

# September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meadows September Birthdays 01 Fred Phelps 04 Beverly Givens 04 Katelin Ante 06 Shirley Lighty 11 Leticia Timmerman 18 Thelma Bessey 29 Lillian Burns (100th) 30 Bernie Hamlett	September Observations/Awareness All American Breakfast Month Healthy Aging Month Ntl. Senior Center Month Month Ntl. Sewing Month Overian Cancer Awareness Month World Alzheimer's Month 06 Happy Labor Day 11 Patriot Day & Ntl. Srv.	Hello September, Thank you for the reminder that change can be beautiful! Do not worry, God is in control!	<b>1</b> <b>8:30</b> Early Exercise Class   Solarium <b>9:00</b> Weight Class (10min. & 2lbs weights) <b>9:30</b> Devotions   Solarium <b>1:30</b> Manicures <b>3:00</b> Bottomless Cup <b>6:00</b> Evening Bus Ride	<b>2</b> <b>8:30</b> Exercise Class   Solarium <b>9:30</b> Master Gardner's: Jacque Lahr's "Spicing" up Life! <b>2:00</b> Bible Study with Pastor Ede <b>2:00</b> Mass & Rosary at Good Neighbor Home <b>3:00</b> Bottomless Cup	<b>3</b> <b>8:30</b> Early Exercise Class   Solarium <b>9:30</b> Devotions   Solarium <b>10:30</b> Late Exercise Class   Solarium <b>2:00</b> Club 200 <b>3:00</b> Bottomless Cup	<b>4</b> <b>9:45</b> Exercise   Solarium <b>10:30</b> Devotions <b>2:00</b> Bingo <b>3:00</b> Bottomless Cup
<b>5</b> <b>8:00</b> Rosary   Solarium <b>8:30</b> Catholic Communion Service <b>9:00</b> Church Service with Pastor Kurt <b>2:00</b> Movie & Popcorn <b>3:00</b> Bottomless Cup	<b>6 Labor Day</b> <b>6:00</b> HAPPY LABOR DAY! <b>8:30</b> Early Exercise Class   Solarium <b>9:00</b> Weight Class (10min. & 2lbs weights) <b>3:00</b> Bottomless Cup	<b>7 Rosh Hashanah Begins</b> <b>8:30</b> Exercise Class   Solarium <b>9:30</b> Rosary   Solarium <b>10:00</b> Shopping <b>1:45</b> Town Talk <b>2:00</b> Relaxation Station <b>3:00</b> Bottomless Cup   Pastor Kurt Visits	<b>8</b> <b>8:30</b> Early Exercise Class   Solarium <b>9:30</b> Devotions   Solarium <b>10:30</b> Late Exercise Class   Solarium <b>1:00</b> Library Day <b>1:30</b> Manicures <b>3:00</b> Bottomless Cup <b>6:00</b> Evening Walks/Rides	<b>9</b> <b>8:30</b> Exercise Class   Solarium <b>9:45</b> BANK VISIT   Dining Rm <b>10:30</b> Butterfly Program and Release (outside under awning) <b>11:30</b> Methodist Communion   F.V. RM <b>2:00</b> Mass & Rosary at Good Neighbor Home <b>3:00</b> Bottomless Cup	<b>10</b> <b>8:30</b> Early Exercise Class   Solarium <b>9:30</b> Devotions   Solarium <b>10:30</b> Late Exercise Class   Solarium <b>2:00</b> Club 200 <b>3:00</b> Bottomless Cup	<b>11</b> <b>6:00</b> Wear Hawkeye or Cyclone Colors/apparel!!! <b>9:45</b> Exercise   Solarium <b>10:30</b> Devotions <b>2:00</b> BINGO <b>3:30</b> Iowa/Iowa State Tailgate Party (Fountain View)
<b>12 Grandparent's Day</b> <b>6:00</b> Happy Kickoff off to Ntl. Assist. Living Wk!! 9/12-9/18 <b>8:00</b> Rosary   Solarium <b>8:30</b> Catholic Communion Service <b>9:00</b> Church Service with Pastor Kurt <b>11:30</b> Grill out picnic lunch! <b>1:30</b> Music By Bill Stock <b>3:00</b> Bottomless Cup	<b>13</b> <b>6:00</b> *Wear Neon/bright Colors!* <b>6:30</b> Made to Order Brkfst <b>8:30</b> Early Exercise Class <b>9:00</b> Weight Class   10min.\2lbs <b>9:30</b> Devotions <b>10:00</b> Shopping <b>2:00</b> Canvas/Rock Painting Cher-ing my HeART <b>3:00</b> Bottomless Cup	<b>14</b> <b>6:00</b> *Hat Day   Wear Your Favorite Hat!* <b>8:30</b> Exercise Class   Solarium <b>9:30</b> Rosary   Solarium <b>11:30</b> Picnic at Backbone <b>1:30</b> Ice Cream at Wood's Edge <b>3:00</b> Bottomless Cup   Pastor Kurt Visits	<b>15 Yom Kippur Begins</b> <b>6:00</b> *Wear Polka Dots or Mismatched Clothing!* <b>8:30</b> Early Exercise Class <b>9:30</b> Devotions <b>10:30</b> Late Exercise <b>1:00</b> Manicures (1pm-2pm) <b>2:30</b> Celebrating Intl. Dot Day!! (Dining Room) <b>3:00</b> Bottomless Cup <b>6:15</b> Music by Darryl, Jacque & Connie	<b>16</b> <b>6:00</b> *Dress Up Day   Dress in your Sunday Best (For lunch)* <b>8:30</b> Exercise Class   Solarium <b>11:30</b> Meadows Fine Wine and Dine <b>2:00</b> Bible Study with Pastor Ede <b>2:00</b> Mass & Rosary at Good Neighbor Home <b>3:00</b> Bottomless Cup	<b>17</b> <b>6:00</b> *Crazy Sock Day   Wear your silly socks!* <b>8:30</b> Early Exercise Class   Solarium <b>9:30</b> Devotions   Solarium <b>10:30</b> Late Exercise Class   Solarium <b>2:00</b> Music by Chris Ross (Living-room) <b>3:00</b> Club 200	<b>18</b> <b>6:00</b> *Team Spirit Day   Wear your favorite team/colors* <b>9:45</b> Exercise   Solarium <b>10:30</b> Devotions <b>11:30</b> Tailgate Grill Out for Lunch <b>2:00</b> MEGA BINGO <b>3:00</b> Bottomless Cup

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> <b>8:00</b> Rosary   Solarium <b>8:30</b> Catholic Communion Service <b>9:00</b> Livestream Church Service   Pastor Kurt <b>3:00</b> Bottomless Cup	<b>20</b> <b>8:30</b> Early Exercise Class   Solarium <b>9:00</b> Weight Class (10min. & 2lbs weights) <b>9:30</b> Devotions   Solarium <b>10:00</b> Shopping <b>2:00</b> Elvis Presentation by Barb <b>3:00</b> Bottomless Cup	<b>21</b> <b>6:30</b> Tenant Weights Before Bkfst <b>8:30</b> Exercise Class   Solarium <b>9:30</b> Rosary   Solarium <b>11:00</b> Bus Trip: Camp Courageous Camp   Day Camp Activities & Picnic Lunch <b>3:00</b> Bottomless Cup   Pastor Kurt Visits	<b>22</b> <b>Fall Begins</b> <b>8:30</b> Early Exercise Class   Solarium <b>9:30</b> Devotions   Solarium <b>10:30</b> Late Exercise Class   Solarium <b>1:00</b> Library Day <b>1:30</b> Manicures <b>3:00</b> Bottomless Cup <b>6:00</b> Cards/Games	<b>23</b> <b>8:30</b> Exercise Class   Solarium <b>9:45</b> BANK VISIT   Dining Rm <b>2:00</b> Bible Study with Pastor Ede <b>2:00</b> Lutheran Communion Service <b>2:00</b> Mass & Rosary at Good Neighbor Home <b>3:00</b> Bottomless Cup	<b>24</b> <b>8:30</b> Early Exercise Class   Solarium <b>9:30</b> Devotions   Solarium <b>10:30</b> Late Exercise Class   Solarium <b>2:00</b> Club 200 <b>3:00</b> Bottomless Cup	<b>25</b> <b>9:45</b> Exercise   Solarium <b>10:30</b> Devotions <b>2:00</b> BINGO   September Birthday Party <b>3:00</b> Bottomless Cup
<b>26</b> <b>8:00</b> Rosary   Solarium <b>8:30</b> Catholic Communion Service <b>9:00</b> Livestream Church Service   Pastor Kurt <b>3:00</b> Bottomless Cup	<b>27</b> <b>8:30</b> Early Exercise Class   Solarium <b>9:00</b> Weight Class (10min. & 2lbs weights) <b>9:30</b> Devotions   Solarium <b>2:00</b> Cards & Games <b>3:00</b> Bottomless Cup	<b>28</b> <b>8:30</b> Exercise Class   Solarium <b>9:30</b> Rosary   Solarium <b>10:00</b> Shopping <b>1:30</b> Staff Meeting <b>2:00</b> Hand Relaxation Station <b>3:00</b> Bottomless Cup   Pastor Kurt Visits	<b>29</b> <b>6:00</b> Happy 100th Birthday to Lillian Burns!! <b>8:30</b> Early Exercise Class   Solarium <b>9:30</b> Devotions   Solarium <b>10:30</b> Late Exercise Class   Solarium <b>1:30</b> Manicures <b>3:00</b> Bottomless Cup <b>6:15</b> Music by The Anderegg Family Band	<b>30</b> <b>8:30</b> Exercise Class   Solarium <b>2:00</b> Lutheran Communion <b>2:00</b> Mass & Rosary at Good Neighbor Home <b>3:00</b> Bottomless Cup	You will keep in perfect peace. Those whose minds are steadfast because they TRUST IN YOU. Isaiah 26:3	Therefore keep the words of this covenant and do them, that you may prosper in ALL THAT YOU DO! Deuteronomy 29:9