

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Happy Grandparents Day</i>  <i>First Sunday after Labor Day</i>	REGISTER TO VOTE	1 9:00-12:00 Canasta 10:00-10:30 Exercise 2:00- 3:00 Art from the Heart 3:00- 4:00 Calendar Decorating	2 10:00-10:30 Exercise 10:30-11:30 Manicures 12:30- 1:00 Pitt County Bookmobile (P) 1:30- 2:00 Open Gym (WR) 2:00- 2:30 W&W BRR Chair Aerobics 2:30- 3:00 Floor Tic Tac Toe 3:00- 4:00 Chyane's Flavor lab	3 10:00-10:30 Exercise 10:30-11:00 W&W BRR September Trivia/Hangman 11:00-11:10 W&W BRR Wellness Talk 11:10-12:10 W&W BRR Wellness Clinic Weights 2:00- 3:00 Chet Rain's Church service 3:00- 4:00 Movie & Popcorn 3:00- 4:00 Nail Appointment: 200 Hall	4 10:00-10:30 Exercise 10:30-11:00 Chain Reaction 12:30- 1:00 Crochet Club 1:30- 2:00 Open Gym (WR) 2:00- 3:00 Bingo 3:00- 4:00 Bowling	5 10:00-10:30 Exercise 10:30-12:00 Morning Movie Matinee 2:30- 3:30 Bingo (D) 3:30- 4:30 Card Club
6 9:00- 9:30 Sunday TV (Dr. Charles Stanley) 9:30-10:00 The Key of David 10:00-10:30 Catholic Service 2:30- 3:30 Jackpot Game (D)	7 Labor Day 10:00-10:30 Exercise 10:30-11:30 Labor Day Social 12:30- 1:30 Book Club 2:30- 3:30 Bingo (D) 3:30- 4:00 Piano With Rita	8 9:00-12:00 Canasta 10:00-10:30 Exercise 10:30-11:15 W&W BRR High-Rollers Dice Game 2:00- 3:00 Art from the Heart	9 10:00-10:30 Exercise 10:30-11:30 Manicures 1:30- 2:00 Open Gym (WR) 2:00- 2:30 W&W BRR Chair Aerobics 2:30- 3:00 Music Therapy 3:00- 4:00 Chyane's Flavor lab: Honey Tasting	10 10:00-10:30 Exercise 10:30-11:15 W&W BRR Noodle Ball 2:00- 3:00 Chet Rain's Church service 3:00- 4:00 Movie & Popcorn 3:00- 4:00 Nail Appointment: 200 Hall	11 10:00-10:30 Exercise 10:30-11:30 Guitar with Julie 12:30- 1:00 Crochet Club 1:30- 2:00 Open Gym (WR) 2:00- 3:00 Bingo 3:00- 4:00 Readers Theater	12 10:00-10:30 Exercise 10:30-12:00 Morning Movie Matinee 2:30- 3:30 Bingo (D) 3:30- 4:30 Card Club
13 9:00- 9:30 Sunday TV (Dr. Charles Stanley) 9:30-10:00 The Key of David 10:00-10:30 Catholic Service 2:00- 4:00 Classic Car Show 2:30- 3:30 Jackpot Game (D)	14 10:00-10:30 Exercise 10:30-11:30 Book Club 1:30- 2:00 Open Gym (WR) 2:30- 3:30 Bingo (D) 3:30- 4:00 Piano With Rita	15 9:00-12:00 Canasta 10:00-10:30 Exercise 10:30-11:15 W&W BRR Name 5 Game 11:45-12:45 Cracker Barrel: Outing 2:00- 3:00 Art from the Heart	16 10:00-10:30 Exercise 10:30-11:30 Manicures 1:30- 2:00 Open Gym (WR) 2:00- 2:30 W&W BRR Chair Aerobics 2:30- 3:00 Trivia Spin 3:00- 4:00 Chyane's Flavor lab	17 10:00-10:30 Exercise 10:30-11:15 W&W BRR Cornhole 2:00- 3:00 Chet Rain's Church service 3:00- 4:00 Movie & Popcorn 3:00- 4:00 National Piano Month: Piano Showcase	18 10:00-10:30 Exercise 10:30-11:30 Chain Reaction 12:30- 1:00 Crochet Club 1:30- 2:00 Open Gym (WR) 2:00- 3:00 Bingo 3:00- 4:00 Bowling	19 10:00-10:30 Exercise 10:30-12:00 Morning Movie Matinee 2:30- 3:30 Bingo (D) 3:30- 4:30 Card Club
20 9:00- 9:30 Sunday TV (Dr. Charles Stanley) 9:30-10:00 The Key of David 10:00-10:30 Catholic Service 2:30- 3:30 Jackpot Game (D)	21 10:00-10:30 Exercise 10:30-11:30 Book Club 1:30- 2:00 Open Gym (WR) 2:30- 3:30 Bingo (D) 3:30- 4:00 Piano With Rita	22 9:00-12:00 Canasta 10:00-10:30 Exercise 10:30-11:15 W&W BRR Cornhole 2:00- 3:00 Art from the Heart 3:00- 4:00 Auction	23 10:00-10:30 Exercise 10:30-11:30 Manicures 12:30- 1:00 Pitt County Bookmobile (P) 1:30- 2:00 Open Gym (WR) 2:00- 2:30 W&W BRR Chair Aerobics 2:30- 3:00 Music Therapy 3:00- 4:00 Chyane's Flavor lab	24 10:00-10:30 Exercise 10:30-11:30 W&W BRR Bagged Lunches for the Homeless Shelter 2:00- 3:00 Chet Rain's Church service 3:00- 4:00 Movie & Popcorn 3:00- 4:00 Nail Appointment: 200 Hall	25 10:00-10:30 Exercise 12:30- 1:00 Crochet Club 1:30- 2:00 Open Gym (WR) 2:00- 3:00 Bingo 3:00- 4:00 Birthday Party	26 10:00-10:30 Exercise 10:30-12:00 Morning Movie Matinee 2:30- 3:30 Bingo (D) 3:30- 4:30 Card Club
27 9:00- 9:30 Sunday TV (Dr. Charles Stanley) 9:30-10:00 The Key of David 10:00-10:30 Catholic Service 2:30- 3:30 Jackpot Game (D)	28 10:00-10:30 Exercise 10:30-11:30 Book Club 1:30- 2:00 Open Gym (WR) 2:30- 3:30 Bingo (D) 3:30- 4:00 Piano With Rita	29 9:00-12:00 Canasta 10:00-10:30 Exercise 10:30-11:15 W&W BRR Event Taste of Fall Treats 2:00- 3:00 Art from the Heart 3:00- 4:00 Resident Council Meeting	30 10:00-10:30 Exercise 10:30-11:30 Manicures 1:30- 2:00 Open Gym (WR) 2:00- 2:30 W&W BRR Chair Aerobics 3:00- 4:00 Chyane's Flavor lab	9/2 Janet Cherry 9/4 Shaina Peguero 9/5 Breha Battle 9/6 Savannah Howard 9/12 Iyana Brooks 9/24 Shirlyvette Green	9/6 Sally Thomas 9/29 Angella Seigler 9/29 Nancy Huntley	Calendar Subject to Change! Celebrate National Assisted Living Week with us, September 13-19. Thanks for understanding!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		9:30-10:30  Art From the Heart w/ Cottage Aides 10:30-11:30  Karaoke with Staff 1:00- 2:00  Quiet Time/Rest and Relax 3:30- 4:30  Cottage Bowling! 4:00- 5:00  Aromatherapy	9:30-10:30  Morning Exercise 9:30-10:30  W&W BRR Wellness Clinic Weights 11:00-12:00  Jeopardy 1:00- 2:00  Quiet Time/Rest and Relax 3:30- 4:30  Mani-Pedis 6:30- 7:30  TV Land & Snack	10:00-10:30  Twanda's Cooking Corner 11:00-12:00  Chair Aerobics with Cynthia 1:00- 2:00  Quiet Time/Rest and Relax 2:00- 2:30  W&W BRR Noodle Ball 4:00- 5:00  Hot Towel Hand Massages	9:30-10:30  Friday Morning Armchair Travels 11:00-11:30  Balloon Pass 1:00- 2:00  Quiet Time/Rest and Relax 4:00- 5:00  Card Games & Puzzles w/ Med Tech! 6:00- 8:00  Movie of Choice w/ Evening Snack	9:30-10:00  Morning Exercise 10:00-10:30  Reminisce Therapy 1:00- 2:00  Quiet Time/Rest and Relax 2:00- 3:00  Noodle Ball 4:00- 5:00  Puzzles 6:00- 8:00  TMC Movie Channel
6	Labor Day 7	8	9	10	11	12
9:30-10:00  Morning Exercise 11:00-11:30  Sunday School 1:00- 2:00  Quiet Time/Rest and Relax 3:00- 4:00  Card Games 6:00- 7:00  Stretch Your Legs Walking Club	9:30-10:30  Morning Exercise 1:00- 2:00  Quiet Time/Rest and Relax 3:30- 4:30  Parachute Ball 6:00- 7:00  Cottage Life Stories	9:30-10:30  Art From the Heart w/ Cottage Aides 10:30-11:30  Karaoke with Staff 1:00- 2:00  Quiet Time/Rest and Relax 2:00- 2:30  W&W BRR Ring Toss 3:30- 4:30  Cottage Bowling! 4:00- 5:00  Aromatherapy	9:30-10:30  Morning Exercise 11:00-12:00  Jeopardy 1:00- 2:00  Quiet Time/Rest and Relax 2:30- 3:00  W&W BRR Chair Aerobics 3:30- 4:30  Mani-Pedis 6:30- 7:30  TV Land & Snack	10:00-10:30  Twanda's Cooking Corner 11:00-12:00  Chair Aerobics with Cynthia 1:00- 2:00  Quiet Time/Rest and Relax 2:00- 2:30  W&W BRR Remember When Trivia 4:00- 5:00  Hot Towel Hand Massages	9:30-10:30  Friday Morning Armchair Travels 11:00-11:30  Balloon Pass 1:00- 2:00  Quiet Time/Rest and Relax 4:00- 5:00  Card Games & Puzzles w/ Med Tech! 6:00- 8:00  Movie of Choice w/ Evening Snack	9:30-10:00  Morning Exercise 10:00-10:30  Reminisce Therapy 1:00- 2:00  Quiet Time/Rest and Relax 2:00- 3:00  Noodle Ball 4:00- 5:00  Puzzles 6:00- 8:00  TMC Movie Channel
13	14	15	16	17	18	19
9:30-10:00  Morning Exercise 11:00-11:30  Sunday School 1:00- 2:00  Quiet Time/Rest and Relax 3:00- 4:00  Card Games 6:00- 7:00  Stretch Your Legs Walking Club	9:30-10:30  Morning Exercise 1:00- 2:00  Quiet Time/Rest and Relax 3:30- 4:30  Parachute Ball 6:00- 7:00  Cottage Life Stories	9:30-10:30  Art From the Heart w/ Cottage Aides 10:30-11:30  Karaoke with Staff 1:00- 2:00  Quiet Time/Rest and Relax 2:00- 2:30  W&W BRR Beach Ball Fun 3:30- 4:30  Cottage Bowling! 4:00- 5:00  Aromatherapy	9:30-10:30  Morning Exercise 11:00-12:00  Jeopardy 1:00- 2:00  Quiet Time/Rest and Relax 2:30- 3:00  W&W BRR Chair Aerobics 3:30- 4:30  Mani-Pedis 6:30- 7:30  TV Land & Snack	10:00-10:30  Twanda's Cooking Corner 11:00-12:00  Chair Aerobics with Cynthia 1:00- 2:00  Quiet Time/Rest and Relax 2:00- 2:30  W&W BRR "Oldies Sing-a-long" 4:00- 5:00  Hot Towel Hand Massages	9:30-10:30  Friday Morning Armchair Travels 11:00-11:30  Balloon Pass 1:00- 2:00  Quiet Time/Rest and Relax 4:00- 5:00  Card Games & Puzzles w/ Med Tech! 6:00- 8:00  Movie of Choice w/ Evening Snack	9:30-10:00  Morning Exercise 10:00-10:30  Reminisce Therapy 1:00- 2:00  Quiet Time/Rest and Relax 2:00- 3:00  Noodle Ball 4:00- 5:00  Puzzles 6:00- 8:00  TMC Movie Channel
20	21	22	23	24	25	26
9:30-10:00  Morning Exercise 11:00-11:30  Sunday School 1:00- 2:00  Quiet Time/Rest and Relax 3:00- 4:00  Card Games 6:00- 7:00  Stretch Your Legs Walking Club	9:30-10:30  Morning Exercise 1:00- 2:00  Quiet Time/Rest and Relax 3:30- 4:30  Parachute Ball 6:00- 7:00  Cottage Life Stories	9:30-10:30  Art From the Heart w/ Cottage Aides 10:30-11:30  Karaoke with Staff 1:00- 2:00  Quiet Time/Rest and Relax 2:00- 2:30  W&W BRR Noodle Ball 3:30- 4:30  Cottage Bowling! 4:00- 5:00  Aromatherapy	9:30-10:30  Morning Exercise 11:00-12:00  Jeopardy 1:00- 2:00  Quiet Time/Rest and Relax 2:30- 3:00  W&W BRR Chair Aerobics 3:30- 4:30  Mani-Pedis 6:30- 7:30  TV Land & Snack	10:00-10:30  Twanda's Cooking Corner 11:00-12:00  Chair Aerobics with Cynthia 1:00- 2:00  Quiet Time/Rest and Relax 2:00- 2:30  W&W BRR Piano Time with Rita 4:00- 5:00  Hot Towel Hand Massages	9:30-10:30  Friday Morning Armchair Travels 11:00-11:30  Balloon Pass 1:00- 2:00  Quiet Time/Rest and Relax 4:00- 5:00  Card Games & Puzzles w/ Med Tech! 6:00- 8:00  Movie of Choice w/ Evening Snack	9:30-10:00  Morning Exercise 10:00-10:30  Reminisce Therapy 1:00- 2:00  Quiet Time/Rest and Relax 2:00- 3:00  Noodle Ball 4:00- 5:00  Puzzles 6:00- 8:00  TMC Movie Channel
27	28	29	30			
9:30-10:00  Morning Exercise 11:00-11:30  Sunday School 1:00- 2:00  Quiet Time/Rest and Relax 3:00- 4:00  Card Games 6:00- 7:00  Stretch Your Legs Walking Club	9:30-10:30  Morning Exercise 1:00- 2:00  Quiet Time/Rest and Relax 3:30- 4:30  Parachute Ball 6:00- 7:00  Cottage Life Stories	9:30-10:30  Art From the Heart w/ Cottage Aides 10:30-11:30  Karaoke with Staff 1:00- 2:00  Quiet Time/Rest and Relax 2:00- 2:45  W&W BRR Taste of Fall Treats 3:30- 4:30  Cottage Bowling! 4:00- 5:00  Aromatherapy	9:30-10:30  Morning Exercise 11:00-12:00  Jeopardy 1:00- 2:00  Quiet Time/Rest and Relax 2:30- 3:00  W&W BRR Chair Aerobics 3:30- 4:30  Mani-Pedis 6:30- 7:30  TV Land & Snack			