

September 2019

ACTIVITIES CALENDAR

The Gables

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 6:00 - Sunday Movie	2 Labor Day 9:30 - Bone Builders Class 1:00 - Pre-Food Committee Meeting 1:00 - Mah Jongg	3 10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:30 - Shopping at Tops	4 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Contract Rummy	5 8:00-11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 1:00 - Food Comm. Meeting 1:30 - Chair Tai Chi	6 8:00 - Men's Breakfast Meeting 9:30 - Bone Builders Class 10:00 - Chair Yoga 11:00 - Crafts with Darlene 1:00 - OSHER Learning Series 2:00 - September Birthday Social (Living Room)	
8 Grandparents Day 6:00 - Sunday Movie	9 9:30 - Bone Builders Class 1:00 - Mah Jongg 1:45 - Adult Coloring Social	10 10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:30 - Shopping at Tops 1:45 - Balloon Volleyball	11 Patriot Day 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Residents Committee Meeting (Library) 1:00 - Contract Rummy 5:30 - Monthly Meeting	12 8:00-11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 1:30 - Chair Tai Chi	13 9:30 - Bone Builders Class 10:00 - Chair Yoga 11:00 - Crafts with Darlene 1:00 - OSHER Learning Series 1:45 - TRIVIA	14 Manicures will be on Wednesday, Sept. 18 th 8:00 -11:30 AM In the Activities Room Reading Group will start at 10:00AM Thursday, Sept. 19 th
15 6:00 - Sunday Movie	16 9:30 - Bone Builders Class 1:00 - Mah Jongg 1:45 - GAME DAY Multiple Choice	17 10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:00 - Memoirs Group 1:30 - Shopping at Tops	18 8:00-11:30 - Manicures by Darlene (Activities Room) 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Contract Rummy 3:00 - Foot Clinic	19 10:00 - Reading Aloud 11:15 - Luncheon at Mountain Top Inn (meet in Lobby) 6:30 - Piano & Cello Program Alan Walker & Lane Shelton in The Commons	20 9:30 - Bone Builders Class 10:00 - Chair Yoga 11:00 - Crafts with Darlene 1:00 - OSHER Learning Series 1:45 - TRIVIA	
22 6:00 - Sunday Movie	23 First Day of Autumn 9:30 - Bone Builders Class 10:45 - Activities Committee Meeting 1:00 - Mah Jongg	24 10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:00 - Reading Group 1:30 - Shopping at Tops	25 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Contract Rummy	26 8:00-11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 1:30 - Music by Emily in The Commons	27 9:30 - Bone Builders Class 10:00 - Chair Yoga 11:00 - Crafts with Darlene 1:00 - OSHER Learning Series 1:45 - BINGO (The Commons)	
29 6:00 - Sunday Movie Rosh Hashanah (begins at sunset)	30 9:30 - Bone Builders Class 1:00 - Discussion with Lynn Tucker (Living Room) 2:00 - Mah Jongg	Piano & Cello Program by Alan Walker & Lane Shelton Thursday, September 19 th at 6:30PM in The Commons	Luncheon at Mountain Top Restaurant Thursday, September 19 th at 12:00 noon (leave The Gables at 11:15am)	Music by Emily Young Musician Plays Piano, Guitar, Violin, and Sings Thursday, September 26 th at 1:30 pm in the Commons	OSHER begins Sept. 6 th & The Reading Group Begins Sept. 24 th	

Activities are subject to change