







River Bend Activities September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*Activities and times are subject to change. (M) is for activities in Moments Activities in RED are open to the public.</p>					<p>1 AM- Podiatrist Visit 12:00 Dollar General 1:30 Card BINGO w/ Shirley! 2:30 Card BINGO w/ Shirley!(M)</p>	<p>2 9:00 Bible Study w/ Fr. Mark 2:45 Mass in the Chapel w/ Divine Word</p>
<p>3 5:30 Euchre Club- Resident led. Meet after Supper in Activity Area</p>	<p>4 Labor Day</p>	<p>5 10:15 Rosary in the Chapel 1:30 Card BINGO 2:15 Pet Visit w/ Ed & Chip!</p>	<p>6 9:30 Chair Yoga (M) 10:30 Chair Exercise 12:00 Resident Meeting 1:30 Baking Club 2:30 Baking Club (M)</p>	<p>7 10:30 Health Talk w/ Blue Stone Therapy 1:30  (Bucks store open after BINGO) 2:30 BINGO (M)</p>	<p>8 9:30 Chair Exercise (M) 10:30 Fitness Friday! 12:00 Brother's Market 1:30 Wheel of Fortune 2:30 Yahtzee! (M)</p>	<p>9 9:00 Bible Study w/ Fr. Mark 2:30 Iowa Hawkeye vs. ISU Football Game on FOX (channel 5)</p>
<p>10 17th Anniversary Party Meal: 12-1 Music- 1-3 Grandparent's Day! "Season of Reflection" National Assisted Living Week- 10-16</p>	<p>11 8:30 Manicures 9:30 Golf (M) 1:30 Show & Share- "A Happy Reflection" "Guess The Staff Member" Photo Reveal 2:30 Reflecting & Reminiscing.. (M) Wear RED</p>	<p>12 10:15 Rosary in the Chapel 11:00 Pre Dinner Music by Nia 1:30 Fall Craft 2:30 Craft (M) Wear ORANGE</p>	<p>13 9:30 Chair Yoga (M) 10:30 Chair Exercise 1:30 Wine & Cheese Tasting Happy Hour 2:30 Happy Hour (M) Wear YELLOW</p>	<p>14 10:15 Mass in the Chapel w/ Fr/ Mark 1:30 Community Bingo w/ Prizes! 2:30 BINGO (M) Wear GREEN</p>	<p>15 9:30 Chair Exercise (M) 10:30 Fitness Friday! 12:00 Dollar General 1:30 Music w/ Dave Mehr! Wear BLUE</p>	<p>16 9:00 Bible Study w/ Fr. Mark 2:45 Mass in the Chapel w/ Divine Word Wear PURPLE</p>
<p>17 5:30 Euchre Club- Resident led. Meet after Supper in Activity Area</p>	<p>18 9:30 Chair Exercise (M) 10:30 Chair Exercise 1:30 Worship & Prayer w/ Cornerstone Church</p>	<p>19 10:15 Rosary in the Chapel 1:30 Card BINGO 2:30 Card BINGO (M)</p>	<p>20 9:30 Chair Yoga (M) 10:30 Chair Exercise 1:00 Music w/ The Lemon Sisters!</p>	<p>21 9:30 Drum Fit (M) 10:30 Drum Fit 1:30  (Bucks store open after BINGO) 2:30 BINGO (M)</p>	<p>22 9:30 Chair Exercise (M) 10:30 Fitness Friday! 12:00 Brother's Market 1:30 Wheel of Fortune 2:30 Card Games (M)</p>	<p>23 9:00 Bible Study w/ Fr. Mark First Day of Fall</p>
<p>24 5:30 Euchre Club- Resident led. Meet after Supper in Activity Area</p>	<p>25 9:30 Chair Exercise (M) 10:30 Chair Exercise 1:30 Euchre 2:30 Dominoes (M)</p>	<p>26 10:15 Rosary in the Chapel 1:30 Card BINGO 2:30 Card BINGO (M)</p>	<p>27 9:30 Chair Yoga (M) 10:30 Chair Exercise 1:30 Happy Hour! 2:30 Ice Cream Social (M)</p>	<p>28 10:15 Mass in the Chapel w/ Fr/ Mark 1:30  (Bucks store open after BINGO) 2:30 BINGO (M)</p>	<p>29 9:30 Chair Exercise (M) 10:30 Fitness Friday! 12:00 Dollar General 1:30 Football Toss 2:30 Football Toss (M) CHS HOMECOMING- Wear Blue/Gold</p>	<p>30 9:00 Bible Study w/ Fr. Mark</p>