


James L. West Senior Day Program

September 2022 Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Heather Macchietto; Director Joan Rogers, LVN; Care Coordinator Angela Hill: Life Enrichment Coord. 817-877-1199			1 9:30 Devotional/Daily Chronicle 11:00 Exercise 1:00 Music and Relaxation 2:00 Painting 3:00 Games, Puzzles, Small Groups	2 9:30 Devotional/Daily Chronicle 11:00 Exercise 1:00 Music and Relaxation <i>Labor Day Trivia and Word Search</i> 2:00 3:00 Games, Puzzles, Small Groups	3
4	5 LABOR DAY Program Closed 	6 9:30 Devotional/Daily Chronicle 11:00 Exercise 1:00 Music and Relaxation <i>Would you Rather? Labor Day Edition</i> 2:00 Music Therapy w/Julia 3:00 Games, Puzzles, Small Groups	7 9:30 Devotional/Daily Chronicle 11:00 Exercise 1:00 Music and Relaxation 2:00 Chair Yoga w/Teona 3:00 Games, Puzzles, Small Groups	8 9:30 Devotional/Daily Chronicle 11:00 Exercise 1:00 Music and Relaxation 2:00 Cooking Activity 3:00 Games, Puzzles, Small Groups 4:00 Drums Alive w/Cara	9 9:30 Devotional/Daily Chronicle 11:00 Exercise 1:00 Music and Relaxation 2:00 Rodeo Bingo 3:00 Games, Puzzles, Small Groups	10
11 Grandparent's Day Patriot Day	12 9:30 Devotional/Daily Chronicle 10:30 TCU/Grandfriends Program 1:00 Music and Relaxation 2:00 Guess Who I Am? 2:30 Dance & Move w/Jen 3:30 <i>Chocolate Milk Shake Day</i> Games, Puzzles, Small Groups	13 9:30 Devotional/Daily Chronicle 11:00 Exercise 1:00 Music and Relaxation 2:00 Music Therapy w/Julia 3:00 Games, Puzzles, Small Groups	14 9:30 Devotional/Daily Chronicle 11:00 Live Music w/Ruby Weston 1:00 Music and Relaxation 2:00 Rock Painting 3:00 Games, Puzzles, Small Groups	15 9:30 Devotional/Daily Chronicle 11:00 Exercise 1:00 Music and Relaxation 2:00 Live Music Bingo 3:00 Games, Puzzles, Small Groups 4:00 Drums Alive w/Cara	16 9:30 Devotional/Daily Chronicle 11:00 Exercise 1:00 Music and Relaxation 2:00 National Guacamole Day: Make and Enjoy! 3:00 Games, Puzzles, Small Groups	17
18	19 9:30 Devotional/Daily Chronicle 10:30 TCU/Grandfriends Program 1:00 Music and Relaxation 2:00 Trivia 2:30 Dance & Move w/Jen 3:30 Games, Puzzles, Small Groups	20 9:30 Devotional/Daily Chronicle 11:00 Exercise 1:00 Music and Relaxation 2:00 Music Therapy w/Julia 3:00 <i>Nat'l Pepperoni Pizza Day—make and enjoy snack</i> 4:00 Games, Puzzles, Small Groups	21 9:30 Devotional/Daily Chronicle 11:00 Exercise 1:00 Music and Relaxation 2:00 Chair Yoga w/Teona 3:00 World Gratitude Day Activities	22 9:30 Devotional/Daily Chronicle 11:00 Exercise 1:00 Texas Winds: Notes to Remember 2:00 Parachute and Dice Bowling 3:00 Games, Puzzles, Small Groups 4:00 Drums Alive w/Cara	23 9:30 Devotional/Daily Chronicle 11:00 Exercise 1:00 Music and Relaxation 2:00 Oktoberfest Party w/ Mike Borelli, accordion Oktoberfest Games, Trivia, Snacks 3:00 Games, Puzzles, Small Groups	24
25	26 9:30 Devotional/Daily Chronicle 10:30 TCU/Grandfriends Program 1:00 Music and Relaxation 2:00 Make and Take Floral Arrange 2:30 Dance & Move w/Jen 3:30 Games, Puzzles, Small Groups	27 9:30 Devotional/Daily Chronicle 11:00 Exercise 1:00 Music and Relaxation 2:00 Music Therapy w/Julia 3:00 Games, Puzzles, Small Groups	28 9:30 Devotional/Daily Chronicle/ Exercise 1:00 Music and Relaxation 2:00 Drum Circle w/Kenny 3:00 Games, Puzzles, Small Groups	29 9:30 Devotional/Daily Chronicle 11:00 Exercise 1:00 Music and Relaxation 2:00 Scavenger Hunt 3:00 Games, Puzzles, Small Groups 4:00 Drums Alive w/Cara	30 9:30 Devotional/Daily Chronicle 10:30 Music with Don and Sharon 1:00 Music and Relaxation 2:00 Monthly Birthday Party 3:00 Games, Puzzles, Small Groups	