

September 2022 Calendar

September Birthdays

Gene Blackmon 9/11
 Sarah Jefferies Calhoun 9/13
 Dorothy Kerr 9/15
 Nancy McDuffie 9/15
 Jewell Eggleston 9/19
 George Jackson 9/19
 Barbara Sherbert 9/19
 Jody Fitzgerald 9/28
 Cynthia Dekun 9/30
 Juanita Eising 9/30
 Bill Van De Nobelen 9/30



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p># + L - #Floor Lounge. AS- Art Room in the Lower Level CB - Coffee Bar in the Dining Room CH 99 - Channel 99 CR - Community Room CY - Courtyard DR - Dining Room DP- Dining Room Patio Center HH - Heritage Hall L - Lobby MT - Movie Theater</p>	<p>Helpful Reminders:</p> <p>The 4th Wednesday of every month at 9:00 am, we will provide transportation to B&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.</p> <p>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>1</p> <p>10:00 Balance in Motion - HH 11:00 Neurobics - MT 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 4:00 Aquatic Balance - P</p>	<p>2</p> <p>10:00 Healthy Bones and Strong Muscles - HH 11:00 Seated Tai Chi - CH 99 11:30 Lunch at CiCi's Pizza 2:00 Muscle Stretch - HH 3:00 Guest Speaker - HH Jimmy Autry with the Children's Attention Home of Rock Hill 4:00 Functional Fitness - HH 6:00 Movie - MT</p>	<p>3</p> <p>10:30 Choir Practice - HH 3:00 Rummikub - 5L 6:30 Bingo - HH</p>
<p>4</p> <p>4:00 Vespers - HH 6:30 Netflix Movie of Choice - CR</p>	<p>5 Labor Day</p> <p>10:00 Healthy Bones and Strong Muscles - HH 11:30 - 2:00 Labor Day Lunch <i>Only one meal will be served for the day</i> 11:30 - 2:00 Meet & Greet New Chef, Tyler Rockmore - CB 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:30 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH 6:00 Movie - CR</p>	<p>6 National Read a Book Day</p> <p>8:30 Publix 10:00 Balance in Motion - HH 11:00 Neurobics - MT 11:00 Water Walking & Strength - P 1:30 Meeting to discuss forming a Book Club - CR 2:00 Muscle Stretch - CH 99 3:00 Sweet & Salty with Arzu - CR 3:00 Rummikub - 5L 3:45 Library Bookmobile - L 6:30 Hymn Sing - HH</p>	<p>7</p> <p>9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 11:00 Westminster Trivia - CR Presented by the Marketing Dept. 11:30 Lunch at Garden Café in York 12:30 Balloon Volleyball HH 2:30 Quarterly Resident Association Meeting - HH 3:30 Newport Walmart/Adli/\$1 Tree 4:00 Happy Hour - 2L</p>	<p>8</p> <p>10:00 Balance in Motion - HH 11:00 Neurobics - MT 1:30 Harris Teeter 1:30 Exercise Room Introduction with Jason 2:30 Musical Performance - L Emily Roland on Piano 2:30 Wellness Committee - CR 4:00 Aquatic Balance - P</p>	<p>9 World Physical Therapy Day</p> <p>10:00 Healthy Bones and Strong Muscles - HH 11:00 Seated Tai Chi - CH 99 1:30 Shopping at TJ Maxx & Books-a-Million 2:00 Muscle Stretch - HH 2:30 Guest Speaker - HH Bridget Conway on Fall Prevention 3:30 8 Ball Pool - 5L 4:00 Functional Fitness - HH 6:00 Movie - MT</p>	<p>10</p> <p>10:30 Choir Practice - HH 3:00 Rummikub - 5L 3:00 Musical Performance by Patrick Hudson on the Dining Room Patio 6:30 Bingo - HH 6:45 Rock Hill Symphony Orchestra</p>
<p>Labor Day Week - Celebrate our Professionals here at the Towers</p>						
	Dietary & Nutrician	Accounting	Marketing	Laundry, Housekeeping & Maintenance	Physical & Occupational Therapy	
<p>11 Grandparent's Day</p> <p>1:30 Movie With Sharon - MT Dave 3:00 Catholic Church Service - HH 4:00 Vespers - HH 6:30 Netflix Movie of Choice - CR</p>	<p>12 Chocolate Milkshake Day</p> <p>10:00 Healthy Bones and Strong Muscles - HH 11:15 Movie - CH 99 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:30 Chocolate Milkshake Social 3:30 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH 6:00 Movie - MT</p> <p>Collection of Canned and Non Perishable Foods for Pilgrims Inn begins</p>	<p>13</p> <p>8:30 Publix 10:00 Balance in Motion - HH 11:00 Neurobics - MT 11:00 Water Walking & Strength - P 2:00 Muscle Stretch - CH 99 3:00 Sweet & Salty with Arzu - CR 3:00 Rummikub - 5L 6:30 Hymn Sing - HH</p>	<p>14</p> <p>9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 10:30 Brunch at Cracker Barrel 12:30 Balloon Volleyball HH 2:00 Muscle Stretch - HH 2:30 Walk Around Miracle Park 3:00 Church Service - HH 4:00 Happy Hour - 2L</p>	<p>15 Hispanic Heritage Month Begins</p> <p>10:00 Balance in Motion - HH 11:00 Neurobics - MT 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 2:30 Guest Speaker - HH Claude Burns on Electric Cars 3:30 Annual Survey & Watermelon Social - HH 4:00 Aquatic Balance - P</p>	<p>16 National Guacamole Day</p> <p>9:30 Annual Survey & Donuts & Coffee - HH 10:00 Healthy Bones and Strong Muscles - CR 10:30 Fall Open House at The Children's Attention Home 11:00 Seated Tai Chi - CH 99 2:00 Muscle Stretch - HH 2:30 Musical Performance - L David Domingo 3:30 Chips & Guacamole Football Tailgate Social - CR 4:00 Functional Fitness - HH 6:00 Movie - MT</p>	<p>17 Octoberfest Begins</p> <p>10:30 Choir Practice - HH 3:00 Rummikub - 5L 6:30 Bingo - HH</p>
<p>18</p> <p>1:00 Panthers Football Game - CR Panthers vs. Giants on FOX 1:30 Movie With Sharon - MT Wonder 4:00 Vespers - HH 6:30 Netflix Movie of Choice - CR</p>	<p>19 National Talk Like a Pirate Day</p> <p>10:00 Healthy Bones and Strong Muscles - HH 11:15 Movie - CH 99 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:30 Talk Like a Pirate Social - CR 3:30 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH 6:00 Movie - MT</p>	<p>20</p> <p>8:30 Publix 10:00 Balance in Motion - HH 11:00 Neurobics - MT 11:00 Water Walking & Strength - P 2:00 Muscle Stretch - CH 99 2:00 Musical Performance - HH Tony Washington 3:00 Sweet & Salty with Arzu - CR 3:00 Rummikub - 5L 3:30 Wellness Snack Social - CB 3:45 Library Bookmobile - L 6:30 Hymn Sing - HH</p>	<p>21 World Alzheimer's Day</p> <p>9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 11:00 The Audiology Center - HH 12:00 September Birthday Lunch 12:30 Birthday Cake - DR 12:30 Balloon Volleyball HH 2:00 Muscle Stretch - HH 2:00 Newport Walmart/Adli/\$1 Tree 3:00 Church Service - HH 4:00 Happy Hour - 2L 5:00 September Birthday Diner 5:30 Birthday Cake - DR</p>	<p>22 Centenarian's Day</p> <p>10:00 Balance in Motion - HH 11:00 Neurobics - MT 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 4:00 Aquatic Balance - P</p>	<p>23 National Board Game Day</p> <p>10:00 Healthy Bones and Strong Muscles - HH 10:30 Comporium Telephone Museum 11:00 Seated Tai Chi - CH 99 2:00 Muscle Stretch - HH 2:30 T-Shirt Painting - AR For Alzheimers 3:30 Cornhole & Board Games - HH 4:00 Functional Fitness - HH 6:00 Movie - MT</p>	<p>24</p> <p>10:30 Choir Recital - HH 3:00 Rummikub - 5L 6:30 Bingo - HH</p>
<p>25</p> <p>1:00 Panthers Football Game - CR Saints vs. Panthers on FOX 4:00 Vespers - HH 6:30 Netflix Movie of Choice - CR</p>	<p>26</p> <p>10:00 Healthy Bones and Strong Muscles - HH 11:00 Guest Speaker - HH Kim Ozmon of the Rock Hill Tennis Center, Demonstrating Pickle Ball 11:15 Movie - CH 99 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:30 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH 6:00 Movie - MT</p>	<p>27</p> <p>8:30 Publix 10:00 Balance in Motion - CR 10:00 Lou Ardrey's Bible Study - HH 11:00 Neurobics - MT 11:00 Water Walking & Strength - P 2:00 Muscle Stretch - CH 99 2:00 Brandy the Marvelous Mini Horse - L 3:00 Sweet & Salty with Arzu - CR 3:00 Rummikub - 5L 3:45 Windows Committee - AR 6:30 Hymn Sing - HH</p>	<p>28 Good Neighbor Day</p> <p>9:00 B&K Nails 9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 12:30 Balloon Volleyball HH 1:30 Deliver Donated Food to Pilgrims Inn 2:00 Muscle Stretch - HH 3:00 Church Service - HH 3:30 Meet Your Neighbor Social - HH 4:00 Happy Hour - 2L</p>	<p>29 National Coffee Day</p> <p>10:00 Balance in Motion - HH 11:00 Neurobics - MT 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 2:30 Coffee Social - HH 4:00 Aquatic Balance - P</p>	<p>30</p> <p>10:00 Healthy Bones and Strong Muscles - HH 11:00 Seated Tai Chi - CH 99 11:30 Lunch at Casa Tequila 2:00 Muscle Stretch - HH 2:30 High Tea Party - CR 4:00 Functional Fitness - HH 6:00 Movie - MT</p>	<p>Special September Project:</p> <p>This month on the 12th we will begin collecting canned and boxed food for donation to Pilgrims Inn.</p> <p>Look for the collection box near the Tower's dining room.</p> <p>We will deliver the food on Good Neighbor Day, Sept. 28th</p>