

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|--|---|---|
|  <p>HAPPY LABOR DAY</p> |  <p>NATIONAL HISPANIC HERITAGE MONTH September 15 to October 15</p> |  <p>Happy Navratri</p> |  <p>HAPPY ROSH HASHANAH</p> | <p>1 9:00 Balance for Life WR 9:30 Bingo BCR 10:00 Bible Study MR 2:00 Live Music with Hugh Plumliegh DR 5:30 Scrap Journaling PC</p> | <p>2 9:00 Balance for Life WR 10:30 Name that Tune BCR 1:30 Walmart Shopping <i>Sign up at the front desk</i> 3:00 Knitting & Crochet JL</p> | <p>3 9:00 Balance for Life Video WR 9:30 Bingo BCR 2:00 Afternoon Movie MR</p> |
| <p>4 1:00 Adult Color Time PC 2:00 Movie Documentary MR</p> | <p>5 <i>Labor Day</i> 9:30 Labor Day Care Packages PC 1:00 Bingo BCR 2:00 Topic of the Day: "Behold the Power of Cheese" FP</p> | <p>6 7:00 Omelet Station DR 9:00 Balance for Life Video WR 10:30 I Should Have Known That FP 3:00 Jeopardy Trivia BCR 6:30 Tuesday Night Movie & Popcorn MR</p> | <p>7 9:00 Stretch & Meditation WR 10:00 Food Committee WR 1:00 Color Time PC 1:30 Errand Shuttle <i>Sign up at the front desk</i> 3:00 Cornhole WR</p> | <p>8 9:00 Balance for Life Video WR 9:30 Bingo BCR 10:00 Bible Study MR 11:00 Action Station DR 2:00 Afternoon Fun "Chocolate Milkshakes" PC 5:30 Scrap Journaling PC</p> | <p>9 9:00 Balance for Life Video WR 10:30 Music Trivia BCR 2:00 Cookies & Conversation "Shake Those Hips" BCR 3:00 Afternoon with a Nurse DR 3:00 Knitting & Crochet JL</p> | <p>10 <i>Carl Garner Federal Lands Cleanup Day</i> 9:00 Balance for Life Video WR 9:30 Bingo BCR 2:00 Afternoon Movie MR</p> |
| <p>11 <i>Patriot Day & National Grandparents Day</i> 1:00 Adult Color Time PC 2:00 Non-Denominational Service BCR</p> | <p>12 9:00 Balance for Life 10:00 Let' Paly Mancala PC 11:00 Alzheimer's Craft Table DR Bingo BCR 3:00 Topic of the Day: "Glenwood Canyon" MR</p> | <p>13 9:00 Balance for Life WR 10:30 Word Unscramble BCR 3:00 Jeopardy Trivia BCR 6:30 Tuesday Night Movie & Popcorn MR</p> | <p>14 9:00 Stretch & Meditation WR 10:30 Flower Arranging PC 1:00 Color Time PC 2:00 Resident Council DR 3:30 Pick Up Sticks BCR</p> | <p>15 <i>First Day of National Hispanic Heritage Month</i> 9:00 Balance for Life WR 9:30 Bingo BCR 10:00 Bible Study MR 11:00 Birthday Lunch Celebration DR 2:00 Afternoon Fun "Purple Cosmic Leaf Painting Part 1" FP 5:30 Scrap Journaling PC</p> | <p>16 <i>National POW/MIA Recognition Day</i> 9:00 Balance for Life WR 10:30 Name That Tune BCR 1:30 City Market Shopping <i>Sign up at the front desk</i> 2:00 Cookies & Conversation "Mexican Independence Day" BCR 3:00 Knitting & Crochet JL</p> | <p>17 <i>Constitution Day, Citizenship Day, & National Clean Up Day</i> 8:00 Men's Coffee & Donuts PC 9:00 Balance for Life Video WR 9:30 Bingo BCR 2:00 Afternoon Movie MR</p> |
| <h2>Pie in the Face Contest (for Alzheimer's): Make sure you vote!</h2> | | | | | | |
| <p>18 <i>Air Force Birthday Day</i> 1:00 Adult Color Time PC 2:00 Movie Documentary MR <i>Alzheimer's Spirit Week Begins</i> <i>Butterfly Day</i></p> | <p>19 9:00 Alzheimer's Bake Sale DR 9:00 Balance for Life 10:00 Let' play Mexican Train Dominoes PC 1:30 Bingo BCR 3:00 Topic of the Day: "Libra Day" MR <i>Blue Day</i></p> | <p>20 9:00 Balance for Life WR 10:30 Tenzi PC 3:00 Jeopardy Trivia BCR 6:30 Tuesday Night Movie & Popcorn MR <i>Orange Day</i></p> | <p>21 9:00 Stretch & Meditation WR 10:30 Sketch Class BCR 11:00 Alzheimer's Craft Table DR 1:00 Color Time BCR 1:30 Bowling WR 3:00 Bocce Ball WR <i>Flower Day</i></p> | <p>22 <i>Autumn Equinox</i> 9:00 Balance for Life WR 9:30 Bingo BCR 10:00 Bible Study MR 1:00 Pie in the Face Contest BP 2:00 Afternoon Fun "Purple Cosmic Leaf Painting Part 2" BCR 5:30 Scrap Journaling PC <i>Yellow Day</i></p> | <p>23 9:00 Balance for Life WR 10:30 Music Trivia BCR 2:00 Cookies & Conversation "Funny Sayings" FP 3:00 Knitting & Crochet JL <i>White Day</i></p> | <p>24 <i>National Public Lands Day</i> 8:15 Alzheimer's Walk Lincoln Park <i>Sign up at the front desk</i> 9:00 Balance for Life Video WR 2:00 Afternoon Movie MR <i>Purple Day</i></p> |
| <p>25 <i>Gold Star Mother's Day</i> 1:00 Adult Color Time PC 2:00 Non-Denominational Service BCR</p> | <p>26 <i>Navratri Rosh Hashana</i> 9:00 Balance for Life 10:00 Book Club PC 1:30 Bingo BCR 3:00 Topic of the Day: "Come and Get to Know the Ute" MR</p> | <p>27 9:00 Balance for Life WR 10:30 Riddle Me This... JL 1:30 New Resident Welcoming WR 3:00 Jeopardy Trivia BCR 6:30 Tuesday Night Movie & Popcorn MR</p> | <p>28 9:00 Stretch & Meditation WR 11:00 Desert Action Station DR 10:30 Activity Meeting WR 1:00 Color Time BCR 3:00 Pong WR</p> | <p>29 9:00 Balance for Life WR 9:30 Bingo BCR 10:00 Bible Study MR 2:00 Afternoon Fun "Purple Cosmic Leaf Painting Part 3" BCR 5:30 Scrap Journaling PC</p> | <p>30 9:00 Balance for Life WR 10:30 Name that Tune BCR 2:00 Cookies & Conversation "Frisbee Day" FP 3:00 Knitting & Crochet JL</p> | <p>*All Activities are subject to change. Please check daily calendars for the day's activities.*</p> |

Save The Date !

Welcoming Committee Meeting
September 2nd at 10am
In the Wellness Room

Food Committee Meeting
September 7th at 10am
In the Wellness Room

Afternoon with a Nurse
September 9th at 3pm
In the Bookcliff Room

Resident Council
September 14th at 2pm
In the Dining Room

New Resident Welcoming
September 27th at 1:30pm
In the Wellness Room

Activity Meeting
September 28th at 10:30pm
In the Wellness Room

Piper's Potluck
September 28th at 1:30pm
In the Piper's Cafe

AAA Hearing Aid Repair
By appointment only

Grand Mesa Medical Wheelchair and Walker Repair
By appointment only

Reminders:

- **CHECK THE DAILY CALENDAR LOCATED IN THE DINING ROOM FOR POSSIBLE ACTIVITY CHANGES.**
- **Grand Mesa Medical Wheelchair & Walker Repair and AAA Hearing are now appointment only.**
- **If you like to make a deposit to Alpine Bank please have it ready at the front desk on the first and third Wednesday by 10 am.**
- **If you need to shop for any personal items, please leave a list for Jo or Barbi at the front desk and we will get your items to you by Wednesday of that week.**

Other Holiday/Observances this Month:

September 5th - Labor Day

September 10th - Carl Garner Federal Lands Cleanup Day

September 11th - Patriot Day

September 11th - National Grandparents Day

September 15th - First Day of National Hispanic Heritage Month

September 16th - Constitution Day and Citizenship Day

September 16th - National POW/MIA Recognition Day

September 17th - Constitution Day and Citizenship Day

September 17th - National Clean Up Day

September 18th - Air Force Birthday

September 22nd - Autumn Equinox

September 24th - National Public Lands Day

September 25th - Gold Star Mother's Day

September 26th - Navratri

September 26th - Rosh Hashana