














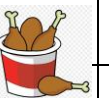


















All activities will be in the Dining Room unless otherwise noted.

Missouri Slope Assisted Living September 2023

Daily Meal Times

Continental Breakfast
Dinner
Snacks
Supper

7:00-9:00 am
11:30-12:30 pm
2:30-3:00 pm
5:00 - 6:00pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 2px solid black; padding: 5px;"> <p>Medical Providers are available on site:  Sanford: Fridays by request (talk to Char to make an appointment) Or take the bus to the clinic: Mon., Tues, or Wed.</p> </div>		 <p>Season of Reflection National Assisted Living Week September 10-16, 2023</p>			<p>1 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Cards & Games – 2:00</p>	<p>2  Movie: Wild Oats – 2:00 TV Lounge</p> <p> Margaret</p>
<p>3 Catholic Mass – 8:00 Ch. 60</p> <p>Ecumenical Worship with Holy Communion – 1:30</p> <p></p>	<p>4 <i>Happy Labor Day!</i></p> <p></p>	<p>5 Wellness Checks – 1:30-2:00 Med Room</p> <p>Family Feud – 2:00</p> <p> Gerry</p>	<p>6 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p> Country Drive – 2:00</p>	<p>7 Shopping: Walmart – 9:00</p> <p>Catholic Communion – 10:00</p> <p> Music with Young at Heart – 2:00</p>	<p>8 Armchair Exercises – 10:00 Exercise Area</p> <p> ASPIRE Exercise Class- 1:30</p> <p>Cards & Games – 2:00</p>	<p>9 Scavenger Hunt with Bismarck Seventh Day Adventist Kindergarteners – 2:00</p> <p></p>
<p>10 Pancake, Egg, & Sausage Breakfast – 7:00-10:00</p> <p>Catholic Mass – 8:00 Ch. 60</p> <p>Ecumenical Worship – 1:30</p> <p></p>	<p>11 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Remember When? – 2:00</p>	<p>12 Bible Study – 10:30 Activity Room</p> <p>Bingo – 2:00</p> <p>Picnic with Big Boy Chicken – 5:00</p> <p> Nellie</p> <p></p>	<p>13 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Homemade Ice Cream Social – 2:00</p> <p></p>	<p>14 Shopping: Dollar Tree – 9:00</p> <p>Catholic Communion – 10:00</p> <p>Happy Hour with Music by Jim Geiger – 2:00</p> <p> Connie</p> <p></p>	<p>15 Armchair Exercises – 10:00 Exercise Area</p> <p>Chef Sean’s Special Meal – 11:30</p> <p>ASPIRE Exercise Class - 1:30</p> <p>Root Beer Floats with Kaitlyn – 2:00</p>	<p>16  Movie: 5 Flights Up – 2:00 TV Lounge</p> <p></p>
<p>17 Catholic Mass – 8:00 Ch. 60</p> <p>Ecumenical Worship – 1:30</p> <p></p>	<p>18 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Sing-a-long – 2:00</p>	<p>19 Nails – 10:00 Activity Room</p> <p></p> <p> Pet Visits – 2:00 Lobby</p>	<p>20 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Music with Milt Bradford – 2:00</p>	<p>21 Shopping: Target – 9:00</p> <p>Catholic Communion – 10:00</p> <p>Trip to Fort Lincoln State Park – 2:00</p> <p></p>	<p>22 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Cards & Games – 2:00</p>	<p>23  Movie: 80 for Brady – 2:00 TV Lounge</p> <p></p>
<p>24 Catholic Mass – 8:00 Ch. 60</p> <p>Ecumenical Worship – 1:30</p> <p></p>	<p>25 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Bingo – 2:00</p> <p>Music with Classic Rhythm (50’s & 60’s) – 6:00</p> <p></p>	<p>26 Bible Study – 10:30 Activity Room</p> <p>Apple Festival – 2:00</p> <p></p>	<p>27 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Music with Alice Delzer – 2:00</p> <p></p>	<p>28 Shopping: Family Fare (Dan’s) – 9:00</p> <p>Catholic Communion – 10:00</p> <p>Country Drive – 2:00</p> <p></p>	<p>29 Armchair Exercises – 10:00 Exercise Area</p> <p>ASPIRE Exercise Class- 1:30</p> <p>Po-Ke-No – 2:00</p>	<p>30  Movie: The Final Season – 2:00 TV Lounge</p> <p></p>