




SEPTEMBER 2010 TO LIFE CENTER ADULT DAY SERVICES



Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: center;">IF YOU ARE INTERESTED IN THESE ACTIVITIES AND WOULD LIKE TO JOIN TLC, PLEASE CONTACT SUSAN ADLER AT 401-351-2440</p>	<p>1 Morning Stretch w/ Kerry 9:30 am Current events 10 am No Rhyme Nor Reason 10:30 am Poetry Club 11 am Shopping Trip to Whole Foods 12:30 p Sewing Club 1pm</p> 	<p>2 Morning Stretch w/ Colleen 9:30 am Nutrition Discussion 10 am Word Games w/ Clay 10:30 Trivia w/ Avril 11 am Bazaar Crafts w Ana 1 pm</p>	<p>3 Getting Moving w/ Clay 9:30 a Vase Decoration 10 am Board Game Day 10 am-12pm Price is Right 1 pm</p>  
<p>6 TLC is closed in Observance of Labor Day!</p>	<p>7 Morning Exercise w/ Ana 9:30 am Tuesdays with AL 10 am - Discussion Scrabble 10 am Trivia w/Avril 11am Music with Jerry Columbo 1 pm</p>	<p>8 SMOOTHIE DAY Senior Aerobics w/ Clay 9:30a Music w/ Peter Filippi 10:30 am Shopping Trip to Gold Medal Bakery 12 pm Sewing Class 1:00 pm Memory Workout Games 2 pm</p> 	<p>9 TLC is closed in Observance of Rosh Hashanah</p>	<p>10 TLC is closed in Observance of Rosh Hashanah</p>
<p>13 Morning Exercise w/ Avril 9:30 a Grandparents Day Activities 10 AM -Tell Stories about grandchildren -Scrap booking Jewish Holiday Bingo 10:30 a Art Class w/ Denis Byrnes 1 pm</p>	<p>14 Morning Exercise 9:30 am Tuesdays with AL 10 am Scrabble 10:30 am Fall Leaves Pin Craft 10:30 am Trivia w/ Avril 11 am Tai Chi Bob 1 pm</p>	<p>15 Senior Aerobics w/ Kerry 9:30 am Sew Cool w/ Rachel 10:30 am Cholesterol Month Presentation 10:30 Reminiscing about our favorite or least favorite boss 11 am Bowling Outing at Lang Lanes 12:30 pm</p>	<p>16 Morning Stretch w/ Colleen 9:30 am Sand Casting Crafts 10 am Memory Workout 10 :30 am Word Pictures w/ Clay 11 am Art w/ Mark 1 pm</p>	<p>17 Breakfast from Tim Hortons 9am Getting Moving with Clay 9:30 am NFL Sunday Preview 10 am Bazaar Crafts 10 am Trivia w/ Avril 11 am Uno Tournament 1 pm</p> 
<p>20 Morning Exercise w/ Avril Weekend Review 10 am A-Z Memory Game 10:30 Reminiscing about Radio 11 am Music w/ Stan Freedman 1 pm</p>	<p>21 Morning Stretch w/ Ana 9:30 pm Music w/ Mike Colletta 10:30 a Indoor Bocce Ball 1 pm Wii Challenge 2 pm</p> 	<p>22 Exercise w/ Kerry 9:30 a Songs of Yesterday w/ Peter Filippi 10:30 a Apple Picking at a Local Orchard 12:30 pm Sewing Class w/ Ana 1 pm</p> 	<p>23 Morning Stretch w/ Colleen 9:30 a How Many Words Can You Find 10 a Violin Music w/ Chester Trio 10:30 a Art w/ Mark 1:00 pm</p> 	<p>24 Gone with the Wind Day -Trivia and Bingo - Themed food and Decorations - Staff Dress up Day - Watch Gone with the Wind</p> 
<p>27 Getting Moving w/ Avril 9:30 am Weekend Review 10 am Harp Music w/ Gretchen Streiff 10:30 a Family Feud 1 pm</p> 	<p>28 Morning Exercise w/ Ana 9:30 am Tuesdays with AL 10am Trivia 10:30 am Scrabble 11 am Tai Chi Bob 1 pm</p> 	<p>29 Morning Exercise w/ Kerry 9:30 am, Laughing Yoga w/ Louise 10:30 am Shopping Trip to Gold Medal Bakery Sewing Trip w/ Ana 1 pm Wii Challenge 2 pm</p> 	<p>30 Morning Stetch w/ Colleen 9:30 a Music with John Scotti 10:30 am Art Therapy w/ Colleen 1 pm</p> 	<p>Autumn is a second spring when every leaf is a flower</p> <p>Albert Camus</p> 