








September 2023

The Palace Long-Term Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Dimensions Of Wellness Legend Emotional: Red, Social: Green, Intellectual: Blue, Spiritual: Yellow, Physical: Purple				9:00 Music and Memory 1 10:00 Rosary Reading (2nd) 12:00 BBQ/Picnic 2:00 The Price is Right 3:30 Sit & Dance	9:00 Music and Memory 2 10:30 Mind & Body Exercise 2:00 Movie Matinee 
9:00 Music and Memory 3 9:00 Communion with Jackie F. 10:00 Church Service on TV 10:00 Baking with apples 2:00 Afternoon tea	Labor Day 4 9:00 Music and Memory 10:45 Strolls off the floor 2:00 Bingo	9:00 Music and Memory 5 10:30 Rosary Reading (3rd) 2:00 News and Views 	9:00 Music and Memory 6 11:00 Massage/Reiki 1:30 French Club 2:00 Sandbags 4:00 Meaningful Work 5:00 Order Out Night	9:00 Music and Memory 7 10:30 Protestant Service 2:00 Bingo 3:00 Snack & Chat 5:00 Supper Buddy	9:00 Music and Memory 8 10:00 Rosary Reading (2nd) 12:00 BBQ/Picnic 2:00 Outing Short to the Legion	9:00 Music and Memory 9 10:00 Beauty Spa 2:00 Cowboy Saloon with beers and tattoos 
9:00 Music and Memory 10 10:00 Church Service on TV 10:00 Social Visits 2:00 Spiritual Hour with Hymn Sing	9:00 Music and Memory 11 10:45 Strolls off the floor 2:00 Bingo 3:30 Baking	9:00 Music and Memory 12 10:30 Calendar Review 10:30 Rosary Reading (3rd) 1:30 Entertainment with Quenneville Sisters 3:00 Social Visits	9:00 Music and Memory 13 10:30 Visit with "His Nibs" 11:00 Massage/Reiki 1:30 French Club 2:00 Rope the Deer 3:00 Meaningful Work	9:00 Music and Memory 14 12:00 Outing for Lunch 2:00 Bingo 3:00 Snack & Chat 5:00 Super Buddy	9:00 Music and Memory 15 10:00 Rosary Reading (2nd) 11:00 Calendar Review 12:00 BBQ/Picnic 2:00 Outing Short to the Legion 4:00 Tender Moments	9:00 Music and Memory 16 10:00 Mind & Body Exercise 2:00 Board Games
9:00 Music and Memory 17 9:00 Communion with Rosemary 10:00 Church Service on TV 2:00 Sandbags	9:00 Music and Memory 18 10:45 Strolls off the floor 2:00 Bingo 	9:00 Music and Memory 19 10:30 Rosary Reading (3rd) 2:00 Choir Visit - Simply Singing 2:30 Arts & Crafts	9:00 Music and Memory 20 11:00 Decorating birthday cake 1:30 French Club 4:00 Meaningful Work 6:00 September Birthday Party w/ Gerald & Friends	9:00 Music and Memory 21 10:30 Protestant Service 2:00 Bingo 3:00 Snack & Chat 6:00 Just for laughs	Cowboy Style Theme Day! 22 9:30 Cowboy Movie Matinee 10:00 Rosary Reading (2nd) 12:00 BBQ/Picnic Cowboy Style 2:00 Cowboy Line Dancing 	First day of Fall! 23 9:00 Music and Memory 10:00 Beauty Spa 2:00 Horse Races
9:00 Music and Memory 24 10:00 Church Service on TV 2:00 Country Hangman	9:00 Music and Memory 25 10:30 Montessori 10:45 Strolls off the floor 2:00 Bingo 5:00 Homemade Pizza	9:00 Music and Memory 26 10:30 Rosary Reading (3rd) 2:00 Intellectual Games	9:00 Music and Memory 27 11:00 Massage/Reiki 1:30 French Club 4:00 Meaningful Work 6:00 Happy Hour with Robbie	9:00 Music and Memory 28 11:00 Montessori 2:00 Bingo 3:00 Snack & Chat 5:00 Order out night	9:00 Music and Memory 29 10:00 Rosary Reading (2nd) 12:00 BBQ/Picnic 2:00 Bowling 4:00 Social visits	9:00 Music and Memory 30 10:00 Drumming Circle 2:00 Basketball 