




# September 2020

## Pomeroy Living Sterling Assisted Living

| Sun   | Mon  | Tue   | Wed  | Thu   | Fri   | Sat   |
|---|--|---|--|---|---|---|
|   |  | 1<br>10:30am Chair Exercise<br>11:00am Bean Bag Toss<br>2:00pm Virtual Tour - San Diego Zoo<br>3:00pm BINGO!<br>4:00pm Room Visits            | 2<br>10:30am Chair Exercise<br>11:00am Basket Ball<br>2:00pm Pomeroy Golf League!<br>3:00pm Bocce Ball<br>4:00pm Room Visits   | 3<br>10:30am Chair Exercise<br>11:00am Finish the phrase<br>2:00pm Ice Cream<br>3:00pm Trivia<br>4:00pm Pets together– Virtual therapy dogs | 4<br>10:30am Chair Exercise<br>11:00am Knock em' Down<br><b>2:00pm Craft Cart– Mask Lanyards</b><br>3:00pm Happy Hour!<br>4:00pm Room Visits                          | 5<br>10:30am Chair Exercise<br>11:00am Balloon Baseball<br>1:30pm Upper AL Bingo<br>3:00pm Lower AL Bingo<br>4:00pm Room Visits   |
| 6<br>10:00am Room Visits<br>11:00am Deep Breathing Yoga<br>2:00pm Target Practice<br><b>3:00pm Praying the Rosary</b><br>4:00pm Room Visits                             | 7 <b>HAPPY LABOR DAY!</b><br>10:30am Chair Exercise<br>11:00am Patriotic sing-a-long<br>2:00pm Popcorn Day!<br>3:00pm Monday Matinee <br>4:00pm Room Visits | 8<br>10:30am Chair Exercise<br>11:00am Hall Yahtzee<br>2:00pm Virtual Tour– Museum of Arts<br>3:00pm BINGO!<br>4:00pm Room Visits             | 9 <b>HAPPY BIRTHDAY CAROL!</b><br>10:30am Chair Exercise<br>11:00am Word Within a Word<br>2:00pm Pomeroy Golf League!<br>3:00pm Cake for Carol <br>4:00pm Room Visits | 10<br>10:30am Chair Exercise<br>11:00am Jeopardy round 1<br>2:00pm Ice Cream<br>3:00pm Tic-Tac-Toe Tournament<br>4:00pm Room Visits         | 11 Canned Food Drive<br>10:30am Chair Exercise<br>11:00am 9/11 Moment of Silence<br><b>2:00pm Craft Cart– Giving Back</b><br>3:00pm Happy Hour!<br>4:00pm Room Visits | 12<br>10:30am Chair Exercise<br>11:00am Chat Pack Central<br>1:30pm Upper AL Bingo<br>3:00pm Lower AL Bingo<br>4:00pm Room Visits |
| 13 <b>Happy Grandparents Day!</b><br>10:00am Room Visits<br>11:00am Deep breathing Yoga<br>2:00pm Photo Booth<br><b>3:00pm Praying the Rosary</b><br>4:00pm Room Visits | 14<br>10:30am Chair Exercise<br>11:00am Crossword Puzzle<br>2:00pm Popcorn Day!<br>3:00pm Monday Matinee<br>4:00pm Room Visits   | 15<br>10:30am Chair Exercise<br>11:00am Ladder ball<br>2:00pm Taco Tuesday<br>3:00pm BINGO!<br>4:00pm Room Visits                             | 16 <b>HAPPY BIRTHDAY MARGE!</b><br>10:30am Chair Exercise<br>11:00am Target Practice<br>2:00pm Pomeroy Golf League!<br>3:00pm Cake For Marge <br>4:00pm Room Visits | 17<br>10:30am Chair Exercise<br>11:00am Karaoke<br>2:00pm Ice Cream<br>3:00pm Hang Man<br>4:00pm Room Visits                                | 18<br>10:30am Chair Exercise<br>11:00am In the Zone<br><b>2:00pm Craft Cart– Wax Paper Leaves</b><br>3:00pm Happy Hour!<br>4:00pm Room Visits                         | 19<br>10:30am Chair Exercise<br>11:00am Archery<br>1:30pm Upper AL Bingo<br>3:00pm Lower AL Bingo<br>4:00pm Room Visits           |
| 20<br>10:00am Room Visits<br>11:00am Deep breathing Yoga<br>2:00pm Basket Ball<br><b>3:00pm Praying the Rosary</b><br>4:00pm Room Visits                                | 21<br>10:30am Chair Exercise<br>11:00am Crossword Puzzle<br>2:00pm Popcorn Day!<br>3:00pm Monday Matinee<br>4:00pm Room Visits   | 22<br>10:30am Chair Exercise<br>11:00am Drawing from numbers<br>2:00pm Virtual Tour Tuesday – Aquarium<br>3:00pm BINGO!<br>4:00pm Room Visits | 23<br>10:30am Chair Exercise<br>11:00am Ring Toss<br>2:00pm Pomeroy Golf League!<br>3:00pm Shuffle Board<br>4:00pm Room Visits   | 24<br>10:30am Chair Exercise<br>11:00am Doorway Deep Fishing<br>2:00pm Root beer Floats<br>3:00pm Comedy Hour<br>4:00pm Room Visits         | 25<br>10:30am Chair Exercise<br>11:00am Jeopardy round 2<br><b>2:00pm Craft Cart– Fall Tree Craft</b><br>3:00pm Happy Hour!<br>4:00pm Room Visits                     | 26<br>10:30am Chair Exercise<br>11:00am Plinko<br>1:30pm Upper AL Bingo<br>3:00pm Lower AL Bingo<br>4:00pm Room Visits            |
| 27<br>10:00am Room Visits<br>11:00am Deep breathing Yoga<br>2:00pm Jokes for folks<br><b>3:00pm Praying the Rosary</b><br>4:00pm Room Visits                            | 28<br>10:30am Chair Exercise<br>11:00am Crossword Puzzle<br>2:00pm Popcorn Day!<br>3:00pm Monday Matinee<br>4:00pm Room Visits   | 29<br>10:30am Chair Exercise<br>11:00am Soccer<br>2:00pm Virtual Tour Tuesday– Eagle Nest<br>3:00pm BINGO!<br>4:00pm Room Visits              | 30<br>10:30am Chair Exercise<br>11:00am Floor Hockey<br>2:00pm Pomeroy Golf League!<br>3:00pm Hydration Station<br>4:00pm Room Visits  |   |   | *ALL ACTIVITIES, TIMES, AND LOCATIONS ARE SUBJECT TO CHANGE*  |