

















# River Bend September Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 	<b>2</b> 	<b>3</b> 9:30 Card BINGO (M) 10:15 Card BINGO 2:00 Bake a Treat  3:10 Balloon Volley (M)	<b>4</b> 9:30 Chair Yoga(M) <b>9:30 Bible Study</b> 12:15 Resident Meeting 2:00 Happy Hour with Shirley Dolphin- Name That Tune 3:10 Dominos (M)	<b>5</b> 9:30 Chair Exercise (M) 10:15 BINGO 11:00 RB Bucks Store (Open until 11:30) 2:00 Table Ball 3:10 BINGO (M)	<b>6</b> 9:30 Coffee & News (M) 10:30 Chair Exercise  1:00 Dollar General 2:00 Wheel of Fortune 3:10 Table Ball (M)	<b>7</b> <b>3:00 Rosary</b> <b>3:30 Mass</b>  <b>Walk to End Alzheimer's</b> <b>Dubuque, IA</b>
<b>8</b> <b>1:00 Grandparent's Day</b> <b>Ice Cream Social &amp;</b> <b>Music w/ Cade Wessels</b>  <b>National Assisted Living</b> <b>Week September 8-14</b>	<b>9</b> 9:30 Walking Club (M)  10:00 Ageless Art with Xene 2:00 Bean Bag Toss 3:10 Trivia (M) <b>6:00 Canvas Painting w/ Xene</b>	<b>10</b> 10:00 Ageless Art with Xene (M)  <b>10:15 Card BINGO</b> <b>2:00 Worship &amp; Prayer with</b> <b>Cornerstone Church</b>	<b>11</b> 9:00 Manicures 9:30 Chair Yoga (M) <b>9:30 Bible Study</b> <b>11:30 55+ Older Luncheon</b> <b>12:30 Euchre</b> 3:10 Manicures (M)	<b>12</b> 9:30 BINGO (M) <b>10:15 BINGO</b> <b>1:00 Mass with Fr. Loecke</b> 2:00 RB Bucks Store (open until 2:30) 3:10 Bean Bag Toss (M)	<b>13</b> 9:00 Craft (M) <b>10:00 "A Spark of Creativity"</b> <b>Craft</b> 1:00 Brother's Market 2:00 Wheel of Fortune 3:10 UNO (M)	<b>14</b> <b>9:00 Worship &amp; Prayer</b> <b>w/ Presbyterian</b> <b>Church</b>
<b>15</b>	<b>16</b> 9:00 Walking Club (M) 10:00 Coffee at Cheryl's Flour Garden  2:00 Kickball 3:10 Card Games (M)	<b>17</b> 9:30 Card BINGO (M) 10:15 Card BINGO 2:00 Bake a Treat  3:10 Kickball (M)	<b>18</b> 9:30 Chair Yoga (M) <b>9:30 Bible Study</b> 2:00 Happy Hour 3:10 Happy Hour (M)	<b>19</b> 9:30 Chair Exercise (M) 10:15 BINGO 1:00 RB Bucks Store (Open until 1:30) 2:00 About Me Ball 3:10 BINGO (M)	<b>20</b> 9:30 Coffee & News (M) 10:30 Chair Exercise  1:00 Dollar General 2:00 Wheel of Fortune 3:10 Bean Bag Toss (M)	<b>21</b> <b>3:00 Rosary</b> <b>3:30 Mass</b>
<b>22</b>	<b>23</b> 9:30 Football Toss (M) 10:30 Football Toss 2:00 Fall Craft 3:10 Fall Craft (M)  <b>First Day of Fall</b>	<b>24</b> 9:30 Card BINGO (M) 10:15 Card BINGO 2:00 Bo & Ed Visit 	<b>25</b> 9:00 Load Bus for Fishing at Central Park/Picnic <b>9:30 Bible Study</b> 2:00 Table Ball 3:10 Manicures(M)	<b>26</b> 9:30 BINGO (M) 10:15 BINGO 1:00 RB Bucks Store (Open until 1:30) <b>2:00 Marv Rickels Music</b>	<b>27</b> 9:00 Podiatrist 9:30 Coffee & News (M)  1:00 Brother's Market 2:00 Wheel of Fortune 3:10 Balloon Volley (M)   <b>Wear Blue/Yellow for</b> <b>Cascade Homecoming</b>	<b>28</b>
<b>29</b>	<b>30</b> 9:30 Walking Club (M) 10:00 Walking Club 2:00 What's in the Bag? 3:10 What's in the Bag? (M)					

Activities in red are open to the public.  
 Note: Times and activities are subject to change  
 (M) is for Moment's Activities



