

September 2021 Arbor Terrace Morris Plains Bridges Calendar



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Arts & Education

Deep Connections

Health & Wellness

Purposeful Living

Recreation & Leisure

Spiritual Journey

Location Key

Bridges Living Room - BL

Bridges Patio - BP

Bridges Community Room - BCR

Outdoor Path - OP

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Morning Exercise & Brain Games on Bridges [HP]

11:15 Brain Boosters Trivia & Word Games - IN2L [HP]

1:30 Friendly Visits or Outdoor Walks

2:00 **Movie Theatre Day!** - [CT]

4:00 Afternoon Siesta on the Patio [BP]

1

Piano Player day

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 **Communion Services with St. Virgil's Church** [HP]

1:30 Friendly Visits or Outdoor Walks

2:15 Afternoon Fitness Exercise

3:00 Afternoon Social & Music

3:30 Rosary Group [BCR]

4:00 **Karaoke Music & Sing Along**

2

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Friday Fun with Fitness

11:15 Brain Boosters Trivia & Word Games - IN2L

1:30 Outdoor Walking Group- lets gather nature items -lets get ready for fall

2:15 Crafty & Creative Hands (Arts & Crafts) making good things with Clay

2:30 continuation of Clay Creativity

3:30 **Outdoor Entertainment with John Diamato**

3

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Weekend Fitness Exercise

11:15 Brain Boosters Trivia & Word Games - IN2L

1:30 Music Appreciation & Discussion

1:30 National Assisted living Day - Smoothies and Fresh Fruit for Bridges Residents Community

2:15 Outdoor Games/Card Memory /Scrabble [BP]

3:15 Healthy Snacks -Carrot /Celery/Cucumber /Veggie Platter

4:00 Afternoon Movie /Bridges Room / [BL]

4

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Weekend Fitness Exercise

11:15 Brain Boosters Trivia & Word Games - IN2L

1:30 Music Appreciation & Discussion

1:30 National Assisted living Day - Smoothies and Fresh Fruit for Bridges Residents Community

2:15 Outdoor Games/Card Memory /Scrabble [BP]

3:15 Healthy Snacks -Carrot /Celery/Cucumber /Veggie Platter

4:00 Afternoon Movie /Bridges Room / [BL]

9:30 Trip - Catholic Mass at St. Virgil's Catholic Church [OT]

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Gentle Fitness Exercise Class [HP]

11:15 Brain Games & Trivia on IN2L [HP]

1:30 Friendly Visits

2:00 Gardening Group - Caring for the Patio Garden [BP]

2:30 Patio Chat & Games

3:00 Sunday Hymns Sing Along & Snacks

3:30 **Weekend Yoga Musical Moves with Venecia** [HP]

4:15 **Sunday Mass on TV**

5

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Morning Exercise on Bridges

11:15 Brain Trivia/ Lets Talk about Labor Day

1:30 It's labor Day/ Lets make a "Brunch of things/ with our Neighbors .

2:00 Creative Hands for a Cause/Lets continue Labor Day Snacks Bite Size Hot Dogs/ Bite Size Pizzas

3:15 **Music, Memories & Monday Mimosas and comedy Movie Coming to America Eddie Murphy**

3:45 Afternoon Karaoke / Sing Along

6

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Chair Movement and Exercise Class [HP]

11:15 **Word in a Word White Board Game** [HP]

1:30 **Fresh Air Walks Outdoors** [OP]

2:15 **Yoga with Venecia Urban** [HP]

3:15 Active Sports & Games

4:00 **Rosary Group with St. Virgil's Church**

7:15 **Evening Bingo Hour**

7

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Morning Exercise & Brain Games on Bridges [HP]

11:15 Brain Boosters Trivia & Word Games - IN2L [HP]

1:30 Friendly Visits or Outdoor Walks

2:00 **Movie Theatre Day!** - [CT]

4:00 Afternoon Siesta on the Patio [BP]

8

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 **Communion Services with St. Virgil's Church** [HP]

1:30 Friendly Visits or Outdoor Walks

2:15 Afternoon Fitness Exercise

3:00 Afternoon Social & Music

3:30 Rosary Group [BCR]

4:00 **Karaoke Music & Sing Along**

5:00 **Mix & Mingle Night with Friends** [BD]

9

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Friday Fun with Fitness

11:15 Brain Boosters Trivia & Word Games - IN2L

1:30 Outdoor Walking Group

2:15 Crafty & Creative Hands (Arts & Crafts) lets make baskets

3:00 **Happy Hour with Eleanor Jackson** [HP]

4:15 **Rosh Hashanah Celebration with Rabbi Rudin** [AAS]

10

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Weekend Fitness Exercise

11:15 Brain Boosters Trivia & Word Games - IN2L

1:30 Discuss Block Party For Resident Families and Friends

1:30 Music Appreciation & Discussion

2:00 **Arbor Block Party with Family & Friends**

3:15 Serve Healthy Snacks and Beverages to Residents and Family Members

4:00 **Movie Night / A River runs Through it/ Robert Redford** [BL]

11

9:30 Trip - Catholic Mass at St. Virgil's Catholic Church [OT]

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Gentle Fitness Exercise Class [HP]

11:15 Brain Games & Trivia on IN2L [HP]

1:30 Friendly Visits

2:00 New Jersey Day / How did Jersey Get its name and what year? [BP]

2:30 Patio Chat & Games

3:00 **Piano Café music with Jay Daniels** [HP]

3:00 Sunday Hymns Sing Along & Snacks

3:30 **Weekend Yoga Musical Moves with Venecia** [HP]

4:15 **Sunday Mass on TV**

12

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Morning Exercise on Bridges

11:15 Brain Games & Trivia on IN2L

1:30 Monday Topic : Morristown How historical is it ?

2:00 Creative Hands for a Cause/ lets make Tortillas w/Cheese

3:15 **Music, Memories & Monday Mimosas and Spanish Food**

3:45 Afternoon Karaoke / Sing Along/ Latin Music

13

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Mind & Body Fitness Class

11:00 Creation in the Kitchen - Residents recipes [BCR]

1:30 **Fresh Air Walks Outdoors** [OP]

2:15 **Yoga with Venecia Urban** [HP]

3:15 Active Sports & Games

4:00 **Rosary Group with St. Virgil's Church**

7:15 **Evening Bingo Hour**

14

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Morning Exercise & Brain Games on Bridges [HP]

11:15 Brain Boosters Trivia & Word Games - IN2L [HP]

1:30 Friendly Visits or Outdoor Walks

2:00 **Movie Theatre Day!** - [CT]

3:00 **Broadway Fashion Show with Robbie Amadeo** [HP]

4:00 Afternoon Siesta on the Patio [BP]

15

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 **Communion Services with St. Virgil's Church** [HP]

1:30 Friendly Visits or Outdoor Walks

2:15 Afternoon Fitness Exercise

3:00 Afternoon Social & Broadway Musicals Reminiscing

4:00 Rosary Group [BCR]

16

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Friday Fun with Fitness

11:15 Brain Boosters Trivia & Word Games - IN2L

1:30 Outdoor Walking Group

2:15 **Current Events with Debbie** [HP]

3:00 **Outdoor Entertainment with Julian Hernandez**

4:15 **Happy Hour in the Cafe** [HP]

17

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Weekend Fitness Exercise

11:15 Brain Boosters Trivia & Word Games - IN2L

1:30 Friendly Visits or Outdoor Walks

1:30 Music Appreciation & Discussion

3:15 Healthy Snacks Social & Sing A Long

4:00 Table Games & Afternoon Movies [BL]

18

9:30 Trip - Catholic Mass at St. Virgil's Catholic Church [OT]

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Gentle Fitness Exercise Class [HP]

11:15 Brain Games & Trivia on IN2L [HP]

1:30 Friendly Visits

2:00 Gardening Group - Caring for the Patio Garden [BP]

2:30 Patio Chat & Games

3:00 **Piano Cafe Music with Clint Edwards** [HP]

3:00 Sunday Hymns Sing Along & Snacks

4:15 **Sunday Mass on TV**

19

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Morning Exercise on Bridges

11:15 Brain Games & Trivia on IN2L

1:30 Current Events /Residents Discuss Article from Newspaper

2:00 Creative Hands for a Cause/ Personal Decorative Boxes

3:15 **Music, Memories & Monday Mimosas w/ Nachos Supreme**

3:45 Afternoon Karaoke / sing along

20

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Mind & Body Fitness Class

11:00 Creation in the Kitchen - Residents recipes [BCR]

1:30 **Fresh Air Walks Outdoors** [OP]

2:15 **Yoga with Venecia Urban** [HP]

3:15 Active Sports & Games

4:00 **Rosary Group with St. Virgil's Church**

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FALL BEGINS

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Morning Exercise & Brain Games on Bridges [HP]

11:15 Brain Boosters Trivia & Word Games - IN2L [HP]

1:30 Friendly Visits or Outdoor Walks

2:00 **Movie Theatre Day!** - [CT]

4:00 Afternoon Siesta on the Patio [BP]

22

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 **Communion Services with St. Virgil's Church** [HP]

1:30 Friendly Visits or Outdoor Walks

2:15 Afternoon Fitness Exercise

3:00 Afternoon Social & Music

3:30 Rosary Group [BCR]

4:00 **Karaoke Music & Sing Along**

5:00 **Mix & Mingle Night with Friends** [BD]

23

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Friday Fun with Fitness

11:15 Brain Boosters Trivia & Word Games - IN2L

1:30 Outdoor Walking Group

2:15 Crafty & Creative Hands (Arts & Crafts)Paper Creations

2:15 New Event Name

3:00 **Current Events with Debbie** [HP]

3:45 **TGIF Happy Hour & Welcome New Resident Social**

4:15 **Happy Hour in the Cafe** [HP]

24

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Weekend Fitness Exercise

11:15 Brain Boosters Trivia & Word Games - IN2L

1:30 Friendly Visits or Outdoor Walks

1:30 Music Appreciation & Discussion/ The Origin of Music how did Music become so vast ?

3:15 Healthy Snacks Social & Sing A Long

4:00 Table Games & Afternoon Movies [BL]

25

9:30 Trip - Catholic Mass at St. Virgil's Catholic Church [OT]

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Gentle Fitness Exercise Class [HP]

11:15 Brain Games & Trivia on IN2L/Piggy Bank Competition / Who can spell the most words? [HP]

1:30 Friendly Visits

2:00 Gardening Group - Caring for the Patio Garden [BP]

2:30 Patio Chat & Games

3:00 Sunday Hymns Sing Along & Snacks

4:15 **Sunday Mass on TV**

26

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Morning Exercise on Bridges

11:15 Brain Games & Trivia on IN2L

1:30 Lets Bake Cookies for our Neighbors

2:00 Creative Hands for a Cause/ Create your own Dream Hose with Balsa wood

3:15 **Music, Memories & Monday Mimosas**

3:45 Afternoon Karaoke / Sing Along

27

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Chair Movement and Exercise Class [BCR]

11:00 Creation in the Kitchen - Residents recipes [BCR]

1:30 **Fresh Air Walks Outdoors** [OP]

2:15 **Yoga with Venecia Urban** [HP]

3:15 Active Sports & Games

4:00 **Rosary Group with St. Virgil's Church**

28

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 Morning Exercise & Brain Games on Bridges [HP]

11:15 Brain Boosters Trivia & Word Games - IN2L [HP]

1:30 Friendly Visits or Outdoor Walks

2:00 **Movie Theatre Day!** - [CT]

3:30 **Wine & Music with John Busciano** [HP]

4:00 Afternoon Siesta on the Patio [BP]

29

9:45 AM Morning Engagement : Mail Delivery, & Newspaper

10:30 **Communion Services with St. Virgil's Church** [HP]

1:30 Friendly Visits or Outdoor Walks

2:15 Afternoon Fitness Exercise

3:00 Afternoon Social & Music

3:30 Rosary Group [BCR]

4:00 **Karaoke Music & Sing Along**

30

"There is nothing in the world so irresistibly contagious as laughter and good humor."

– Charles Dickens, A Christmas Carol