



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2	3	4	5	6	7
8:30 – Early Morning Stretch 9:30 – Coffee & News 10:25 – Church 1:30 - Uno 2:30 – Patio Relaxation 3:30 – Lap Count 5:30 – Golf Cart Rides	8:30 – Early Morning Stretch 9:00 – School Cards 10:30 - Sit N Be Fit 1:00 - Music Sing-Along 2:30 - Prayer Square 3:30 – Letter Craft 5:15 – Bike rides with Carolina <small>Labor Day</small>	8:30 – Coffee & News 10:30 - Sit N Be Fit 12:30 – Golf Cart Rides 2:30 – Ice Cream Shop 3:30 – Tone Chimes (GS) 5:30 – Ellen Story Time 6:00 - Resident Band Music	8:30 – Early Morning Stretch 10:30- Sit n Be Fit 12:30 – Pool Noodles 1:00 – Bible Study 2:30 - Garden Walk 3:30- Lap Count 5:30 – Bingo	8:30 – Coffee & News 9:30 – Church Hymns 10:30 Sit N Be Fit 1:00 – Golf Cart Rides 3:30 – Fill in the Blank Story 5:30 – Card Club 6:30 – Book Club	8:30 – Meditative Moment 9:00 – Bike Rides 10:30- Sit n Be Fit 12:30 – Patio Tea Time 1:00 – Music Sing-Along 2:30 – Pom Pom Coasters 5:30 – Country Drive	9:30 –Chair Yoga 10:00 – Ker plunk 12:30 – Alphabet KaBoom 3:30 – Puzzle’s 4:00 – Patio N Chat 5:00 – Lap Count 5:30 – Resident Band Music
8	9	10	11	12	13	14
8:30 – Early Morning Stretch 9:30 – Coffee & News 10:25 – Church 1:30 - Ker Plunk 2:00 – Coffee with Music (GS) 3:30 – Lap Count 5:30 – Golf Cart Rides <small>Grandparents’ Day</small>	8:30 – Early Morning Stretch 9:00 – School Cards 10:30 - Sit N Be Fit 1:00 - Music Sing-Along 2:30 - Prayer Square 3:30 – Cupcake Liner Butterfly 5:15 – Bike rides with Carolina	8:30 – Coffee & News 10:30 - Sit N Be Fit 12:30 – Golf Cart Rides 1:30 - Common Cord (GS) 2:30 – Ice Cream Shop 3:30 – Tone Chimes (GS) 5:30 – Ellen Story Time 6:00 - Resident Band Music	8:30 – Early Morning Stretch 10:30- Sit n Be Fit 12:30 – Pool Noodles 1:00 – Bible Study 2:30 - Puzzle Time 3:30- Cedar River Readers (GS) 5:30 – Bingo	8:30 – Coffee & News 9:30 – Church Hymns 10:30 Sit N Be Fit 1:00 – Golf Cart Rides 2:00 – Book Club 3:30 – Fill in the Blank Story 5:30 – Card Club 6:30 – Birthday Bash (GS)	8:30 – Meditative Moment 9:00 – Bike Rides 10:30- Sit n Be Fit 12:30 – Patio Tea Time 1:00 – Music Sing-Along 2:30 – Scarecrow Craft 5:30 – Country Drive	9:30 –Chair Yoga 10:00 – Morning Chat 12:30 – Bingo 3:30 – Puzzle’s 4:00 – Bucket Finds 5:00 – Lap Count 5:30 – Resident Band Music
15	16	17	18	19	20	21
8:30 – Early Morning Stretch 9:30 – Coffee & News 10:25 – Church 1:30 - Uno/ Puzzle 2:30 – Patio Relaxation 5:30 – Golf Cart Rides	8:30 – Early Morning Stretch 9:00 – School Cards 10:30 – Chair Yoga 1:00 - Music Sing-Along 2:30 – Prayer Square 3:30 – Fall Canvas 6:45 – Movie and Popcorn	8:30 – Coffee & News 10:30 - Sit N Be Fit 12:30 – Golf Cart Rides 1:30 –Garden Walk 2:30 – Ice Cream Shop 3:30 – Tone Chimes (GS) 5:30 – Ellen Story Time 6:00 - Resident Band Music	8:30 – Early Morning Stretch 10:30- Sit n Be Fit 12:30 – Pool Noodles 1:00 – Bible Study 2:30 - Puzzle Time 3:30- Lap Count 5:30 – Bingo	8:30 – Coffee & News 9:30 – Church Hymns 10:30 Sit N Be Fit 1:30 – * Library Visit * 3:30 – Fill in the Blank Story 5:30 –Golf Cart Rides 6:30 – Book Club	8:30 – Meditative Moment 9:00 – Bike Rides 10:30- Sit n Be Fit 12:30 – Patio Tea Time 1:00 – Music Sing-Along 2:30 – Felt Candy Corn 5:30 – Country Drive	9:30 –Chair Yoga 10:00 – Ker plunk 12:30 – Alphabet KaBoom 3:30 – Puzzle’s 4:00 – Patio N Chat 5:00 – Lap Count 5:30 – Resident Band Music <small>Oktoberfest Begins</small>
22	23	24	25	26	27	28
8:30 – Early Morning Stretch 9:30 – Coffee & News 10:25 – Church 1:30 - Ker Plunk 2:30 – Patio Relaxation 3:30 – Lap Count 5:30 – Golf Cart Rides	8:30 – Early Morning Stretch 9:00 – School Cards 10:30 - Sit N Be Fit 1:00 - Music Sing-Along 2:30 - Prayer Square 3:30 – Leaf Garland 5:15 – Bike rides with Carolina <small>Autumn Begins</small>	8:30 – Coffee & News 10:30 - Sit N Be Fit 12:30 – Golf Cart Rides 1:30 –Garden Walk 2:30 – Ice Cream Shop 3:30 – Tone Chimes (GS) 5:30 – Ellen Story Time 6:00 - Resident Band Music	8:30 – Early Morning Stretch 10:30- Sit n Be Fit 12:30 – Pool Noodles 1:00 – Bible Study 2:30 - Puzzle Time 3:30- Lap Count 5:30 – Bingo	8:30 – Coffee & News 9:30 – Church Hymns 10:30 Sit N Be Fit 1:00 – Golf Cart Rides 3:30 – Fill in the Blank Story 5:30 – Card Club 6:30 – Book Club	8:30 – Meditative Moment 9:00 – Bike Rides 10:30- Sit n Be Fit 12:30 – Patio Tea Time 1:00 – Music Sing-Along 2:30 – Leaf Bookmarks 5:30 – Country Drive	9:30 –Chair Yoga 10:00 – Morning Chat 12:30 –Bingo 3:30 – Puzzle’s 4:00 – Bucket Finds 5:00 – Lap Count 5:30 – Resident Band Music
29	30	<h1 style="margin: 0;">Aspen Cottage</h1> <h2 style="margin: 0;">September 2019</h2> <h3 style="margin: 0;">Bartels Lutheran Retirement Community</h3> <p style="margin: 0;">1922 5th Ave NW Waverly IA 50677</p>				
8:30 – Early Morning Stretch 9:30 – Coffee & News 10:25 – Church 1:30 - Uno/ Puzzle 2:30 – Patio Relaxation 5:30 – Golf Cart Rides	8:30 – Early Morning Stretch 9:00 – School Cards 10:30 - Sit N Be Fit 1:00 - Music Sing-Along 2:30 - Prayer Square 3:30 – Wooden Pumpkins 5:15 – Bike rides with Carolina <small>Rosh Hashanah (first Day)</small>					