

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

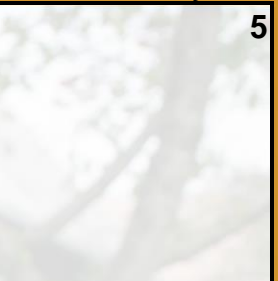
Please call Carla at 10207 or Hannah at 12733 to sign up for programs or if you have any questions.  
Please see back side of calendar for specific instructions!

Brain teaser of the week! The first person to call in will win a prize!  
**1**  
2:00 Movie *Fried Green Tomatoes* (Sign up in the mail room) for Senior Living ONLY. Limited seating available.

**2**  
**Fitness Center is now open Sunday-Saturday! Please sign up to reserve your time!**

11:00 Spiritual Reading Via Zoom  
**3**  
2:00 Series *Heartland* (sign up outside the theater) for Independent Living Plus ONLY. Limited seating available.

11:00 Strong Bones Exercise Via Zoom-log in at 10:55 for a meet & greet with our new intern, Jenna!  
**4**

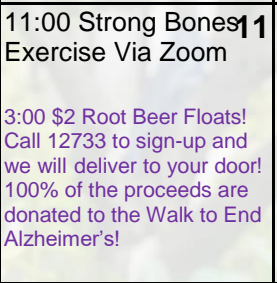


**6**  
Brain teaser of the week! The first person to call in will win a prize!  
**8**  
2:00 Movie *Downton Abbey* (Sign up in the mail room) for Senior Living ONLY. Limited seating available.

Take & Bake: Pumpkin Rice Krispy Bars (call 10207 or 12733 to sign up!)  
**9**  
10:00 Bookworms Book Club Meeting via Zoom (see back of calendar for instructions on how to join)

11:00 Spiritual Reading Via Zoom  
**10**  
2:00 Series *Heartland* (sign up outside the theater) for Independent Living Plus ONLY. Limited seating available.

11:00 Strong Bones Exercise Via Zoom  
**11**  
3:00 \$2 Root Beer Floats! Call 12733 to sign-up and we will deliver to your door! 100% of the proceeds are donated to the Walk to End Alzheimer's!



**13**  
11:00 Strong Bones Exercise Via Zoom  
**14**  
Grandparents Day

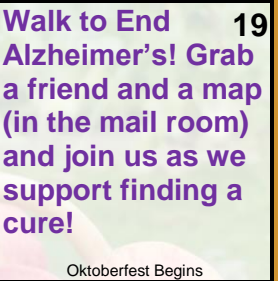
Brain teaser of the week! The first person to call in will win a prize!  
**15**  
2:00 Movie *Seven Brides for Seven Brothers* (Sign up in the mail room) for Senior Living ONLY. Limited seating available.

**16**  
**Bike Day! Call 12733 or 10207 to reserve your time.**

11:00 Spiritual Reading Via Zoom  
**17**  
2:00 Series *Heartland* (sign up outside the theater) for Independent Living Plus ONLY. Limited seating available.

11:00 Strong Bones Exercise Via Zoom  
**18**  
Make Your Own-Painted Pumpkin Wine Glass! (Call 10207 or 12733 to sign-up!)  
Rosh Hashanah Begins

**19**  
**Walk to End Alzheimer's! Grab a friend and a map (in the mail room) and join us as we support finding a cure!**  
Oktoberfest Begins



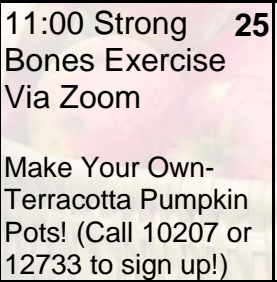
**20**  
11:00 Strong Bones Exercise Via Zoom  
**21**

Brain teaser of the week! The first person to call in will win a prize!  
**22**  
2:00 Movie *Annie* (Sign up in the mail room) for Senior Living ONLY. Limited seating available.  
Autumn Begins

Take & Bake: Mini Pizzas (call 10207 or 12733 to sign up!)  
**23**

11:00 Spiritual Reading Via Zoom  
**24**  
2:00 Series *Heartland* (sign up outside the theater) for Independent Living Plus ONLY. Limited seating available.

11:00 Strong Bones Exercise Via Zoom  
**25**  
Make Your Own-Terracotta Pumpkin Pots! (Call 10207 or 12733 to sign up!)



**27**  
11:00 Strong Bones Exercise Via Zoom  
**28**  
Yom Kippur Begins

Brain teaser of the week! The first person to call in will win a prize!  
**29**  
2:00 Movie *Thoroughly Modern Millie* (Sign up in the mail room) for Senior Living ONLY. Limited seating available.

National Love People Day! Grab your partner or a friend and go for a walk on the Gundersen Walking Trail!  
**30**

**September 2020**  
Senior Living & Independent Living Activity Calendar

#### TO JOIN STRONG BONES OR SPIRITUAL READING VIA ZOOM:

- 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.

#### BRAIN GAMES (crossword, word search, word unscramble, and wacky words)

- These will be placed in the mail room every Tuesday by 8:30am.
- Once you have completed the word game, please call Hannah or Carla to see if you were the first to finish.
- Life Enrichment will deliver a prize to the first person to complete the word game each Tuesday.
- Please wear a mask when going to pick up the puzzles from the mail room.

#### TAKE & BAKE

- Please call Life Enrichment at 10207 or 12733 if you are interested as there are limited spots available each week.
- The ingredients will be dropped off at your door the day of the activity at our earliest convenience.
- Supplies not provided by Life Enrichment include: mugs, cups, spoons and other utensils.
- Please choose only one take & bake. We will put you on a wait list for the second take & bake if we have extra spots available

#### BIKE RIDES

- Our bike is a two-person bike. You will be riding with one of the Life Enrichment Assistants, so only one person will be able to go at a time. \*those who live together in the same apartment are able to ride at the same time\*
- You have the option to pedal or relax with your feet on a foot rest.
- Limited spots available. Please call Life Enrichment at 10207 or 12733 to pick which time you are interested in.
- You must wear a mask and one of our provided helmets in order to go for a bike ride.

#### MOVIES

- Tuesday movies are for Senior Living residents only, apartments #1000 - #5034
- Thursday movies are for Independent Living residents only, apartments #100 - #421
- Limited spots available for each. Please sign-up ahead of time (IL sign up outside of theater, SL sign up in mail room)

#### MAKE YOUR OWN PUMPKIN WINE GLASS OR TERRACOTTA PUMPKIN POT

- Please call Life Enrichment at 10207 or 12733 if you are interest as there are limited spots available each week.
- The supplies will be dropped off at your door the day of the activity at our earliest convenience
- Please choose only one craft. We have a lot of people interested in crafts! We will put you on a wait list for the second craft

#### ROOT BEER FLOAT FUNDRAISER

- Cost of each float is \$2, and can be cash or check. Checks should be made out to the Alzheimer's Association.
- Please call Life Enrichment at 10207 or 12733 to sign up. Floats will be delivered to your apartment between 3:00 and 4:00pm
- 100% of the proceeds are donated to the Walk to End Alzheimer's. Thank you for your support!

#### TO JOIN BOOKWORMS BOOK CLUB VIA ZOOM:

- 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: 3768663085
- Please note that it will ask for a password. The password is: bookclub
- Please call Mary Hosler in apartment #110 at 12110 with questions