afternoon Stretch Jenga	Breakfast Club 13 Jeopardy! Fun Moves Table Pong In the Kitchen: Fortune Cookies Afternoon Stretch Snakes & Ladders	Table Topics 14 This or that? Fun and Fit Shuffleboard Dog Breeds of the World Afternoon Stretch Card Games	Morning Hellos 15 Truth or Myth Love To Move Bean Bag Toss Who Am I? Afternoon Fitness Rosh Hashana Celebration	Good Morning 16 Fill in the blanks Stretch & Flex Balloon Tennis Travelogue: Paris Afternoon Stretching Dominoes
Good Morning 17 Cranium Crunches Morning Stretch Mini Golf This Day in History Afternoon Stretch Comedy Hour	Morning Greetings 18 Word Ladder Morning Fitness Music with Sonja Ageless Spirit Afternoon Stretches Card Games	Breakfast Club 19 Synonyms Rise & Shine Stretch Air Hockey Passport to Morocco Afternoon Fitness Country Bingo	Good Morning 20 Fun Riddles Fitness Bean Bag Toss Biography: Humphrey Bogart Afternoon Fitness Games Table	Table Topics 21 Wild West Words Morning Fitness Horse Tails All About: Grand ole Opry Afternoon Stretches Country Music Karaoke	Morning Greetings 22 Word Ladder Chair Yoga Bowling Reading Club Love to Move Happy Hour	Headline News 23 Tongue Twisters Stretch & Strengthen Bowling Mad Libs Afternoon Fitness Card Games
Good Morning 24 Odd Word Out Yoga Stretches Wheel of Fortune Rivers of The World Afternoon Fitness Comedy Hour	Morning Hellos 25 Cranium Crunches Music with Sonja All About: Yom Kippur Afternoon Stretch Name that Bird	Good Morning 26 Battleships Game Love to Move All About: Whales The Price is Right Exercises Jenga	Greetings 27 Morning Stretch Picture Game Air Hockey Bowling Stretch it Out Games Table	Table Topics 28 Word Riddles Fitness Ball Toss You be the Judge Afternoon Stretch Dominoes & Games	Morning News 29 Spin the Wheel Moving and Grooving Shuffleboard Mystery Stories Afternoon Fitness Happy Hour	Breakfast Club 30 Shout it out! Fitness Golf What Am I? Birthday Celebration Uno