

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2022

Location Codes: (C) - Commons, (LR) – Living Room, (LI) – Library, (S) – Salon, (A) – Activities – All activities are subject to change.
The Gables of East Mountain 200 Gables Place Rutland, VT 05701

<p>2:30pm Matinee Movie – Wildlife in Peril (C) 4</p> 	<p>10am - Independent Exercise Group (C) 5 1:30pm - Music by Mark Harding (C) 3pm - Labor Day Trivia (C) 3:30pm - Labor Day Would You Rather Discussion (C)</p> <p>Labor Day</p>	<p>9am - Chronicle Delivery 6 10am-10:30 - Blood Pressures (A) 10:30am - Sit and Fit (C) 1pm - Wooden Dreamcatcher Craft (A) 1pm - Bridge Group (LR) 2:30pm - Tuesday Trivia (C)</p>	<p>9am - Chronicle Delivery 7 10am - Independent Exercise Group (C) 1pm - Bridge Group (LR) 1pm - Contract Rummy Group (LR) 2:30pm - Rob Zollman Music Circle (C)</p>	<p>9am - Chronicle Delivery 8 Salon open today 9am-3pm 10am - Chair Tai Chi (C) 11am-12:30pm - NFL Kickoff Pizza Party (Dining Room) 1pm - WRITEaway Group (LI) 1:30pm-3:30pm - Manicures (S) 4pm - Rummage Sale Meeting (A)</p>	<p>9am - Chronicle Delivery 9 10am - Independent Exercise Group (C) 11am - Chair Yoga (C) 2:30 - Monthly Birthday Party (C) 6:30 - RHS Varsity Football Game vs. Burlington/S Burlington</p>	<p>2:30pm Matinee Movie – Cabaret – (DVD Jacket suggests mature audiences) 10</p> 
<p>2:30pm Matinee Movie – Elsa and Fred (C) 11</p>  <p>Grandparents Day</p>	<p>9am - Chronicle Delivery 12 10am - Independent Exercise Group (C) 1pm - Last Letter First (C) 2pm - UNO (C)</p>	<p>9am - Chronicle Delivery 13 10am-10:30 - Blood Pressures (A) 10:30am - Sit and Fit (C) 1pm - Bridge Group (LR) 1pm - Pinecone Owl Craft (A) 2:30pm - Tuesday Trivia (C)</p>	<p>9am - Chronicle Delivery 14 10am - Independent Exercise Group (C) 1pm - Bridge Group (LR) 1pm - Contract Rummy Group (LR) 6:30pm – Roy Pilcher: Bird Encounters Away from Home(C)</p>	<p>9am - Chronicle Delivery 15 Salon open today 9am-3pm 10am - Chair Tai Chi (C) 1:30pm-3:30pm - Manicures (S) 4pm - Rummage Sale Meeting (A)</p>	<p>9am - Chronicle Delivery 16 9:30am-4pm - Rummage Sale Prep 10am - Independent Exercise Group (C) 11am - Chair Yoga (C)</p>	<p>8am-3pm Rummage Sale 17 2:30pm Matinee Movie – A Big Hand for the Little Lady</p>  <p>Oktoberfest Begins</p>
<p>2:30pm Matinee Movie – Ben's Mill 18</p> 	<p>9am - Chronicle Delivery 19 10am - Independent Exercise Group (C) 1pm-3pm Foot Clinic (S) 3:30pm - Fall Cinnamon Scented Ornaments (A)</p>	<p>9am - Chronicle Delivery 20 10am-10:30 - Blood Pressures (A) 10:30am - Sit and Fit (C) 1pm - Bridge Group (LR) 1pm - Special Presentation: William Edelglass – A History of the Concept of Race (C) 3pm - Tuesday Trivia (C)</p>	<p>9am - Chronicle Delivery 21 10am - Independent Exercise Group (C) 1pm - Bridge Group (LR) 1pm - Contract Rummy Group (LR) 1pm - Resident Committee (C) 3pm - Parkinson's Group (C)</p>	<p>9am - Chronicle Delivery 22 Salon open today 9am-3pm 10am - Chair Tai Chi (C) 1:30pm-3:30pm - Manicures (S) 4pm- Words in a Word Game (C)</p> <p>Autumn Begins</p>	<p>9am - Chronicle Delivery 23 10am - Independent Exercise Group (C) 11am - Chair Yoga (C) 2pm - Resident Social (C)</p>	<p>2:30pm Matinee Movie – Victoria and Abdul (C) 24</p> 
<p>2:30pm Matinee Movie – Steve Jobs (C) 25</p>  <p>Rosh Hashanah Begins</p>	<p>9am - Chronicle Delivery 26 10am - Independent Exercise Group (C) 9am - Trip to Douglas Orchard for Apple Picking * 3pm - Wood Slice Apple Craft (A)</p> <p>APPLE FEST WEEK!</p>	<p>9am - Chronicle Delivery 27 10am-10:30 - Blood Pressures (A) 10:30am - Sit and Fit (C) 12:45pm – Apple Slices with Caramel Dip or Peanut Butter (LR) 1pm - Apple Button Trees (A) 1pm - Bridge Group (LR) 2:30pm - Tuesday Trivia (C)</p>	<p>9am - Chronicle Delivery 28 10am - Independent Exercise Group (C) 1pm - Bridge Group (LR) 1pm - Contract Rummy (LR) 1:30pm - Apple Crisp & Cider Press Demonstration outside* 3:30pm - Alan Walker Piano Performance (C)</p>	<p>9am - Chronicle Delivery 29 Salon open today 9am-3pm 10am - Chair Tai Chi (C) 1:30 pm-3:30pm - Manicures (S) 6:30 pm - Broadway Musical Day Movie - Rent: (C)</p>  <p>Fresh Apples today (LR)</p>	<p>9am - Chronicle Delivery 30 10am - Independent Exercise Group (C) 11am - Chair Yoga (C) 1pm - Apples to Apples Game (C) 2:30pm - Mocktails - Mulled Cider (LR)</p>	<p>*Outside activities are weather permitting. We will modify or offer an alternate if needed.</p> <p>UPDATED</p>