

# Sept 2023 Calendar

Independent Living - Life Enrichment & Wellness



## September Birthdays

Gene Blackmon 9/11  
 Sarah Jeffries Calhoun 9/13  
 Gloria Dixon 9/14  
 Dorothy Kerr 9/15  
 Nancy McDuffie 9/15  
 Jewell Eggleston 9/19

Barbara Sherbert 9/19  
 Jody FitzGerald 9/28  
 Cynthia Dekun 9/30  
 Juanita Eising 9/30  
 Bill Van De Nobelen 9/30



## Building *Intergenerational Joy*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b># + L</b> - #Floor Lounge  <b>L</b> - Lobby  <b>CB</b> - Coffee Bar in the Dining Room  <b>CR</b> - Community Room  <b>DR</b> - Dining Room  <b>DRP</b> - Dining Room Patio  <b>CY</b> - Courtyard  <b>HH</b> - Heritage Hall  <b>MT</b> - Movie Theater  <b>BR</b> - Billiard Room  <b>LL</b> - Lower Level  <b>AS</b> - Art Studio in the Lower Level  <b>WS</b> - Woodshop in the Lower Level  <b>MDR</b> - Manor Dining Room  <b>MW</b> - Manor West  <b>GR</b> - Garden Room in the Health Center  <b>CW</b> - Campus Wide Event  <b>CH 99</b> - Channel 99</p>			<p><b>Helpful Reminders:</b></p> <p>The 4th Wednesday of every month at 9:00 am, we will provide transportation to B&amp;K Nails for a toenail cut for \$10.00. <i>Signup at the bulletin board.</i></p> <p>The Tower's bus can only accommodate 14 passengers. When signing up for outings each line represents one seat; please only one name per-line. If someone marks their name off that seat will be filled with the first alternate. Writing your name below the driver's does not create nor guarantee a seat on the bus.</p> <p>All activities on the calendar are subject to change.                      Check your weekly activities newsletter and bulletin board for additions, updates, changes and cancellations as well as a listing of movies for the week and programs airing on CH 99.</p>		<p><b>1</b>                      10:00 Water Walking &amp; Stretch - P  <b>11:00 Communion Service in the Health Center Chapel</b>  <b>2:00 Fort Mill Ride About and The Peach Stand</b>                      3:00 Balloon Volleyball - HH                      6:00 Evening Stroll with a Neighbor</p>	<p><b>2</b>                      10:30 Choir Practice - HH                      2:30 Saturday Matinee - MT  <i>Residents Choice</i>                      3:00 Rummikub - CR                      6:30 Bingo - HH</p>
<p><b>3</b>                      9:00 WPC Service CH 98 - CR                      2:00 Board Games - CR                      4:00 Vespers - HH                      6:00 Friendly Game of Pool - BR</p>	<p><b>4 Labor Day</b>                      9:30 Healthy Upper Body - HH                      10:30 Coffee and Highlights - CR                      1:30 Full Body Stretch - HH                      2:30 Aqua Move &amp; Groove - P                      3:00 Newport Walmart  <b>3:00 Kona Ice - Out Front</b>  <b>3:30 Water Balloon Fight - CY</b>  <b>6:00 Movie Night - MT</b>  <i>Judy</i></p>	<p><b>5</b>                      9:30 Healthy Lower Body - HH  <b>10:30 Walking Club Awards - HH</b>                      1:30 Balance and Core - HH  <b>2:00 Sweet &amp; Salty with Arzu - CR</b>  <b>1st Birthday Celebration</b>                      3:00 Bingo - HH  <b>3:45 YCL Bookmobile - L</b>                      6:30 Hymn Sing - HH                      7:00 Toastmasters - CR</p>	<p><b>6</b>                      9:00 Food Lion &amp; Publix                      9:30 Healthy Upper Body - HH  <b>10:45 Hot Glass Alley and Lunch at Café South</b>                      1:30 Full Body Stretch - HH  <b>3:00 Church Service - HH</b>  <b>Jamie Burdette</b>                      6:00 Card Games - CR</p>	<p><b>7</b>                      9:30 Healthy Lower Body - HH  <b>11:00 Neurobics - MT</b>                      1:30 Balance and Core - HH                      1:30 Harris Teeter  <b>2:00 Wellness Social - CR</b>  <b>Cottage Cheese Variety</b>                      6:00 Dominoes - CR</p>	<p><b>8</b>                      10:00 Water Walking &amp; Stretch - P  <b>10:30 Travelogue - CR</b>  <b>Milan, Italy</b>  <b>11:15 Lunch at Captian Steves</b>                      2:00 Spa Day - CR                      3:00 Cornhole - HH                      6:00 Evening Stroll with a Neighbor</p>	<p><b>9</b>  <b>9:00 - 2:00 ICE Senior Expo</b>                      10:30 Choir Practice - HH                      2:00 Rummikub - CR  <b>3:00 Goodies with Grands - HH</b>  <b>Ice Cream Social</b>  <b>4:00 Musical Performance - HH</b>  <b>Patrick Hudson</b>                      6:30 Bingo - HH  <b>6:45 Rock Hill Symphony</b>  <b>New Beginnings</b></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10 Grandparent's Day</b> 9:00 WPC Service CH 98 - CR 2:00 Board Games - CR <b>3:00 St. Anne's Catholic Communion Service - HH</b> <b>Deacon Ray Moore Presiding</b> 4:00 Vespers - HH 6:00 Friendly Game of Pool - BR	<b>11</b> <b>9:00 Flag Raising Ceremony</b> 9:30 Healthy Upper Body - CR 10:30 Coffee and Highlights - CR 1:30 Full Body Stretch - HH <b>2:00 Ice Cream Social - MW</b> 2:30 Aqua Move & Groove - P <b>3:00 September 11th Memorial-HH</b> 3:30 CVS / Walgreens / Dollar Tree <b>6:00 Movie Night - MT</b> <i>The Bookshop</i>	<b>12</b> 9:30 Healthy Lower Body - HH <b>10:15 Lou Ardrey's Bible Study-HH</b> <b>11:00 Audiologist - CR</b> 1:30 Balance and Core - HH <b>2:00 Sweet &amp; Salty with Arzu - CR</b> 3:00 Bingo - HH 6:30 Hymn Sing - HH	<b>13 Positive Thinking Day</b> 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH <b>10:30 Give Your Best Advice - CR</b> <b>11:45 Lunch at Brixx Pizza</b> 1:30 Full Body Stretch - HH <b>3:00 Church Service - HH</b> <b>Pete Berntson</b> <b>3:30 Luau Mocktail Party - L</b> 6:00 Card Games - CR	<b>14</b> 9:30 Healthy Lower Body - HH <b>10:00 - 12:00 Health Clinic - CR</b> <b>By Agape Care, Blood Pressure</b> <b>11:00 Neurobics - MT</b> <b>11:00 Activity Committee - 4L</b> 1:30 Balance and Core - CR <b>2:30 Resident Association Meeting - HH</b> 6:00 Dominoes - CR	<b>15</b> 10:00 Water Walking & Stretch - P <b>11:00 Communion Service in the Health Center Chapel</b> <b>2:00 TEDTalk - Why We Need Intergenerational Relationships-CR</b> 3:00 Cornhole - HH 6:00 Evening Stroll With a Neighbor	<b>16</b> 10:30 Choir Practice - HH 2:30 Saturday Matinee - MT <i>Residents Choice</i> 3:00 Rummikub - CR 6:30 Bingo - HH
<b>17</b> 9:00 WPC Service CH 98 - CR 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Friendly Game of Pool - BR	<b>18</b> 9:30 Healthy Upper Body - HH 10:30 Coffee and Highlights - CR 1:30 Full Body Stretch - HH <b>2:00 Ice Cream Social - MW</b> 2:30 Aqua Move & Groove - P 3:00 Newport Walmart <b>3:00 New Resident Orientation-CR</b> <b>6:00 Movie Night - MT</b> <i>Red Notice</i>	<b>19</b> 9:30 Healthy Lower Body - HH <b>10:15 Lou Ardrey's Bible Study-HH</b> 1:30 Balance and Core - HH 2:00 Cranium Crunch - CR 3:00 Bingo - HH <b>3:45 YCL Bookmobile - L</b> 6:30 Hymn Sing - HH 7:00 Toastmasters - CR	<b>20</b> 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH <b>10:30 Trip to Hamrick's of Gaffney with Lunch at Clock Restaurant</b> 1:30 Full Body Stretch - HH <b>3:00 Church Service - HH</b> <b>Jason Anderson</b> 6:00 Card Games - CR	<b>21</b> 9:30 Healthy Lower Body - HH <b>11:00 Neurobics - MT</b> 1:30 Balance and Core - HH 1:30 Harris Teeter <b>2:00 Newsletter Committee - 2L</b> <b>3:30 Sunflower Craft - AS</b> <b>6:00 Dominoes - CR</b>	<b>22</b> <b>9:30 Donuts - CB</b> 10:00 Water Walking & Stretch - P <b>10:30 Trip to Manetta Mills with Lunch at The Wagon Wheel</b> <b>2:00 Classical Music Performance by Steve Hilton - HH</b> 3:00 Balloon Volleyball - HH 6:00 Evening Stroll With a Neighbor	<b>23</b> 10:30 Choir Practice - HH 2:30 Saturday Matinee - MT <i>Residnets Choice</i> 3:00 Rummikub - CR 6:30 Bingo - HH
<b>24</b> 9:00 WPC Service CH 98 - CR 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Friendly Game of Pool - BR	<b>25</b> 9:30 Healthy Upper Body - HH 10:30 Coffee and Highlights - CR 1:30 Full Body Stretch - HH <b>2:00 Welcome Fall Party - MW</b> 2:30 Aqua Move & Groove - P <b>3:00 Rememinsing - Favorite Childhood Books - CR</b> 3:30 CVS / Walgreens / Dollar Tree <b>6:00 Movie Night - MT</b> <i>Book Club</i>	<b>26</b> 9:30 Healthy Lower Body - CR <b>10:30 Winthrop President Meet and Greet and Winthrop Student Performance - HH</b> 1:30 Balance and Core - HH <b>2:00 Sweet &amp; Salty with Arzu - CR</b> 3:00 Bingo - HH 6:30 Hymn Sing - HH	<b>27</b> <b>9:00 B&amp;K Nails</b> 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH <b>10:15 Lou Ardrey's Bible Study-HH</b> 1:30 Full Body Stretch - HH <b>3:00 Church Service - HH</b> <b>Jon Oliphant</b> <b>4:45 Dinner at Outback</b> 6:00 Card Games - CR	<b>28</b> 9:30 Healthy Lower Body - HH <b>11:00 Neurobics - MT</b> 1:30 Balance and Core - CR 1:30 Harris Teeter <b>2:00 Food Committee - DR</b> <b>3:00 Intergenerational Joy Tea Party - AS</b> 6:00 Dominoes - CR	<b>29 National Coffee Day</b> <b>7:30 Coffe and Pastries at the Café</b> 10:00 Water Walking & Stretch - P <b>10:30 Women Through History - CR</b> 11:30 Lunch at Flipside <b>2:00 Spa Day - CR</b> <b>3:00 Putting Contest - CY</b> 6:00 Evening Stroll With a Neighbor	<b>30</b> 10:30 Choir Practice - HH <b>2:30 Card Making - MW</b> <b>With Jennifer Benton</b> <b>"Craft Queen Extraordinaire"</b> 3:00 Rummikub - CR 6:30 Bingo - HH