



Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

1 9:30 Twisted Stitches Club (knitting & crocheting)	2 <b>HAPPY LABOR DAY!!!</b> <small>Labor Day</small>	3 10:00 Balloon Volleyball 10:45 Exercise 2:00 Accordion Music 3:00 Birthday Card Club	4 10:00 Chair Yoga 10:30 Weekly Check-In 3:30 Outing: Billy's on Grand 5:00 This Day in History	5 10:00 Food Committee 10:45 Exercise 2:30 Reminisce 5:00 Words in Words	6 10:00 One to One 10:45 Tai Chi 2:00 Bingo Dollars 3:00 Happy hour	7 10:00 News 10:45 Exercise 1:00 Nifty Nails
8 9:30 Twisted Stitches Club (knitting crocheting) <small>Grandparents' Day</small>	9 10:00 Rosary/Communion 10:45 Exercise 2:30 Women's Group 5:00 Dice 6-5-4	10 10:00 Dice 6-5-4 10:45 Exercise 2:30 Travel Hour 5:00 Name That Tune	11 10:00 Chair Yoga 10:30 Weekly Check-In 2:30 Bible Study 5:00 Mind Stretchers	12 10:00 Resident Council 10:45 Exercise 2:30 Music & Massage 6:30 Resurrection Church Service	13 10:00 One to One 10:45 Tai Chi 2:00 Bingo 3:00 Happy Hour	14 10:00 News 10:45 Exercise 2:00 Fire Show (outdoors)
15 9:30 Twisted Stitches Club (knotting & crocheting)	16 10:00 Cards 10:45 Exercise 2:00 Men's Group 3:00 Match Up The Sayings	17 10:00 Chat Pack 10:45 Exercise 2:30 Arts & Craft: Masquerade mask 5:00 Coloring	18 10:00 Chair Yoga 10:30 Weekly Check-In 2:30 Educational Documentary 5:00 Getting To Know Your Neighbor	19 10:00 Table Talk 10:45 Exercise 2:00 Horse Shoes 7:00 Birthday Party: with Mary Franz	20 10:00 One to One 10:45 Tai Chi 2:00 Bingo 3:00 Happy Hour: Masquerade Ball	21 10:00 News 11-1:00pm Resident & Family Picnic <small>Oktoberfest Begins</small>
22 9:30 Twisted Stitches Club (knitting & crocheting)	23 10:00 Rosary/Communion 10:45 Exercise 2:30 Words In Words 5:00 Match Up The Movie Lines <small>Autumn Begins</small>	24 10:00 Mind Stretchers 10:45 Exercise 1:00 Outing: Como 5:00 Finishing Lines	25 10:00 Chair Yoga 10:30 Weekly Check-In 2:30 Tea & Desserts 5:00 True or False	26 10:00 One to One 10:45 Exercise 2:00 Catholic Mass 7:00 Game Night	27 10:00 High Holy Day Celebration 10:45 Tai Chi 2:00 Bingo 3:00 Happy Hour	28 10:00 News 10:45 Exercise 1:00 Movie & Popcorn

**September 2019**  
**Highland Chateau Activity Calendar**

Please direct all questions to **Betty B-Thompson**, Activity Director: (651) 251-3074 Independent leisure items may be found on the leisure table in the dining room on second floor.