



**BE THE
Change
YOU WANT
>>> To See In
THE WORLD**

Self-Care
Awareness
Month

SEPTEMBER 2024
THE MYRTLES ACTIVITY CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	TAILGATE FRIDAY	Saturday
1	2 LABOR DAY	3	4 NATL WILDLIFE DAY	5	6 WEAR TEAM COLOR	7
10:30 ACTIVITY CART DINING ROOM 3:00 HALLWAY COFFEE/SNACK CART	HAPPY LABOR DAY @ 10:30 ACTIVITY CART DINING ROOM 3:00 COFFEE/SNACK CART	<u>HALLWAY GIGGLE ROLL</u> 9:30-10:00 A 10:00-10:30 B 10:30-11:00 SHORT C 11:00-11:30 LONG C <u>HALLWAY BINGO</u> 1:00-1:30 A 1:30-2:00 B 2:00-2:30 SHORT C 2:30-3:00 LONG C 3:00 COFFEE/SNACK CART	<u>HALLWAY BALLOONCIZE</u> 9:30-10:00 A 10:00-10:30 B 10:30-11:00 SHORT C 11:00-11:30 LONG C <u>HALLWAY ANIMAL TRIVIA</u> 1:00-1:30 A 1:30-2:00 B 2:00-2:30 SHORT C 2:30-3:00 LONG C 3:00 COFFEE/SNACK CART	<u>HALLWAY RESIDENT COUNCIL</u> 9:30-10:00 A 10:00-10:30 B 10:30-11:00 SHORT C 11:00-11:30 LONG C <u>HALLWAY BIRTHDAY'S</u> 1:00-1:30 A 1:30-2:00 B 2:00-2:30 SHORT C 2:30-3:00 LONG C 3:00 COFFEE/SNACK CART	<u>HALLWAY FOOTBALL TOSS</u> 9:30-10:00 A 10:00-10:30 B 10:30-11:00 SHORT C 11:00-11:30 LONG C <u>HALLWAY TAILGATE BINGO</u> 1:00-1:30 A 1:30-2:00 B 2:00-2:30 SHORT C 2:30-3:00 LONG C 3:00 COFFEE/SNACK CART	ACTIVITY PACKETS 3:00 HALLWAY COFFEE & SNACK CART
8 GRANDPARENT'S DAY	9 NATL TEDDY BEAR DAY	10	11 PATRIOT DAY	12 NATL HUG & HIGH 5	13 BANANA/CHOCOLATE DAY	14
NFL FOOTBALL SEASON KICKOFF 10:30 ACTIVITY CART DINING ROOM 3:00 HALLWAY COFFEE/SNACK CART	<u>HALLWAY STRETCHING</u> 9:30-10:00 A 10:00-10:30 B 10:30-11:00 SHORT C 11:00-11:30 LONG C <u>HALLWAY REMINISCE "TOY"</u> 1:00-1:30 A 1:30-2:00 B 2:00-2:30 SHORT C 2:30-3:00 LONG C 3:00 COFFEE/SNACK CART	<u>HALLWAY GIGGLE ROLL</u> 9:30-10:00 A 10:00-10:30 B 10:30-11:00 SHORT C 11:00-11:30 LONG C <u>HALLWAY BINGO</u> 1:00-1:30 A 1:30-2:00 B 2:00-2:30 SHORT C 2:30-3:00 LONG C 3:00 COFFEE/SNACK CART	<u>HALLWAY PRAYER & SING</u> 9:30-10:00 A 10:00-10:30 B 10:30-11:00 SHORT C 11:00-11:30 LONG C <u>HALLWAY REMINISCE 9/11</u> 1:00-1:30 A 1:30-2:00 B 2:00-2:30 SHORT C 2:30-3:00 LONG C 3:00 COFFEE/SNACK	<u>HALLWAY HOT POTATO</u> 9:30-10:00 A 10:00-10:30 B 10:30-11:00 SHORT C 11:00-11:30 LONG C <u>HALLWAY LOTION-UP</u> 1:00-1:30 A 1:30-2:00 B 2:00-2:30 SHORT C 2:30-3:00 LONG C 3:00 COFFEE/SNACK CART	<u>HALLWAY FOOTBALL TOSS</u> 9:30-10:00 A 10:00-10:30 B 10:30-11:00 SHORT C 11:00-11:30 LONG C <u>HALLWAY TAILGATE BINGO</u> 1:00-1:30 A 1:30-2:00 B 2:00-2:30 SHORT C 2:30-3:00 LONG C 3:00 COFFEE/SNACK CART	ACTIVITY PACKETS 3:00 HALLWAY COFFEE & SNACK CART
15	16 RESPECT FOR THE AGED	17 INTL COUNTRY MUSIC DAY	18	19	20 NATL STRING CHEESE	21
10:30 ACTIVITY CART DINING ROOM 3:00 HALLWAY COFFEE/SNACK CART	<u>HALLWAY STRETCHING</u> 9:30-10:00 A 10:00-10:30 B 10:30-11:00 SHORT C 11:00-11:30 LONG C <u>HALLWAY GROUP "ME"</u> 1:00-1:30 A 1:30-2:00 B 2:00-2:30 SHORT C 2:30-3:00 LONG C 3:00 COFFEE/SNACK CART	<u>HALLWAY GIGGLE ROLL</u> 9:30-10:00 A 10:00-10:30 B 10:30-11:00 SHORT C 11:00-11:30 LONG C <u>HALLWAY COUNTRY BINGO</u> 1:00-1:30 A 1:30-2:00 B 2:00-2:30 SHORT C 2:30-3:00 LONG C 3:00 COFFEE/SNACK CART	<u>HALLWAY BALLOONCIZE</u> 9:30-10:00 A 10:00-10:30 B 10:30-11:00 SHORT C 11:00-11:30 LONG C <u>HALLWAY BOWLING</u> 1:00-1:30 A 1:30-2:00 B 2:00-2:30 SHORT C 2:30-3:00 LONG C 3:00 COFFEE/SNACK CART	<u>HALLWAY HOT POTATO</u> 9:30-10:00 A 10:00-10:30 B 10:30-11:00 SHORT C 11:00-11:30 LONG C <u>HALLWAY BINGO</u> 1:00-1:30 A 1:30-2:00 B 2:00-2:30 SHORT C 2:30-3:00 LONG C 3:00 COFFEE/SNACK CART	<u>HALLWAY FOOTBALL TOSS</u> 9:30-10:00 A 10:00-10:30 B 10:30-11:00 SHORT C 11:00-11:30 LONG C <u>HALLWAY TAILGATE BINGO</u> 1:00-1:30 A 1:30-2:00 B 2:00-2:30 SHORT C 2:30-3:00 LONG C 3:00 COFFEE/SNACK CART	ACTIVITY PACKETS 3:00 HALLWAY COFFEE & SNACK CART
22	23 NATL SIGN LANGUAGE	24 NATL BASEBALL DAY	25 CHEESE QUESADILLA	26 NATL DUMPLING	27 NATL SCARF DAY	28
10:30 ACTIVITY CART DINING ROOM 3:00 HALLWAY COFFEE/SNACK CART	10:00 STRETCHING/DINING RM 10:30 GUESS THE SIGN? 2:00 LET'S PLAY CHECKERS 3:00 COFFEE & CHAT	10:00 PARACHUTE/DINING RM 10:30 BATTER BATTER "PLAY" 2:00 BINGO 3:00 COFFEE & CHAT 6:30 MOVIE & POPCORN	10:00 BALLOONCIZE 10:30 PASTOR BILL BUSH 10:30 WII GAME/LIBRARY 2:00 CHEESE QUESADILLA 3:00 COFFEE & CHAT	10:00 MUSIC EXERCISE 10:30 DOMINO CLUB 2:00 EAT SCRUMPTIOUS EGG ROLLS ☺ 3:00 COFFEE & CHAT	10:00 SCARF EXERCISE 10:30 GOOGLE'S BIRTHDAY/ASK ? 2:00 BINGO WITH TAILGATE PIZZA PARTY 3:00 COFFEE & CHAT	10:30 CROSSROADS CHURCH 10:30 WII GAME/LIBR 3:00 COFFEE & SNACK CART
29	30 NATL MULLED CIDER	BARBER SHOP	SMOKE BREAK	WEEKLY GROCERY	ESSENTIAL NEEDS OF ELDERLY FOR WELL BEING & QUALITY LIFE	*NOTICE*
10:30 ACTIVITY CART DINING ROOM 3:00 COFFEE & CHAT	10:00 STRETCHING 10:30 ASK A STUPID ? 2:00 NAME THE PRODUCT 3:00 COFFEE/CIDER & CHAT	TUESDAY/MEN THURSDAY/LADIES	DAILY 30 MINUTES 10:00 AM, 1:00 PM, 4:00 PM, & 7:00 PM	LIST DUE ACTIVITY DEPT ON TUESDAY	FAMILY SUPPORT, HOME SAFETY, MEDICAL NEEDS, COGNITIVE HEALTH, MOBILITY, PERSONAL HYGIENE, MEAL PREPARATION, & SOCIAL INTERACTION	CALENDAR IS SUBJECT TO CHANGE