

# SEPTEMBER 2018



## GARDENS OF PELHAM ASSISTED LIVING

205.402.9922 | www.GardensOfPelham.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Food: <b>Apples</b></p> 	<p>FUN:  <b>Fall Hat Month</b></p>	<p>Health Topic: <b>Healthy Aging Month</b> </p>	<p>Celebration: <b>National Assisted Living Week-Sept. 9-15</b></p>	<p><b>CAPTURE THE moment</b> </p>	<p>1 10:30am Sittercise <b>Bacon Day</b> </p>	
<p>2 10:30am Sittercise 2pm Worship with Evangel Church</p>	<p>3 <b>LABOR DAY</b>  10:30am Sittercise 2pm BINGO</p>	<p>4 10:30am Sittercise 2pm Dominos</p>	<p>5 10:30am Sittercise 2pm Board Games</p> 	<p>6 10:30am Sittercise 2pm Bible Study with Bob Cleveland</p>	<p>7 <b>10:30am Sittercise</b> <b>2pm BINGO</b></p>	<p>8 10:30am Sittercise</p>
<p>9 <b>"Moment of JOY"</b> 10:30am Sittercise 1pm Balloon Release &amp; Banana Solits  2pm Evangel Church</p>	<p>10 <b>"Moment of Pride"</b> 10:30am Sittercise 2pm BINGO </p>	<p>11 <b>"Moment of Reflection"</b> 10:30am Sittercise 2pm Journaling with Southern Care</p>	<p>12 <b>"Moment of Gratitude"</b> 10am Staff Appreciation 10:30am Sittercise 12 Noon – 2pm Visit with City Officials NALW Proclamation</p> 	<p>13 <b>"Moment of Celebration"</b> 10:30am Sittercise 11am – 1pm National Assisted Living Week Celebration</p>	<p>14 <b>"Moment of Connection"</b> 10:30am Sittercise 2pm Happy Hour (Mocktails' &amp; Mockinis')</p>	<p>15 <b>"Moment of Laughter"</b> 10:30am Sittercise 12 Noon Pokana Tallahassi Men</p>
<p>16 10:30 Sittercise 2pm Worship with Evangel Church <b>Clean Hands Week</b> </p>	<p>17 10:30am Sittercise 2pm BINGO Flu Shots 2-3pm </p>	<p>18  <b>Cheeseburger Day</b> 10:30am Sittercise 2pm Dominos</p>	<p>19 10:30am Sittercise 1pm Kindred at Home Step On It</p>	<p>20 10:30 Sittercise 9-11am – Church of the Highlands - Music, Devotional, Games 2pm Men's Club with Bob Cleveland</p>	<p>21 10:30am Sittercise 2pm Back In Balance Chair Yoga </p>	<p>22 <b>FALL Prevention Awareness Day!</b>  10:30am Sittercise</p>
<p>23 10:30 Sittercise 2pm Worship with Evangel Church</p>	<p>24 10:30 Sittercise 2pm BINGO 4pm Moon Pies <b>Harvest Moon</b> </p>	<p>25 10:30am Sittercise 2:00pm Dominos</p>	<p>26 10:30 Sittercise 2pm Fall Hat Craft-Kindred at Home </p>	<p>27 10:30 Sittercise 2pm Activity Southern Care Chocolate Milk Day </p>	<p>28 10:30 Sittercise 2pm Garden Store </p>	<p>29 10:30 Sittercise <b>International Coffee Day</b> </p>
<p>30 10:30 Sittercise 2pm Worship with Evangel Church</p>	<p><b>I ♥ MY CHURCH</b></p>	<p></p>			<p><b>FLU SHOTS:</b> Monday, Sept. 17<sup>th</sup> 2-3pm</p>	<p></p>