

Monday

Tuesday

Wednesday

Thursday


Friday



September 2023

Senior Moments Activity Schedule

CLOSED
Senior Moments is Closed this week for Driveway paving.

<p>HOLIDAY - CLOSED 4</p> 	<p>5 Labor Day: Working 9-5 Nix the Six/Craft Club: American Eagle Exercise: Chair Boxing Music with Ron Would You Rather?</p>	<p>6 Glorious Glass Eleveneses/Craft Club: Glass Painting Exercise: Rain Forest Hike Bowling Double Trouble</p>	<p>7 A to Z Occupational Trivia Music with Ron Exercise: Qigong Ladder Bolo Occupational Food for Thought</p>	<p>8 Jobs: Then & Now Bingo Exercise: In Madrid Hula Hoop Challenge Crooning with Karen</p>
<p>(No Hairdresser Today) 11</p> <p>Monthly Gazette Washer Toss Exercise: 2-Min Tune Up Music with Ron Person, Vegetable or Bird</p>	<p>12 Why Grandparents Matter Bingo Exercise: Fishing Trip Music with Ron Grandparents' Day Word Mining</p>	<p>13 Hershey's Birthday Flip It/Bakers Rack: Acorn Candy Kisses Exercise: Key West Bulls Eye Mat Word Match</p>	<p>14 Jeopardy Music with Ron Exercise: Bay Swim Bowling Spelling Bee</p>	<p>15 Hot History: The Waffle Iron I Got It/Bakers Rack: BB Waffle Casserole Exercise: Chair Yoga Birdie Toss Crooning with Karen</p>
<p>Hairdresser (By Appointment) 18</p> <p>Brain Busters Shooters Exercise: Roll the Dice Music with Ron Rhymes with...</p>	<p>19 Trip to Merrow Meadow Park Prost Oktoberfest! Five Alive/Bakers Rack: Apfelstrudel Exercise: Pres. Fitness Polka Music with Ron Oktoberfest Fun</p>	<p>20 Jokes and Java Bingo Exercise: Chair Boxing Horse Shoes Word Scrambles</p>	<p>21 National Adult Day Services Week Music with Ron Exercise: Rain Forest Corn Hole White Board Mash-Up</p>	<p>22 International Peace Day Dice & Strikes/ Craft Club: Peace Signs Exercise: Qigong Bowling Crooning with Karen</p>
<p>Hairdresser (By Appointment) 25</p> <p>Who Am I? Bowling Exercise: In Madrid Music with Ron All Mixed Up</p>	<p>26 Fashion Preservation EZ Yahtzee/Vintage Fashion Show Exercise: 2-min Tune-Up Music with Ron Fashion Logos</p>	<p>27 Bowling Club 9:30am A Sharp Dressed Man Bingo Exercise: Fishing Trip Bucket Brigade Categories</p>	<p>28 Mad Science: Lucky Lefties Music with Ron Exercise: Key West Ping Pong Pyramid World Generation</p>	<p>29 Extraordinary Elephants Chips On Chips Off/Craft Club: Dascara Elephant Exercise: Bay Swim Toss Across Crooning with Karen</p>

September Birthdays: Joe P. 9/03; Irene C. 09/12; Phyllis P 09/16 and Bill G 09/20

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1

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<p>HOLIDAY - CLOSED 4</p> 	<p>5</p> <p>Peanut Butter & Jelly Sandwich w/Veggie Chips</p> <p>Stella Dora Biscuit</p>	<p>6</p> <p>Meatballs in Sauce w/Garlic Bread</p> <p>Rice Cake w/Peanut Butter</p>	<p>7</p> <p>Cranberry Walnut Chicken Salad Sandwich w/Chips</p> <p>Fiber One Brownie</p>	<p>8</p> <p>Fish Fillet Sandwich w/Coleslaw & Corn</p> <p>Chocolate Chip Cookies</p>
<p>11</p> <p>Grilled Ham & Cheese Sandwich w/Chips & Pickle</p> <p>Peanut Butter Crackers</p>	<p>12</p> <p>Sloppy Joe on a Bun w/Coleslaw & Potato Chips</p> <p>Fresh Fruit w/Cool Whip</p>	<p>13</p> <p>Chicken Tenders w/Creamed Spinach & Corn</p> <p>**Acorn Candy Kisses**</p>	<p>14</p> <p>Pizza w/Green Salad</p> <p>Lorna Done Cookies</p>	<p>15</p> <p>Swedish Meatballs w/Rice & Biscuits</p> <p>**Blueberry Waffle Casserole**</p>
<p>18</p> <p>Chicken Parm w/Buttered Noodles & Corn</p> <p>Jell-O w/Cool Whip</p>	<p>19</p> <p>Kielbasa, Pierogis w/Sauerkraut</p> <p>**Apple Strudel**</p>	<p>20</p> <p>Hot Dogs w/Baked Beans</p> <p>Graham Crackers w/Peanut Butter</p>	<p>21</p> <p>Vegetable Soup w/ Roll</p> <p>Coffee Cake</p>	<p>22</p> <p>Turkey Taco Bowl w/Tostitos</p> <p>Blueberry Muffins</p>
<p>25</p> <p>Vegetable Lasagna w/Roll</p> <p>Fig Newton Cookies</p>	<p>26</p> <p>Popcorn Chicken w/Stuffing Mixed Veggies</p> <p>Peanut Butter Wafers</p>	<p>27</p> <p>Chili w/Corn Muffin</p> <p>Vanilla Pudding w/Cool Whip</p>	<p>28</p> <p>Peanut Butter & Jelly Sandwich w/Bananas</p> <p>Pretzels w/Honey Mustard Sauce</p>	<p>29</p> <p>Hamburgers on a Roll w/Potato Salad</p> <p>Ice Cream Cups</p>

Rotating Menu/Substitutes available/Menu includes 5 Nutritional food components/Dairy Product offered with each meal/Fruit offered with Breakfast