

SEPTEMBER 2020



LOCKPORT
PRESBYTERIAN HOME

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>If you have any concerns or questions, please contact Allison at 4348805 x1112. All activities take place in the Activity room unless otherwise stated. Listen to announcements at meal time for any changes.</p>	<p>Activities and/or locations of activities may change with little notice. HH= Hart House, P=Parlor</p> <p>Devotions will take place in the HH Library.</p>	<p>1</p> <p>9:30 Resident Council meeting 11:00 Trivia with Dinah-HH 1:30 Craft of Month with Dinah</p>	<p>2</p> <p>9:30 Shut the Box with Dinah 11:45 Qi Gong exercise 1:30 Bingo w/ Dinah</p>	<p>3</p> <p>9:30 "America Says"-DS 10:00 Exercise video (stretch)-HH 12:30 Celebrate birthdays from our Auxiliary 1:30 Pokeno with Dinah</p>	<p>4</p> <p>9:30 9:30 Residents' Choice- led by Dinah 11:45 Sittercise (seated exercise)-P 1:30 BINGO with Dinah</p>	<p>5</p> <p>9:30 "Tell me a story..." with Terry 11:30 Exercise/fresh air with Terry 1:30 I Got It with Terry</p>
<p>6</p> <p>9:30 Psalms/piano in the Parlor 10:15 Exercise video-HH 10:30 Morning refreshments with Dinah 1:30 BINGO with Dinah</p>	<p>7 Labor Day</p> <p>9:00 Christel SHOPS FOR YOU!! 10:00 Manicure Monday 11:45 Therabands exercise-P 12:30 Labor Day picnic-eat outside?? 1:30 I Got it</p>	<p>8</p> <p>9:30 Residents' Choice led by Dinah 11:00 Exercise video-HH 1:30 Trivia with Dinah</p>	<p>9</p> <p>9:30 Shut the Box with Dinah 10:00 Video Devotions w/ Rev. Beth-HH 11:45 Qi Gong exercise 1:30 Bingo w/ Dinah</p>	<p>10</p> <p>9:30 Scattergories with Dinah-P 10:00 Exercise video (stretch)-HH 1:30 Pokeno with Dinah</p>	<p>11</p> <p>9:30 JEOPARDY! 11:45 Sittercise (seated exercise)-P 1:30 BINGO with Dinah</p>	<p>12</p> <p>9:30 Art Class with Terry 11:30 Exercise/fresh air with Terry 1:30 I Got It with Terry</p>
<p>13 Grandparent's Day</p> <p>9:30 Psalms/piano in the Parlor 10:15 Exercise video-HH 10:30 Morning refreshments with Chrtistel 1:30 BINGO with Christel</p>	<p>14</p> <p>9:30 Game time led by Dinah 11:45 Therabands exercise-P 1:30 I Got it-DS</p>	<p>15</p> <p>9:30 Trivia with Dinah 11:00 Exercise video-HH 1:30 1st & 10 on the deck!</p>	<p>16</p> <p>9:30 Shut the Box with Dinah 10:00 Video Devotion w/ Rev. Beth-HH 11:45 Qi Gong exercise 1:30 Bingo w/ Dinah</p>	<p>17</p> <p>9:30 "America Says" with Dinah 10:00 Exercise video (stretch)-HH 1:30 Pokeno with Dinah</p>	<p>18 Rosh Hashanah Begins</p> <p>9:30 Local history lesson with Allison 11:45 Sittercise (seated exercise)-P 1:30 BINGO with Dinah</p>	<p>19</p> <p>10:30 Art Class with Terry 11:30 Exercise/fresh air with Terry 1:15 I Got It with Terry</p>
<p>20</p> <p>9:30 Psalms/piano in the Parlor 10:15 Exercise video-HH 10:30 Morning refreshments with Dinah 1:30 BINGO with Dinah</p>	<p>21</p> <p>10:00 Manicure Monday 11:45 Therabands exercise-P 1:30 I Got it</p>	<p>22 Fall Begins</p> <p>9:30 Residents' Choice led by Dinah 11:00 Exercise video-HH 1:30 Trivia with Dinah</p>	<p>23</p> <p>9:30 Shut the Box with Dinah 10:00 Video Devotion w/ Rev. Beth-HH 11:45 Qi Gong exercise 1:30 Bingo w/ Dinah</p>	<p>24</p> <p>9:30 News & Views led by Dinah 10:30 Exercise video (stretch)-HH 1:30 Pokeno with Dinah</p>	<p>25</p> <p>9:30 BINGO with Dinah 11:45 Sittercise (seated exercise)-P 1:30 Sing a long with Clancy out front!</p>	<p>26</p> <p>9:30 Game time with Dinah 11:30 Exercise/fresh air with Dinah 1:30 I Got It with Dinah</p>
<p>27 Yom Kippur Begins</p> <p>9:30 Psalms/piano in the Parlor 10:15 Exercise video-HH 10:30 Morning refreshments with Dinah 1:30 BINGO with Dinah</p>	<p>28</p> <p>10:00 Manicure Monday 11:45 Therabands exercise-P 1:30 I Got it</p>	<p>29</p> <p>9:30 Residents' Choice led by Dinah 11:00 Exercise video-HH 1:30 Trivia with Dinah</p>	<p>30</p> <p>9:30 Shut the Box with Dinah 10:00 Video Devotion w/ Rev. Beth-HH 11:45 Qi Gong exercise 1:30 JACKPOT Bingo w/ Dinah</p>	<p>Staff birthdays:9/3-Sam H, 9/9-Susie B, 9/17-Faith H, 9/25-Heather O. Resident birthdays:9/25-Ray Drier, and 9/30-Marion W.</p>	<p>ALL ACTIVITIES WILL BE "SOCIALLY DISTANCED" MEANING RESIDENTS MUST BE 6' APART TO PLAY.</p>	<p>Reminders: *Please put your mask on when in the halls and speaking to others. *See the receptionist to make an appointment to visit with friends and loved ones today!!</p>