






Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>Walk to End Alzheimer's Happening ALL month long. Enter your steps or physical activities on the tracking sheet. See Newsletter for details.</p> <p>Library will be open for an hour one day a week, sign up for a time slot. Can check out books, puzzles, or DVDs.</p> <p>***ALL Activities in GREEN REQUIRE YOU to sign up!</p>		<p>9:30 Shopping Byerlys/Target 1</p>  <p>1pm Schwan's Here</p> <p>Virtual BINGO BINGO</p>	<p>Why did the math book look so sad? 2</p> <p>Because it had so many problems. </p> <p>2-3: Library Open By Appointment (Sign up)</p>	<p>9:30 Shopping Cub Hwy 55 3</p>  <p>2: Worship Service CH</p>	<p>Happy Birthday Price Is Right! 4</p> <p>11am: Come Play The Price is Right CH</p> <p>1-2pm Treats in the Lobby: Cheese Pizza!  (1 slice each, limited quantity)</p> <p>2: Worship Service CH</p>	<p>"5-A-Day" Day 5</p> <p>Strive to eat 5 servings of fruits and vegetables today!</p>  <p>National Cheese Pizza Day!</p>
<p>"Back to School" Memories Day 6</p> <p>Starting on Tuesday, walk the first floor, and 'Guess the Student' in each picture. Guessing sheets will be in your mailbox on Tuesday morning! Submit your guesses to Jess.</p>	<p>Kitchen and Offices Are Closed! 7</p>  <p>LABOR DAY <small>Labor Day</small></p>	<p>9:30 Shopping Byerlys/Target 8</p>  <p>2-3: Library Open By Appointment (Sign up)</p> <p>Virtual BINGO BINGO</p>	<p>Service Dog Month! 9</p> <p>Come help make toys for dogs! All you need to know is how to tie a knot and braid.</p> <p>2:00 Dog Toy Making CH (Make with group, or take supplies and do on your own)</p>	<p>9:30 Shopping Cub Hwy 55 10</p>  <p>2: Worship Service CH</p>	<p>1-2pm Treats in the Lobby: Popcorn Friday! </p> <p>2: Worship Service CH</p> <p>** The names of those pictured in the 'Guess the Student' will be revealed. **</p>	<p>Chocolate Milkshake Day! 12</p> <p>Combine vanilla ice cream, and chocolate syrup in your blender! Yum!! Add whipped topping to sweeten it up. </p>
<p>GRANDPARENTS fill the world with LOVE 13</p> <p><small>Grandparents Day</small></p>	<p>1-2pm Color Club CH 14</p>  <p>2-3: Library Open By Appointment (Sign up)</p>	<p>9:30 Shopping Byerlys/Target 15</p>  <p>1pm Schwan's Here</p> <p>Virtual BINGO BINGO</p>	<p>National PJ Month! 16</p> <p>WestRidge Spirit Day! Wear your most appropriate PJs all day! You are home, who cares!</p> 	<p>9:30 Shopping Cub Hwy 55 17</p>  <p>2: Worship Service CH</p>	<p>1-2pm Treats in the Lobby: Rice Krispy Bars </p> <p>2: Worship Service CH</p> <p><small>Rosh Hashanah Begins</small></p>	<p>Classical Music Month 19</p> <p>Turn on some classical music and relax. It is Saturday, what else do you need to do?</p>  <p><small>Oktoberfest Begins</small></p>
<p>National Women's Friendship Day 20</p> <p>Celebrate the friendships in your life. Call a friend today, and check-in.</p>  <p><small>Thank you for being my friend!</small></p>	<p>Yoga Month 21</p> <p>Yoga is all about breathing, stretching, and mindfulness.</p> <p>Try YOGA today. Lots of different yoga routines on Youtube.</p> <p>2-3: Library Open By Appointment (Sign up)</p>	<p>9:30 Shopping Byerlys/Target 22</p>  <p>2:30pm Armchair Travel Salzburg, Austria CH</p> <p>Virtual BINGO BINGO</p> <p><small>Autumn Begins</small></p>	<p>Baseball Wednesday! 23</p> <p>WestRidge Spirit Day! Show your team spirit. Wear your favorite baseball team!</p> <p>1:30-2:30p Come Make A S'More SIGN UP Required! </p>	<p>9:30 Shopping Cub Hwy 55 24</p>  <p>2: Worship Service CH</p>	<p>Ice Cream Sandwich Month 25</p> <p>1-2pm Treats in the Lobby: Ice Cream Sandwiches </p> <p>2: Worship Service CH</p>	<p>Johnny Appleseed Day 26</p> <p>Enjoy an apple maybe with some caramel or peanut butter. </p>
<p>Sweater Month! 27</p> <p>Fall is here! Cooler temperatures. Dig out those sweaters, if you have not already done so. </p> <p><small>Yom Kippur Begins</small></p>	<p>National Good Neighbor Day! 28</p> <p>Check in on your neighbors!</p> <p>1-2pm Color Club CH</p> <p>2-3: Library Open By Appointment (Sign up)</p>	<p>9:30 Shopping Byerlys/Target 29</p>  <p>1pm Schwan's Here</p> <p>Virtual BINGO BINGO</p>	<p>Flu Clinic Wednesday! 30</p> <p>Flu clinic, HERE from 9-11am Watch for more details in your mailbox!</p> 	<p>September 2020</p> <p><i>WestRidge Senior Living Activity Calendar</i></p>		

Activities are subject to change. Watch Bulletin board and elevators for announcements