

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>September 2022</h1> <h2>ARKC Activities Calendar</h2> <p>Every day @ 9am Social Hour with coffee & tea Every day @ 12pm Lunch</p>			1 10am Bay Area Food Culture w/ Mark <u>or</u> Fly Swatter Tennis 11am Exercise 1pm Folk Music w/ Nancy Cassidy <u>or</u> Beanbags & Balls	2 10am Armchair Travel <u>or</u> Creative Coloring 11am Exercise 1pm Chinese & Spanish Sing Along <u>or</u> BINGO
	6 10am Trivia Tuesday <u>or</u> Craft Corner w/ Luz 11am Exercise 1pm Noodle Hockey <u>or</u> BINGO	7 10am Brain Fitness <u>or</u> Gardening Project 11am Exercise 1pm Piano & Vocals by Theresa <u>or</u> Chair Volleyball	8 10am Bay Area Food Culture w/ Mark <u>or</u> Scratch-off Stencils  11am Exercise 1pm Root beer Floats & Football Kickoff!	9 10am Armchair Travel <u>or</u> Flowerpot Painting 11am Exercise 1pm Anna on Piano <u>or</u> BINGO
12 10am Family Feud <u>or</u> Fall Time Flower Arranging 11am Exercise 1pm Piano w/ Maddaline <u>or</u> Creative Coloring National Milkshake Day!	13 10am Trivia Tuesday <u>or</u> Rock Painting 11am Exercise 1pm Parachute Fun <u>or</u> BINGO	14 10am Wordsearch w/ Polly <u>or</u> Gardening Project 11am Exercise 1pm Fly Swatter Tennis <u>or</u> Coffee Filter Sun Flowers	15 10am Bay Area Food Culture w/ Mark <u>or</u> Art Explosion w/ Luz 11am Exercise 1pm Banjo Music by Sonia <u>or</u> Creative Coloring	16 10am Armchair Travel <u>or</u> Board Games Galore 11am Exercise 1pm Nutrition Talk w/ Ashley <u>or</u> BINGO
19 10am TV Show Trivia <u>or</u> Parachute Fun 11am Exercise 1pm Piano w/ Maddaline <u>or</u> Watercolor Studio *Football Week!	20 10am Trivia Tuesday (all about football) <u>or</u> Art Explosion w/ Luz 11am Exercise 1pm Bean Bag Toss <u>or</u> BINGO	21 10am Football Wordsearch w/ Polly <u>or</u> Gardening Project 11am Exercise 1pm Timo on the Steel Drum *Wear your Favorite Team Apparel!	22 10am Bay Area Food Culture w/ Mark <u>or</u> Football Art w/ Luz 11am Exercise 1pm Folk Music w/ Nancy Cassidy <u>or</u> Fly Swatter Tennis	23 10am Armchair Travel <u>or</u> Football Facts & Discussion 11am Exercise 1pm Anna on Piano <u>or</u> BINGO
26 10am Who Wants to be a Millionaire <u>or</u> Parachute Fun 11am Exercise 1pm Bean Bag Toss <u>or</u> Jewelry Making	27 10am Trivia Tuesday <u>or</u> Art Explosion w/ Luz 11am Exercise w/ Lynette 1pm Rockin' w/ Reggi <u>or</u> BINGO	28 10am Wordsearch w/ Polly <u>or</u> Gardening Project 11am Exercise 1pm Fly Swatter Tennis <u>or</u> Collage Creations	29 10am Bay Area Food Culture w/ Mark <u>or</u> Fly Swatter Tennis 11am Exercise 1pm Fall Wreath Making <u>or</u> Beanbags & Balls	30 10am Armchair Travel <u>or</u> Creative Coloring 11am Exercise 1pm Chinese & Spanish Sing Along <u>or</u> BINGO