

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



5
Please call Hannah at 12733 if you are interested in using the fitness center!

6
3:00 Pet Therapy Visits with Merlin & Oz (BB)

Labor Day
Rosh Hashanah Begins

7
10:00 Men @ 10 *Update on Vietnam: A First-hand Perspective* (CL)
1:00 Euchre Club (CL)
2:00 Movie *Sabrina* (TH) Limited seating available.

8
3:30 Knitting Group (AS)

8:00 Shopping Outing to Walmart (Call 12733 to sign-up, limited seats available)

9
10:00 Library Committee Meeting (L in building 1)
10:00 Bible Study with Pastor Mumm (CL)
1:00 Bunco (BB)
2:00 Movie *The Heartland Series*. Limited seating available.

10
9:00 Chair Yoga (AUD)
1:00 Mahjong (CL)
Church handout in mail room.

11
How do you clean a dirty alien?

Give him a "meteor-shower"!

12
Make sure to get out and enjoy the beautiful weather!

Grandparents Day

13
11:00 Strong Bones Exercise (AUD)
1:00 Choir Practice (AUD)
3:00 Pet Therapy Visits with Merlin & Oz (BB)

14
10:00 Welcome! To La Crosse Newcomers Club (CL)
1:00 Euchre Club (CL)
2:00 Movie *Yours, Mine & Ours* (TH) Limited seating available.

15
9:00 Christmas Bazaar Meeting (BB)
3:30 Knitting Group (AS)
Yom Kippur Begins

16
10:00 Bible Study with Pastor Mumm (CL)
2:00 Tea @ 2 (AUD)
3:00 Movie *The Heartland Series*. Limited seating available.

17
9:00 Chair Yoga (AUD)
1:00 Mahjong (CL)
2:00 Beginner's Paint & Sip! (AS)
Church handout in mail room.

18
Applefest in La Crescent, MN!

Oktoberfest Begins

19
Applefest in La Crescent, MN!

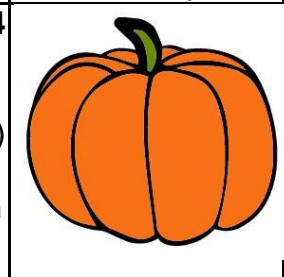
20
10:00 Embroidery Club (BB)
11:00 Strong Bones Exercise (AUD)
1:00 Choir Practice (AUD)
1:00 Free Hearing Aid Cleaning (Bistro)
Sukkot Begins

21
1:00 Euchre Club (CL)
2:00 Movie *Wild Hogs* (TH) Limited seating available.

22
12:30 Falls Prevention Day Outing (Call 12733 to sign up, limited seats available)
3:30 Knitting Group (AS)
Autumn Begins

23
10:00 Bible Study with Pastor Mumm (CL)
2:00 Movie *The Heartland Series*. Limited seating available.

24
9:00 Chair Yoga (AUD)
1:00 Mahjong (CL)
Church handout in mail room.



26
How do you fix a broken pumpkin?

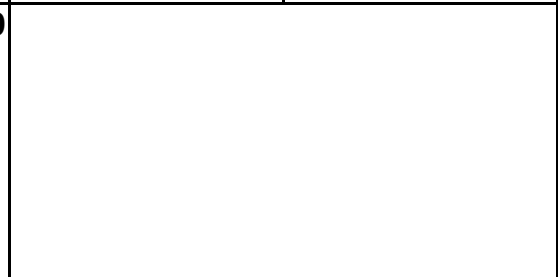
With a pumpkin patch!

27
11:00 Strong Bones Exercise (AUD)
1:00 Choir Practice (AUD)
3:00 Pet Therapy Visits with Merlin & Oz (BB)

28
1:00 Euchre Club (CL)
1:15-3:00 La Crosse Queen Outing (See poster in mail room to sign-up)
2:00 Movie *Zookeepers Wife* (TH) Limited seating available.
Oktoberfest Begins

29
9:00 Shopping Outing to Festival Foods (Call 12733 to sign-up, limited seats available)
9:30 Bible Study with Pastor Dennis (BB)
3:30 Knitting Group (AS)

30
10:00 Bible Study with Pastor Mumm (CL)
2:00 Movie *The Heartland Series*. Limited seating available.



STRONG BONES EXERCISE IN AUDITORIUM OR VIA ZOOM:

- No Sign-up required! Please note there are limited spots available each week.
- 12 spots are reserved for residents in AL and HAAL weekly
- Masks must be worn the entire time of the program unless everyone in the room is fully vaccinated.
- Chairs **MUST** stay the way they are set up. Please DO NOT move the chairs.
- Activity will continue to be offered via zoom as well:
 - Download Zoom to your electronic device of choice and create an account (if you haven't already)
 - Join our Zoom meeting by entering in the meeting ID: 79785075740
 - Please note that it will ask for a password. The password is: eaglecrest
 - Activities will start at the designated time. Please be sure you are connected before the activity begins.

FRIDAY'S CHAIR YOGA WITH SARA:

- No Sign-up required! Please note, there are limited spots available each week.
- Sessions are 30 minutes each
- Masks must be worn the entire time of the program unless everyone in the room is fully vaccinated
- Chairs **MUST** stay the way they are set up. Please DO NOT move the chairs.

ACTIVITY LOCATIONS:

- AS: Art Studio (ECS 2, 1st floor)
- AUD: Auditorium (ECS 1, 2nd floor)
- BB: Blarney Bar (ECS 1, 1st floor)
- CL: Club Lounge (ECS 2, 1st floor)
- CM: Community Room (ECS 2, 1st floor)
- TH: Theater (ECS 1, 2nd floor)

INDEPENDENTLY LED GROUPS (IN HOUSE TELEPHONE CONTACT):

- Men at Ten – Bob B. 12308
- Knitting Club – Kathy G. 12200
- Embroidery Club – Kathy G. 12200
- Tea at Two – Kathy G. 12200
- Bible Study with Pastor Mumm – Wyonne R. 12018
- Bunco – Mary G. 12105
- Welcome to La Crosse! Newcomers Group – Linda E. 13022
- Choir – Kathy G. 12200
- Euchre-Mike P. 12106
- Facebook: Friends of Eagle Crest South-Dan M. 14000

Please sign-up for either the Festival or the Walmart outing. We have limited seating on the bus, but will put you on a wait list if there is extra room on the second outing!

Thank you for your understanding.