

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023

Cumberland Trace Assisted Living

9:30-11:30 Morning Exercise on Channel 4 10:30 Daily Chronicle 11:00 Courtyard Stroll 2:00 Plainfield Christian Church	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Lunch at Red Lobster 2:00 St. Susanna Catholic Mass (Theater) 3:00 Bingo	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Jeopardy 2:00 Town Hall (Bistro) 3:00 Manicures	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Word Games 2:00 Belleville Church of Christ Bible Study 3:00 Arts & Crafts: Scarecrow Clothes Pin	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Star of the Month: Brooke Shields 2:00 Bingo 3:30 Music with Nathan Dillon	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Shuffleboard 2:00 Music with Glacier Line Jammers Band (Bistro) 3:00 Manicures 6:00 Dominoes	9:30-11:30 Morning Exercise on Channel 4 10:30 Daily Chronicle 11:00 Courtyard Stroll 1:30 Bingo (Bistro) 6:00 Concert at Hummel (Piano by Terry Lee Ridley)
9:30-11:30 Morning Exercise on Channel 4 10:30 Daily Chronicle 11:00 Courtyard Stroll 1:00 Jacksonville Jaguars @ Indianapolis Colts on FOX 2:00 First Baptist Church	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Winter Craft 2:00 Music with RJ Sutton 2:00 Hot Cocoa Bar 3:00 WINTER Bingo with Goodie Bags <i>Winter is Snow Much Fun!</i>	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Manicures 2:00 Teatime with Christina 3:00 Flower Arranging	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Summer Yard Games 1-3 Kona Ice (Outside AL Lobby) 2:00 Silly Safari Animal Show (Bistro) 3:30 Watermelon Social <i>Seas the Day & Enjoy Summer!</i>	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Manicures 2:00 FALL Bingo with Prizes 3:00 Music with Country and Gospel Group 3:00 Apple Cider Slushies & Pretzels <i>It's Fall Y'all!</i>	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Lunch at Cooper's Hawk 2:00-5:00 Cumberland Trace Casino Night 6:00 Music with Tina Willard <i>Welcome to the Four Seasons!</i>	9:30-11:30 Morning Exercise on Channel 4 10:30 Daily Chronicle 11:00 Courtyard Stroll 1:30 Bingo
9:30-11:30 Morning Exercise on Channel 4 10:30 Daily Chronicle 11:00 Courtyard Stroll 1:00 Indianapolis Colts @ Houston Texans on FOX 2:00 United Methodist Church	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Who, What, Where Am I? 11-2pm Paparazzi 5\$ Jewelry Sale (ML) 1:00 St. Susanna Holy Communion (Colonnade) 2:00 Afternoon Movie with Snacks and Refreshments	8:00 Men's Breakfast 10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Jeopardy 2:00 Bingo 3:00 Manicures	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Word Games 2:00 Belleville Church of Christ Bible Study 3:00 Arts & Crafts: Fall Wreath Making	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Travelogue: Meet Me in Milan 2:00 Bingo 3:00 Manicures	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Shuffleboard 1:30 Outing to Walmart 3:00 Social Hour 6:00 Dominoes	9:30-11:30 Morning Exercise on Channel 4 10:30 Daily Chronicle 11:00 Courtyard Stroll 1:30 Bingo
9:30-11:30 Morning Exercise on Channel 4 10:30 Daily Chronicle 11:00 Courtyard Stroll 1:00 Indianapolis Colts @ Baltimore Ravens on CBS 2:00 Plainfield Christian Church	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Outing to Library 1:00 St. Susanna Holy Communion (Colonnade) 2:00 Yahtzee! 3:00 Men's Group Social 6:00 Painting with Tracey	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Trivia Fun 1:00-2:30 Lunch and Learn: Exercise in Aging 2:30 Bingo 3:30 Manicures	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Word Games 2:00 Belleville Church of Christ Bible Study 3:00 Arts & Crafts: Pumpkin String Craft	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Who Am I? Bible Characters 2:00 Bingo 3:00 Manicures	10:00 Morning Exercise 10:30 Daily Chronicle 11:00 Corn Hole 1:30 Outing to TJ Maxx 3:00 Social Hour 6:00 Card Games	9:30-11:30 Morning Exercise on Channel 4 10:30 Daily Chronicle 11:00 Courtyard Stroll 1:30 Bingo (Bistro)

All activities are subject to change. Outings may be canceled due to weather. All activities are in Civic Hall unless specified. **MUST** sign up for outings prior.