


September 2023

Journey Suites Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Daily Chronicles & Devotions 10:30 - Exercise Social Hour	Daily Chronicles & Devotions Bingo Puzzles 1:1 Time Social Hour
3	4	5	6	7	8	9
Daily Chronicles & Devotions Worship Sing Along Mindful Coloring Social Hour	 Daily Chronicles & Devotions Mindful Coloring Ball Toss Social Hour	Daily Chronicles & Devotions Walk About Short Stories 1:45 – Cardio Drumming 3:30 – Music Therapy Social Hour IN2L Fun	Daily Chronicles & Devotions Fun with Food 9:00 - Eldergrow Walk About Trivia Time Social Hour	Daily Chronicles & Devotions Gardening Craft Time Creative Coloring Hangman Social Hour	Daily Chronicles & Devotions 10:30 - Exercise 2:00 – Music by Tim Patrick (AL) Social Hour	Daily Chronicles & Devotions Bingo Puzzles 1:1 Time Social Hour
10	11	12	13	14	15	16
Daily Chronicles & Devotions Worship Sing Along Mindful Coloring Social Hour	Daily Chronicles & Devotions 10:30 – Exercise Bingo Manicures 1:00 – Pet Therapy Rabbits Social Hour	Daily Chronicles & Devotions Walk About Short Stories 1:45 – Cardio Drumming 3:30 – Music Therapy Social Hour IN2L Fun	Daily Chronicles & Devotions Fun with Food Walk About 1:00 Music by Gina (MC) Trivia Time Social Hour	Daily Chronicles & Devotions Gardening Craft Time Creative Coloring Hangman Social Hour	Daily Chronicles & Devotions 10:30 - Exercise 2:00 – Music by Tom Paquin (AL) Social Hour	Daily Chronicles & Devotions Bingo Puzzles 1:1 Time Social Hour
17	18	19	20	21	22	23
Daily Chronicles & Devotions Worship Sing Along Mindful Coloring Social Hour	Daily Chronicles & Devotions 10:30 – Exercise Bingo Manicures Baking Bread Social Hour	Daily Chronicles & Devotions Walk About Short Stories 1:45 – Cardio Drumming 3:30 – Music Therapy Social Hour IN2L Fun	Daily Chronicles & Devotions 9:00 - Eldergrow 10:00 – Songs of Hope Fun with Food Walk About Trivia Time Social Hour	Daily Chronicles & Devotions 10:00 – Elk River Lutheran Church Gardening Craft Time Creative Coloring Hangman Social Hour	Daily Chronicles & Devotions 10:30 - Exercise Social Hour	Daily Chronicles & Devotions Bingo Puzzles 1:1 Time Social Hour
24	25	26	27	28	29	30
Daily Chronicles & Devotions Worship Sing Along Mindful Coloring Social Hour	Daily Chronicles & Devotions 10:30 – Exercise Bingo Manicures Baking Bread Social Hour	Daily Chronicles & Devotions Walk About Short Stories 1:45 – Cardio Drumming 3:30 – Music Therapy Social Hour	Daily Chronicles & Devotions Fun with Food 2:30 – Painting With Suzie Walk About Trivia Time Social Hour	Daily Chronicles & Devotions Gardening Craft Time Creative Coloring Hangman Social Hour	Daily Chronicles & Devotions 10:30 - Exercise 2:00 – Music by Gabe (AL) Social Hour	Daily Chronicles & Devotions Bingo Puzzles 1:1 Time Social Hour