



September

Pulaski Health Care Center Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
C-Café RL-Resident Lounge BS-Beauty Shop O-Outside						
					1 (RL)9:00- Exercise (C)10:00-Adult Coloring (O)11:15-Outdoor Time (BS)1:00-2:30-Massage & Aromatherapy (RL)1:15-Would You Rather (C)2:30-Residents' Birthday Party (C)3:30-Game Time	2 (RL)9:30-Exercise (10:30-Outdoor Ball Toss 11:30-Puzzle Pass (RL)1:00-Wii Games (C)2:00-Bingo
3 (C)9:30-UMC Church Video (O)11:00-Outdoor Hymnal Singalong 1:15-Lemonade Pass (C)2:15-Farkle	4 Labor Day (RL)9:30-Exercise (C)10:00-Cookie Bingo 11:30-Bird & Fish Care (O)1:15-Outdoor Time (C)2:15-Game Time (RL)3:15-Labor Day Laughs	5 (RL)9:00-Outdoor Exercise (BS)9:30-11:00-Pretty Nails & Tunes 11:30-Puzzle Pass (RL)1:15-Wii Family Feud (C)2:15-Isa Plays Piano (C)3:30-Scrabble/Uno	6 (RL)9:00-Exercise (RL)10:00-Coffee & Cookies in the Lounge (O)11:00-Outdoor Time 11:30-Puzzle Pass (RL)1:15-Wii Bowling (C)2:15-Bingo & Ice Cream (C)3:30-Farkle	7 (RL)9:00-Exercise (O)10:00-Outdoor Singalong 11:30-Bird & Fish Care 11:30-Puzzle Pass (RL)1:15-Trivia in the Lounge (C)2:15-Bingo Snacks & Prizes (C)3:30-Karaoke Time	8 (RL)9:00-Exercise (BS)9:30-11:00-Massage & Aromatherapy (O)11:00-Outdoor Singalong 12:30- Mens Lunch Outing (RL)1:15-Balloon Volley (C)2:15-Adult Coloring (C)3:30-Bowling	9 (RL)9:30-Exercise (10:30-Outdoor Time 11:30-Puzzle Pass (RL)1:00-Wii Games (C)2:00-Bingo
10 (C)9:30-UMC Church Video (O)11:00-Outdoor Hymnal Singalong 1:00-Weekly Chronicle Pass (C)2:15-Junk Drawer Finds	11 (RL)9:00-Exercise (C)10:00-Candy Bingo 11:30-Bird & Fish Care 11:30-Puzzle Pass (O)1:15-Outdoor Karaoke (C)2:15-Craft Time (O)4:00-Outdoor Noodle Ball	12 (RL)9:00-Exercise (BS)10:00-11:30-Pretty Nails & Tunes 11:30-Puzzle Pass (O)1:15-Outdoor Target Toss (C)2:15-Cover All Dice Game (C)3:30-Table Ball	13 Chocolate Day (RL)9:00-Exercise (C)9:30-Coffee & Conversation (RL)10:00-Adult Coloring (O)1:15-Outdoor Time & Tunes (C)2:15- Bingo & Brownies (C)3:30-Karaoke Time	14 Donut Day (RL)9:00-Exercise (O)10:00-Outdoor Time & Tunes (RL)11:00-Getting to Know You 11:30-Bird & Fish Care 11:30-Puzzle Pass (RL)1:15-Wii Bowling (C)2:15- Donuts & Coffee (C)3:15-Bingo & Prizes (C)6:30-Man in Black	15 (RL)9:00-Exercise (BS)9:30-11:00-Massage & Aromatherapy (O)11:00-Outdoor Singalong 12:30- Ladies Lunch Outing (RL)1:15-Wii Family Feud (C)2:15-Game Time (C)3:30-Drummin to The Music	16 (RL)9:30-Exercise (O)10:30-Outdoor Balloon Volley 11:30-Puzzle Pass (RL)1:00-Wii Games (C)2:00-Bingo
17 (C)9:30-UMC Church Video (O)11:00-Outdoor Hymnal Singalong 1:15-Puzzle Pass (C)2:15-Adult Coloring (C)3:00-Denham Freewill Baptist Singers	18 (RL)9:00-Exercise (C)10:00-Cookie Bingo 11:30-Bird & Fish Care (RL)1:15-Wii Price Is Right (C)2:15- Painting Creations (C)3:30-Karaoke	19 (RL)9:00-Exercise (BS)10:00-11:30-Pretty Nails & Tunes 11:30-Puzzle Pass (O)1:15-Outdoor Target Toss (C)2:15-Isa Plays Piano (C)3:30-Farkle	20 Punch Day (RL)9:00-Exercise (O)10:00-Outdoor Time & Tunes (RL)11:00-Trivia in the Lounge 1:00-Puzzle Pass 1:30-Punch Pass 1:30-Bingo at Riverwood Outing (C)2:15-Bingo (C)3:15-Karaoke Time (C)6:30-Family Game Night	21 (RL)9:00-Exercise (O)10:00-Social Hour Outdoors (RL)11:00-Would You Rather 11:30-Bird & Fish Care (RL)1:00-Wii Bowling (C)2:15-Bingo Snacks & Prizes (C)3:30-Table Ball	22 (RL)9:00-Exercise (BS)9:30-11:00-Massage & Aromatherapy (O)11:00-Outdoor Singalong (RL)1:15-Balloon Volley (C)2:15-Mens Social Hour (C)3:30-Adult Coloring	23 (RL)9:30-Exercise (O)10:30-Outdoor Time 11:30-Puzzle Pass (RL)1:00-Wii Games (C)2:00-Bingo
24 (C)9:30-UMC Church Video (O)11:00-Outdoor Hymnal Singalong 1:00-Weekly Chronicle Pass (C)2:15-Junk Drawer Finds	25 National Dog Week (RL)9:00-Exercise (C)10:00-Candy Bingo (O)11:00-Getting to Know You Outdoors 1:00-Puzzle Pass 1:30 Puppy Chow Pass (C)2:15-Tableball (C)3:30-Karaoke Time	26 (RL)9:00-Exercise (BS)10:00-11:30-Pretty Nails & Tunes 11:30-Puzzle Pass (O)1:15-Outdoor Target Toss (C)2:15-Cover All Dice Game (C)3:30-Adult Coloring	27 (RL)9:00-Exercise (C)10:00- Lets Make Dog Treats! (O)11:00-Outdoor Time 11:30-Puzzle Pass (RL)1:15-Wii Bowling (C)2:15-Bingo (C)3:30-Karaoke Time (RL)6:00- Movie & Cheese Puffs	28 (RL)9:00-Exercise (O)10:00-Cornhole Outdoors (RL)11:00-Trivia in the Lounge 11:30-Bird & Fish Care (RL)1:00-Wii Bowling (C)2:15-Bingo Snacks & Prizes (C)3:30-Farkle	29 (RL)9:00-Exercise (BS)9:30-11:00-Massage & Aromatherapy (O)11:00-Outdoor Singalong (RL)1:15-Wii Family Feud 1:30- Scenic Drive (C)2:00-Resident Council (C)2:30-Apple Cider & Cookie Social (C)3:30-Game Time	30 (RL)9:30-Exercise (O)10:30-Outdoor Ball Toss 11:30-Puzzle Pass (RL)1:00-Wii Games (C)2:00-Bingo

Activities Are Subject To Change