

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# September 2022

## AL/IL/SL Activity Calendar

				<p>1 10:00 Bible Study w/ Pastor Mumm-CL* 2:00 <i>Heartland</i> Series-T <u>2:00 AL Social-A</u></p>	<p>2 <b>9:30 Chair Yoga-A</b> 11:00 <b>Bingo-CL</b> <u>1:00 Bridge-BB*</u> 2:00 IL/SL Church-A</p>	<p>3 Outdoor Games are Available for use in the courtyard across from the botanical garden  <u>AL@2:00 UNO! -3CA</u></p>
<p>4 Elvis Presley Song Word Unscramble Worksheet- Library/CA  <u>AL@11:00 Black Jack Cards -2CA</u></p>	<p>(Mallorie &amp; Lucy Off) 5 No Strong Bones! 3:00 Pet Visit-BB 4:00 BYOB Happy Hour-BB/CL*  <small>Labor Day</small></p>	<p>6 10:00 Knitting-AS* <b>10:00 Men @Ten-CL*</b> 11:00 <b>Bingo-CL</b> 1:00 Euchre-CL* 2:00 Jeopardy-A 3:00 Movie: <i>As good as it Gets</i>-T</p>	<p>7 <b>9:00 Strong Bones Exercise-A</b> <u>2:00 AL Church-A</u> 3:30 Knitting-BB*</p>	<p>8 10:00 Bible Study w/ Pastor Mumm-CL* 1:00 Bunco-BB* <u>1:00 AL Wacky Words-3CA</u> 2:00 <i>Heartland</i> Series-T</p>	<p>9 <b>9:30 Chair Yoga-A</b> 11:00 <b>Bingo-CL</b> <u>1:00 Bridge-BB*</u> 2:00 IL/SL Church-A</p>	<p>10 Go on a walk outside with a neighbor today!  <u>AL@2:00 Giant Crossword! -3CA</u></p>
<p>11 The Joys of Grandparenting Word Search- Library/CA  <u>AL@11:00 GRAND Bingo! -2CA</u>  <small>Grandparents Day</small></p>	<p>12 <b>Crazy Socks or Hat Day!</b> <b>No Strong Bones!</b> 10:00 Catholic Mass-A 11:00 <b>Bingo-CL</b> 3:00 Pet Visit-BB 4:00 BYOB Happy Hour-BB/CL*</p>	<p>13 <b>Dress up in Fav. Holiday</b> 10:00 Knitting-AS* 11:00 Guess that Holiday song-A 1:00 Euchre-CL* 3:00 Movie: <i>Movie: Coal Miner's Daughter</i>-T</p>	<p>14 <b>Pajamas or Slippers Day!</b> <b>9:00 Strong Bones Exercise-A</b> <u>10:30 AL Bingo-A</u> <u>2:00 AL Church-A</u> 3:00 Sing-Along-CR* 3:30 Knitting-BB*</p>	<p>15 <b>Dress up in Wl attire</b> 10:00 Bible Study w/ Pastor Mumm-CL* 11:00 Wisconsin Trivia-A <u>1:00 Poetry café-A</u> 2:00 <i>Heartland</i> Series-T</p>	<p>16 <b>Dress up in your School Color</b> <b>9:30 Chair Yoga-A</b> 11:00 <b>Bingo-CL</b> 1:00 Bridge-BB* 2:00 IL/SL Church-A <u>3:00 AL Jeopardy- 2CA</u></p>	<p>17 Work on the Jigsaw Puzzles today with a new friend!  <u>AL@2:00 War Card Game! -3CA</u>  <small>Oktoberfest Begins</small></p>
<p>18 <b>"Oktoberfest Cheer! Find the Beer!" Scavenger Hunt (Sheets will be in IL/SL mailrooms today!)</b>  <u>AL@11:00 Random Trivia -2CA</u></p>	<p>19 <b>9:30 Strong Bones Exercise-A</b> 11:00 <b>Bingo-CL</b> <b>1:00 Music with Shari Sarazin-A</b> 3:00 Pet Visit-BB 4:00 BYOB Happy Hour-BB/CL*</p>	<p>20 10:00 Knitting-AS* 11:00 Garbage Card- A 1:00 Euchre-CL* 2:00 Jeopardy-A 3:00 Movie: <i>Marley and Me</i>- T</p>	<p>21 9:30 Bible Study w/ Pastor Dennis-BB* <b>11:00 Strong Bones Exercise-A</b> <u>2:00 AL Church-A</u> <u>3:30 AL Bowling Dice Game-2CA</u> 3:30 Knitting-BB*</p>	<p>22 10:00 Bible Study w/ Pastor Mumm-CL* 11:00 Walk the Plank Hangman-BB 2:00 <i>Heartland</i> Series-T  <small>Autumn Begins</small></p>	<p>(Lucy Off) 23 <b>9:30 Chair Yoga-A</b> 11:00 <b>Bingo-CL</b> <u>1:00 Bridge-BB*</u> 2:00 IL/SL Church-A <u>3:00 AL Crazy 8s-2CA</u></p>	<p>24 IL/SL Take N Make: Veggie Confetti Salad (Delivered on Thursday 9/22)  <u>AL@2:00 654 Dice! -3CA</u></p>
<p>25 Oktoberfest Crossword Puzzle-Library/CA  <u>AL@11:00 Sorry! Board Game-2CA</u>  <small>Rosh Hashanah Begins</small></p>	<p>(Lucy Off) 26 <b>No Strong Bones!</b> 11:00 <b>Bingo-CL</b> <u>2:00 AL King's Corner Card Game! -2CA</u> 3:00 Pet Visit-BB 4:00 BYOB Happy Hour-BB/CL*</p>	<p>27 10:00 Knitting-AS* 11:00 Guess a Letter-A 1:00 Euchre-CL* 2:00 Jeopardy-A 3:00 Movie: <i>Rabbit Proof Fence</i>-T</p>	<p>(Lucy Off) 28 <b>No Strong Bones!</b> 9:30 Bible Study w/ Pastor Dennis-BB* <u>2:00 AL Church-A</u> 3:30 Knitting-BB*</p>	<p>29 10:00 Bible Study w/ Pastor Mumm-CL* 11:00 Old Maid-BB <b>2:00 Tea @2-A*</b> 3:00 <i>Heartland</i> Series-T <u>3:00 AL German Card Game -3CA</u></p>	<p>30 <b>9:30 Chair Yoga-A</b> <b>11:00 PROST Bingo-CL</b> <u>1:00 Bridge-BB*</u> 2:00 IL/SL Church-A</p>	<p>1 <b>Maple Leaf Parade!</b> </p>

Please turn over for additional information or location keys for programs →

## **STRONG BONES EXERCISE/CHAIR YOGA IN AUDITORIUM OR VIA ZOOM:**

- No Sign-up required! Please wear your mask the entire time of the program.
- Chairs must stay where they are; Please do not move them!

### · How to access Strong Bones via zoom:

- Download Zoom to your electronic device of choice and create an account (if you have not 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.

## **INDEPENDENTLY LED GROUPS (IN HOUSE TELEPHONE CONTACT):**

- Men at Ten – Bob B. 12308
- Knitting 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-Jim P. 12302
- Facebook: Friends of Eagle Crest South-Dan M. 14000
  - Sing-Along – Darlene L. 12010
  - Scrabble – Kathy G. 12200
- Mahjong – Kathy G. 12200 & Debbie Hanson 11005
  - Bridge—Barb Quillin 12109

Please call Lucy Lee at (608)791-2713 or #12713 if you have any questions or concerns. Thank you!

## **ACTIVITY LOCATIONS:**

- AS: Art Studio (ECS 2, 1st floor)
- A: Auditorium (ECS 1, 2nd floor)
  - B: Bistro (ECS 1, 1st floor)
- BB: Blarney Bar (ECS 1, 1st floor)
- CL: Club Lounge (ECS 2, 1st floor)
- CR: Community Room (ECS 2, 1st floor)
  - T: Theater (ECS 1, 2nd floor)
  - L: Library (ECS 1, 2nd floor)

**\*All underlined activities excluding AL programs indicate that a sign-up is required: Bridge & Poetry Café! \***

**\*Chair yoga will be changed to 9:30AM for September!**

**\*For the month of September, we will be trialing 9AM Strong Bones and 11AM strong Bones on Wednesdays! Please make note of the days its at 9am and the days it's at 11am!**

**\* We will be combining some Assisted Living (AL) programs with IL/SL. However, anything Blue, Bolded and Underlined labelled with AL is ONLY for Assisted Living!**

**Green – Dress up day for Assisted Living Week 🥰**

**\*Masks for all attendance of activities are required!**