



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HIDDEN MEADOWS ON THE RIDGE By Discovery Senior Living	 September 2023			 CELEBRATIONS ACTIVITIES & EVENTS	10 Reach & Stretch 1 10:30 Top 10 Biggest Mistakes in History 11 If the Butler Didn't Do It, Who Did? 1:30 The Fishbowl Game 2:30 Savor & Sip- Wine & Cheese Social (café) 4 Mexican Train Dominoes (resident led)	10:30 Chair Yoga 2 11 Collector's Corner & Cran-Apple Coolers 1:30 The Money We Use to Pay & Rebus Word Play Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)
10:30 Chair Tai Chi 3 11 Bible Outburst 11:30 Hymns to Him 1:30 One Lump or Two & Frederick Douglass Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)	10:30 Exercise 4 11 Labor Day Lotto 11:30 Blue Collar Blues Indoor picnic lunch served today 1:30 Labors of Love- Color Designs 2:30 Railroad Journey Across the USA (theatre) 4 Table Games (resident led) Labor Day	10 Sit & Be Fit 5 10:30 Daffy Definitions 11 Garden Box Growers (meet on the back patio) 1:30 Manicures, Music & Hand Massages 3 You Tube Karaoke (theatre) 6 Game Night (resident led)	10 Easy Cardio Exercises 6 10:30 Oddly Obvious 11 All About September 1:30 Art Expression: If Grandma Moses Did It, So Can You! 3:30 Breathtaking Scenic Cruises of The World (theatre)	10 Exercise 7 10:30 Activity Meeting 11 Resident Council Mtg. 1:30 Outing: Scenic Drive & Donuts (Sign up by 9 am on 2 nd fl. theatre) 2 Mandalas & Music 4 Captains Coin Toss 8:20 NFL Kickoff: Lions vs Chiefs (NBC/Peacock)	10 Reach & Stretch 8 10:30 Recycled Wonders 11 Daily Chronicles & Doses of Laughter 1:30 Notecard Creations: Make & Mail 2:30 September Birthday Social (café) 4 Mexican Train Dominoes (resident led)	10:30 Exercise 9 11 Jewelry Making: Acrylic Cabochon Necklaces 1:30 Spin-off Shows & How the Studebaker Goes Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)
10:30 Exercise 10 11 Muffins, "Mimosas" & Memories: A Salute to Grandparent's Day 11:30 Christian Music Classics 1:30 A to Z & The Family Tree Coming to You (1 st , 2 nd & 3 rd fls) 2 Bible Baptist Church Service (1st fl lounge) 6 Movie Night (theatre)	10 Exercise 11 10:30 This Day in History 11 Origami Cranes: A Symbol of Healing 1:30 Bingo 3 Indoor/Outdoor Walk or Roll Challenge (meet in lobby) 3:30 St. Agnes Church Mass (1st fl. lounge)	10 Sit & Be Fit 12 10:30 Chicken or The Egg: Which Came First Game 11 Garden Box Growers (meet on the back patio) 1:30 Manicures, Music & Hand Massages 3 Standing Balance 6 Game Night (resident led)	10 Easy Cardio Exercises 13 10:30 Qubosity Game 11 Hershey, The Town Built on Chocolate 1:30 Make & Take: Chocolate Lovers Snack Packs 3:30 Relax & Recharge with Sunny Sights & Soothing Sounds (theatre)	10 Bible Study w/ Penny 14 (1 st fl lounge) 10:30 Zentangle Designs 11 Famous Quips & Quotes (1 st fl lounge) 1:30 Name That Song 2:30 Scrabble Slam 4:30 Out to Dinner at Roy Ann Diner (Sign up by 9 am on 2 nd fl. theatre)	10 Reach & Stretch 15 10:30 A Fortune in Treasures Waiting to Be Found 11 Uno With A Twist 1:30 Trivial Trivia 2:30 Faith Journeys with Entertainer Gary Schaeffer 4 Mexican Train Dominoes (resident led) Rosh Hashana begins at sundown	10:30 Chair Yoga 16 11 Jokereno Game 1:30 Covered Bridge Day & German Fest Underway Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)
10:30 Chair Tai Chi 17 11 Niki & Miss Jojo Therapy Dog Visit 11:30 Gospel Favorites 1:30 The Honky Tonk Way & Anne Bancroft's Birthday Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)	10 Exercise 18 10:30 Name the Actor/Actress 11 A Musical Tribute to Frankie Avalon 1:30 TV Show Bingo 3 Indoor/Outdoor Walk or Roll Challenge (meet in lobby) 4 Discover the Mystery & Wonder of the Everglades (theatre)	10 Sit & Be Fit 19 10:30 Top Ten Tuesday 11 Garden Box Growers (meet on the back patio) 1:30 Manicures, Music & Hand Massages 3 RC Racers (front porch) 6 Game Night (resident led)	10 Easy Cardio Exercises 20 10:30 Outburst 11 That's Debatable: Bring Back the Brown Bag & Eliminate Single-Use Bags 1:30 Art Expression: Watercolor Painting 3:30 Armchair Travel to Amazing Italy (theatre)	10 Bible Study w/ Penny 21 (1 st fl lounge) 10:30 Couponing for A Cause 11 Finishing Words (1 st fl. lounge) 1:30 Outing: Dollar Tree (Sign up by 9 am on 2 nd fl. theatre) 2 Mosaic Sticker Designs & Music of The Times 4 Darts Challenge	10 Reach & Stretch 22 10:30 Say It with Music 11 Autumn Facts & Fun 1:30 Relax & Rejuvenate with Guided Meditation (theatre) 2:30 Chef's Demo & Taste Sample Social 4 Mexican Train Dominoes (resident led) Autumn Begins	10:30 Exercise 23 11 Quick & Easy Crafting: Autumn Door Decor 1:30 Frogs of The USA & Mickey Rooney Day Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)
10:30 Exercise 24 11 <i>Color</i> -ful Autumn Designs 11:15 Catholic Communion with Terri (2nd fl. theatre) 1:30 Supreme Court Facts & Fun & Ryder On the Run Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre) Yom Kippur begins at sundown	10 Exercise 25 10:30 Smithsonian Institute: You Be the Expert 11 Black Jack 21 1:30 Bingo 3 Indoor/Outdoor Walk or Roll Challenge (meet in lobby) 4 What's in The Box	10 Sit & Be Fit 26 10:30 Tech Tuesday: Top Technology Tips 11 Garden Box Growers (meet on the back patio) 1:30 Manicures, Music & Hand Massages 3 Old Time Scavenger Hunt (meet in lobby) 6 Game Night (resident led)	10 Easy Cardio Exercises 27 10:30 Mythbusters- Is It Reality or Myth, You Decide 11 Heartwarming Stories About Heroes Among Us 1:30 Scrabble Poker 3:30 Pray the Rosary (theatre)	10 Bible Study w/ Penny 28 (1 st fl lounge) 10:30 Words in A Word 11 Claim to Fame (1 st fl. lounge) 1:30 Outing: Driving Tour of Local Landmarks & Historical Buildings (Sign up by 9 am on 2 nd fl. theatre) 2 Velvet Art & Music by Heart 4 Wii Bowling (theatre) 6 Front Porch Sitters, Singers & Sippers	10 Reach & Stretch 29 10:30 50's & 60's Music Trivia 11 Daily Chronicles & Doses of Laughter 1:30 Deserted in Death Valley Card Game 2:30 Purple Cow & Snow-White Ice Cream Float Social (café) 4 Mexican Train Dominoes (resident led)	10:30 Chair Yoga 30 11 Make & Decorate: Mini Donut Delights 1:30 Gum It Up Day & The Little Women Way Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)

Please note: Outdoor activities are weather permitting and calendar is subject to change.

Dawn Mason, Director of Celebrations, Recreation & Events (215) 257-6701 Ext. 114