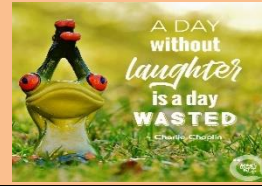




Powder Springs Center for Nursing & Healing



SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HAPPY SEPTEMBER BIRTHDAY'S!!</p> 	 <p>All New Residents!</p>	<p><i>If you have any questions or concerns or suggestions, please see Margalie in Activities or ask a staff member to locate a member of Activities!</i></p> <p>Be Aware: All Group Activities are performed according to CDC social Distancing Rule.... (6 Ft Apart)</p>	<p>1-World Letter Writing Day 10:00-Strengthening Exercise (DR) 10:30-Purpose Driven Life by Ms. Grim (DR) 11:00- 1:1 In Room Activities(E/W) 1:00-Happy Wednesday/Refreshments 3:00- Today in History & writing Letter to family or friends (DR)</p>	<p>2 10:00- <i>Strengthen your lower Body (DR)</i> 1030- <i>Complimentary Manicures (DR)</i> 11:00- 1:1 In Room Activities (E/w) 1:00-Face Time W Family(E/W) 3:00- <i>Bingo Time</i>-(DR)</p>	<p>3 10:00-Dance & Be Fit in Your Seat 10:30-<i>Fun Wheel & current Events (DR)</i> 11:00-1:1 In Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00 <i>Happy Hour (DR)</i></p>	<p>4-National Wildlife Day 10:00- Morning Stretch Exercise (DR) 10:30- <i>Crafts Corner (DR)</i> 1:00-1:1 In Room Activities(E/W) 1:30- Face Time W/Family(E/W) 3:00-<i>Bingo Time</i>-(DR)</p>
<p>5 10:00- <i>Coordination Exercise (DR)</i> 10:30- <i>Church Service</i>-(DR) 11:15-1:1 In Room Visit(E&W) 11:30-Spiritual Hymns-(H/E&W) 1:00- <i>Ice Cream Social (DR)</i> 3:00- <i>Sunday's Bingo (DR)</i></p>	<p>6 10:00- <i>Sit and Be Fit (DR)</i> 10:30- <i>Current Event/Coffee (DR)</i> 11:00- 1:1 In Room Activities(E/W) 1:00- Enjoy <i>Red, white & Blue</i> Parfait for Labor Day (DR) 3:00 Movie Classic (DR) <i>Walmart Shopping</i></p>	<p>7 10:00"Simon Says" Exercise-(DR) 10:30-Reminisce of High School days- Name 5 things remembered (DR) 11:00- 1:1 In Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00-<i>Bingo Tuesday (DR)</i></p>	<p>8 World Physical Therapy Day 10:00- Strengthening exercise-(DR) 10:30- <i>Purpose Driven Life by Ms. Grim (DR)</i> 11:00- 1:1 In Room Activities(E/W) 1:00-Happy Wednesday/Refreshments 3:00- Today in History & Games</p>	<p>9 10:00- <i>Strengthen your lower Body (DR)</i> 1030-<i>Complimentary Manicures (E/W)</i> 11:00- 1:1 In Room Activities 1:00-Face Time W Family(E/W) 3:00- <i>Bingo Time</i>-(DR)</p>	<p>10 10:00-Dance & Be Fit in Your Seat 10:30 <i>Fun Wheel & current Events (DR)</i> 11:00-1:1 In Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00 <i>Happy Hour (DR)</i></p>	<p>11-911 Remembrance& Reflection 10:00- Morning Stretch Exercise (DR) 10:30-<i>911 Documentary/Snacks (DR)</i> 1:00-1:1 In Room Activities(E/W) 1:30- Face Time W/Family(E/W) 3:00-<i>Bingo Time</i>-(DR)</p>
<p>12-Grand Parent Day 10:00- <i>Coordination Exercise (DR)</i> 10:30- <i>Church Service</i>-(DR) 11:15-1:1 In Room Visit(E&W) 11:30-Spiritual Hymns-(H/E&W) 1:00- <i>Ice Cream Social (DR)</i> 3:00- <i>Social group and talk about your grand Parents (DR)</i></p>	<p>13 10:00- <i>Sit and Be Fit (DR)</i> 10:30- <i>Current Event/Coffee (DR)</i> 11:00- 1:1 In Room Activities(E/W) 1:00- Face time W/ Family(E/W) 3:00 Movie Classic (DR) <i>Walmart Shopping</i></p>	<p>14 10:00"Simon Says" Exercise-(DR) 10:30-Reminisce of High School days- Name 5 things remembered (DR) 11:00- 1:1 In Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00-<i>Bingo Tuesday (DR)</i></p>	<p>15 10:00- <i>Strengthening Exercise</i>-(DR) 10:30- <i>Purpose Driven Life by Ms. Grim (DR)</i> 11:00- 1:1 In Room Activities(E/W) 1:00-Happy Wednesday/Refreshments 3:00- Today in History & Games</p>	<p>16 10:00 <i>Strengthen your lower Body (DR)</i> 1030- <i>Complimentary Manicures (DR)</i> 1100- 1:1 In Room Activities (E/w) 1:00-Face Time W Family(E/W) 3:00- <i>Bingo Time</i>-(DR) 11:00 <i>Resident Council Meeting</i>-(DR)</p>	<p>17-International Country Music Day 10:00 <i>Dance & Be Fit in Your Seat (E/W)</i> 10:30-<i>Fun Wheel& Current Events (DR)</i> 11:00-1:1 in Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00- <i>Happy Hour/Country Music (DR)</i></p>	<p>18 10:00- Morning Stretch Exercise (DR) 10:30- <i>Crafts Corner (DR)</i> 1:00-1:1 In Room Activities(E/W) 1:30- Face Time W/Family(E/W) 3:00-<i>Bingo Time</i>-(DR)</p>
<p>19 10:00- <i>Coordination Exercise (DR)</i> 10:30- <i>Church Service</i>-(DR) 11:15-1:1 In Room Visit(E&W) 11:30-Spiritual Hymns-(H/E&W) 1:00- <i>Ice Cream Social (DR)</i> 3:00- <i>Sunday's Bingo (DR)</i></p>	<p>20 10:00- <i>Sit and Be Fit (EDR)</i> 10:30- <i>Current Event/Coffee (DR)</i> 11:00- 1:1 In Room Activities(E/W) 1:00- Face time W/ Family(E/W) 3:00 Movie Classic (DR) <i>Walmart Shopping</i></p>	<p>21-National IT Professional's Day 10:00"Simon Says" Exercise-(DR) 10:30-Reminisce of High School days- Name 5 things remembered (DR) 11:00- 1:1 In Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00-<i>Bingo Tuesday (DR)</i></p>	<p>22-American Business Women's Day 10:00- Strengthening Exercise (DR) 10:30- <i>Purpose Driven Life by Ms. Grim (DR)</i> 11:00- 1:1 In Room Activities(E/W) 1:00-Happy Wednesday/Refreshments 3:00- Today in History & Games</p>	<p>23 10:00- <i>Strengthen your lower Body (DR)</i> 1030- <i>Complimentary Manicures (DR)</i> 11:00- 1:1 In Room Activities (E/w) 1:00-Face Time W Family(E/W) 3:00- <i>Bingo Time</i>-(DR)</p>	<p>24 10:00- <i>Dance & Be Fit in Your Seat (E/W)</i> 10:30- <i>Fun Wheel &Current Events (DR)</i> 11:00-1:1 In Room Activities 1:00-Face Time W/Family 3:00- <i>Birthday Party (DR)</i></p>	<p>25 10:00- Morning Stretch Exercise (DR) 10:30-<i>Crafts Corner (DR)</i> 1:00-1:1 In Room Activities(E/W) 1:30- Face Time W/Family(E/W) 3:00-<i>Bingo Time</i>-(DR)</p>
<p>26 10:00- <i>Coordination Exercise (DR)</i> 10:30- <i>Church Service</i>-(DR) 11:15-1:1 In Room Visit(E&W) 11:30-Spiritual Hymns-(H/E&W) 1:00- <i>Ice Cream Social (DR)</i> 3:00- <i>Sunday's Bingo (DR)</i></p>	<p>27 10:00- <i>Sit and Be Fit (DR)</i> 10:30- <i>Current Event/Coffee (DR)</i> 11:00- 1:1 In Room Activities(E/W) 1:00- Face time W/ Family(E/W) 3:00- <i>Happy Hour Special/Music/Refreshments</i>-(DR) <i>Walmart Shopping</i></p>	<p>28-Ask A Stupid Question Day 10:00"Simon Says" Exercise-(DR) 10:30-Reminisce of High School days- Name 5 things remembered (DR) 11:00- 1:1 In Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00- <i>Happy Hour Special/Music/Refreshments</i>-(DR)</p>	<p>29-National Coffee Day 10:00- Strengthening Exercise your upper Body-(DR) 10:30- <i>Purpose Driven Life by Ms. Grim (DR)/ Coffee</i> 11:00- 1:1 In Room Activities(E/W) 1:00-Happy Wednesday/Refreshments 3:00- <i>Happy Hour Special/Music/Refreshments</i>-(DR)</p>	<p>30 10:00- <i>Strengthen your lower Body</i>(DR) 1030 <i>Complimentary Manicures (DR)</i> 11:00- 1:1 In Room Activities (E/w) 1:00-Face Time W Family(E/W) 2:00- <i>Powder Springs Bucks Store is open for business</i> 3:00- <i>Happy Hour Special/Music/Refreshments</i>-(DR)</p>	<p><i>DR=Dining Room</i> <i>H=Hallway</i> <i>E=East Wing</i> <i>W=West Wing</i> <i>C=Chapel</i> <i>CY=Courtyard</i> <i>L=Lobby</i></p>	<p>HAPPY HOUR=The time for us to make our residents happy=music, games, refreshments, and lots of laughter.</p> <p><i>Daily Fresh air in our beautiful Courtyard. If weather is good!</i></p> <p><i>Games=Volleyball, Fun wheel, Ring Toss, parachute.</i></p>