











September 2021

Friendship Village Schaumburg (Willows Reflections)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Senior Games Sept. 20-24	First Day of Autumn Sept. 22, 2021	Activities Subject to Change	10:00 Morning Stretch, <i>L</i> 11:00 Garden Time, <i>SG</i> 2:30 Finish the song Lyric, <i>L</i> with Joshlynn 4:00 Garden Time, <i>SG</i> 6:00 Evening Relaxation, <i>L</i>	10:00 Seated Exercise, <i>L</i> 10:30 Remember When 2:00 Discovering Taiwan <i>L</i> 4:00 Garden Time <i>SG</i> 6:00 Evening TV	10:00 Village Worship <i>B1</i> 11:00 Garden Time <i>SG</i> 2:00 Bingo <i>B1</i> 4:00 Garden Time <i>SG</i> 6:00 Evening Relaxation <i>L</i>	10:00 Chair Exercise <i>L</i> 11:00 Garden Time <i>SG</i> 1:30 Adult Coloring <i>RA</i> 4:00 Garden Time <i>SG</i> 6:00 Evening TV
5	6	7	8	9	10	11
10:00 Willows Catholic Communion Service <i>B1</i> 11:00 Labyrinth Walking <i>G</i> with Joshlynn 4:00 Garden Time <i>SG</i> 6:00 Evening TV <i>RTV</i>	10:00 Seated Exercise, <i>L</i> 10:30 Hearthside Readers with Joshlynn 2:00 Physical Game <i>L</i> 3:15 Manicures and Music <i>RA</i> 4:00 Garden Time <i>SG</i> 6:00 Evening Relaxation <i>L</i>	9:45 Move to Music <i>L</i> 11:00 Categories <i>RA</i> 1:30 Album Side <i>L</i> 2:00 Word Within a Word <i>RA</i> 4:00 Garden Time <i>SG</i> 6:00 Evening TV <i>L</i>	9:30 Morning Stretch <i>L</i> 10:30 Stories and Trivia <i>RTV</i> 2:00 Stretch and Relax <i>B1</i> 6:00 Evening Relaxation <i>L</i>	9:45 Seated Exercise <i>L</i> 10:30 Remember When with Joshlynn <i>RA</i> 3:00 Treats from Taiwan <i>RA</i> 4:00 Garden Time <i>SG</i> 6:00 Evening TV <i>L</i>	9:30 Morning Walk, <i>L</i> 10:00 Village Worship <i>B1</i> 2:00 In the Garden with Carla <i>B1</i> 3:15 Bingo <i>RA</i> 4:00 Garden Time <i>SG</i> 6:00 Evening Relaxation <i>L</i>	9:45 Chair Exercise <i>L</i> 10:45 Word Ladders Game <i>L</i> 1:30 Adult Coloring <i>RA</i> 4:00 Garden Time <i>SG</i> 6:00 Evening TV <i>L</i>
12	13	14	15	16	17	18
10:00 Willows Catholic Communion Service <i>B1</i> 11:00 Labyrinth Walking <i>SG</i> 2:00 Grandparent History Bingo <i>B1</i> 6:00 Evening TV <i>L</i>	9:45 Seated Exercise <i>L</i> 10:30 Hearthside Readers with Joshlynn 2:00 Creating Garden Sparklers <i>RA</i> 3:15 Manicures and Music <i>RA</i> 6:00 Evening Relaxation <i>L</i>	9:45 Move to Music <i>L</i> 10:15 Categories <i>AR</i> 1:30 Album Side <i>L</i> 3:00 Refresh and Relax <i>L</i> 4:00 Garden Time <i>SG</i> 6:00 Evening TV <i>L</i>	9:30 Morning Stretch <i>L</i> 10:30 Stories and Trivia <i>RTV</i> 3:00 Glamour Shots <i>SG</i> 6:00 Evening Relaxation <i>L</i>	9:45 Seated Exercise <i>L</i> 10:30 Remember When: with Joshlynn <i>RA</i> 3:00 Wooden Picture Frame Art <i>RA</i> 4:00 Garden Time <i>SG</i> 6:00 Evening TV <i>L</i>	9:30 Morning Walk <i>L</i> 10:00 Village Worship <i>B1</i> 10:45 Categories Game <i>L</i> 2:00 Music Performance <i>SG</i> 4:00 Bingo 6:00 Evening Relaxation <i>L</i>	9:45 Chair Exercise <i>L</i> 10:45 Word Ladders Game <i>L</i> 1:30 Adult Coloring <i>RA</i> 4:00 Garden Time <i>SG</i> 6:00 Evening TV <i>L</i>
19	20	21	22	23	24	25
10:00 Willows Catholic Communion Service <i>B1</i> 11:00 Take a Walk <i>SG</i> 4:00 Garden Time <i>SG</i> 6:00 Evening TV <i>L</i>	9:45 Seated Exercise <i>L</i> 10:15 Word Ladders <i>AR</i> 2:00 Word Games <i>L</i> 3:00 Balloon Volleyball Tournament <i>B1</i> 6:00 Evening Relaxation <i>L</i>	9:45 Move to Music <i>L</i> 10:15 Categories <i>L</i> 1:30 Album Side <i>L</i> 2:00 Corn Hole Tourney <i>B1</i> 6:00 Evening TV <i>L</i>	9:30 Morning Stretch, <i>L</i> 10:30 Stories and Trivia <i>RA</i> 2:00 Synchronized Bubbling <i>SG</i> 6:00 Evening Relaxation, <i>L</i>	9:45 Seated Exercise, <i>L</i> 10:30 Word Ladders <i>RA</i> 2:00 Bowling Tournament <i>B1</i> 4:00 Garden Time, <i>SG</i> 6:00 Evening TV	10:00 Village Worship <i>B1</i> 10:45 Categories Game <i>RA</i> 2:00 Bingo <i>B1</i> 4:00 Garden Time <i>SG</i> 6:00 Evening Relaxation <i>L</i>	9:45 Chair Exercise <i>L</i> 10:45 Word Ladders Game <i>L</i> 1:30 Adult Coloring <i>RA</i> 4:00 Garden Time <i>SG</i> 6:00 Evening TV
26	27	28	29	30	MEETING PLACES	DIMENSIONS OF WELLNESS
10:00 Willows Catholic Communion Service <i>B1</i> 11:00 Music and Walking <i>SG RA</i> 4:00 Garden Time <i>SG</i> 6:00 Evening TV	9:45 Seated Exercise <i>L</i> 10:30 Trivia with Joshlynn <i>AR</i> 1:30 Coloring for Relaxation 2:00 Trivia <i>L</i> 3:15 Manicures and Music <i>RA</i> 4:00 Garden Time <i>SG</i> 6:00 Evening Relaxation <i>L</i>	9:45 Move to Music <i>L</i> 10:15 Categories <i>L</i> 1:30 Album Side <i>L</i> 3:00 Refresh and Relax <i>L</i> 4:00 Garden Time <i>SG</i> 6:00 Evening TV	9:30 Morning Stretch <i>L</i> 10:30 Stories and Trivia <i>L</i> 2:00 Bingo <i>B1</i> 4:00 Garden Time, <i>SG</i> 6:00 Evening Relaxation <i>L</i>	9:45 Seated Exercise, <i>L</i> 10:30 Remember When: with Joshlynn <i>RA</i> 4:00 Garden Time <i>SG</i> 6:00 Evening TV	L - Lounge SG - Secret Garden RA - Reflections Activity Room RTV - Reflections TV Room B1 - Birch 1st AR - Activity Rm.	 Physical  Spiritual  Vocational  Intellectual  Nutritional  Emotional  Environmental  Social  Health Services  Purposeful

