

# Aster Life Enrichment

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

## September 2010

### Aster Community Calendar

Remembering the Past...Improving the Future!

<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Read a book/Beverages &amp; Snacks 10:30- - Hands on Craft 1:00 – Put feet up and relax to quiet music 2:00 – Coupon Clipping, Coffee &amp; Games 3:00 – Worship with Pastor Jill Fellowship to Follow 3:00 – Afternoon Movie and Popcorn</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages and Manicures 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:00 – Make Homemade Lemonade 3:00 –Music by Myrna Blackwood Bar Area 5:00 – Cook Out/Hamburgers &amp; Hot Dogs</p> <p style="text-align: center;"><b>Labor Day</b></p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 1:00 – Put feet up, relax to quiet music 2:15 – Music and More with Marti 3:00 – Beaded Jewelry with Denise/\$15.00/\$20.00/AR 3:00 – Ice cream Sundaes 3:00 - Painting Time</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:00 – Around the World Tea Party 2:30 – Color Sorting 3:00 – Mike with the Accordion/Bar Area 4:00 – Lets Work Puzzles or Paint</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:00 – Flower Arranging and Goodies 3:00 – Guitar with Randy 3:30 – Book Review with Marti Fresh Apple Pie</p> <p style="text-align: center;"><b>Rosh Hashanah</b></p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:00 – Tidy up room for the Weekend 2:30 – Checkers and Tic Tac Toe 3:30 – Happy Hour 4:30 – Shabbat Services</p>	<p>9:00 – Sit and Stretch 9:00 – Morning Stroll 9:30 – Hand Massages 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 1:00 – Put feet up and relax to quiet music 2:00 – Bingo 3:00 – Black and White Movies &amp; Popcorn</p>
<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Read a book/Beverages &amp; Snacks 10:30- - Hands on Craft 1:00 – Put feet up and relax to quiet music 2:00 – Coupon Clipping, Coffee &amp; Games 3:00 – Worship with Pastor Jill Fellowship to Follow 3:00 – Afternoon Movie and Popcorn</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages and Manicures 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:00 – Pretzels and Drinks 3:00 – Painting and Puzzles</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:15 – Music and More with Marti 3:00 – Fruit and Cheese 3:30 – Afternoon Movie 4:00 – Checkers and Bowling</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:00 – Muffins 2:30 – Ball Toss/Your Favorite Color 3:30 – Table Games or Puzzles 6:30 – After Dinner Dessert- Art and Entertainment with Marti Ruiz/Ball Room</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 12:00 – Lunch – MEXICAN STYLE 1:00 – Put feet up and relax to quiet music 2:00 – Flower Arranging and Fresh Fruit 3:00 – Checkers 3:30 – Card Making with Denise/AR 4:00 – Movie Time</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:00 – Puzzles and Bowling 2:30 – Color Sorting and Ball Toss 3:30 – Happy Hour 4:30 – Shabbat Services</p>	<p>9:00 – Sit and Stretch 9:00 – Morning Stroll 9:30 – Hand Massages 10:00 – Read a book/Beverages/ Snacks 10:30- - Hands on Craft 1:00 – Put feet up and relax to quiet music 2:30 – Celebrating Grandparents Day with "A Broadway Musical Event"/Ball Room 3:30 – Afternoon Painting</p> <p style="text-align: center;"><b>Yom Kipper</b></p>
<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 1:00 – Put feet up and relax to quiet music 2:00 – Coupon Clipping, Coffee &amp; Games 3:00 – Worship Time/AR 3:00 – Afternoon Movie and Popcorn</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages and Manicures 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:00 – Fruit and Cool whip 3:00 – Black and White Movies 4:00 - Games 4:00 – Resident Council</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:15 – Music and More with Marti 3:00 – Muffins and Juice 3:30 – Clay Fun 4:00 – Crossword Puzzles and Word Find</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 12:00 – Lunch – JAPANESE STYLE 1:00 – Put feet up and relax to quiet music 2:00 – Ice Cream Cones 2:30 – Bowling 3:30 – Table Games or Puzzles</p> <p style="text-align: center;"><b>Autumn Begins</b></p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:00 – Flower Arranging and Peanut Butter Crackers 3:00 – Autumn has Begun- Fall Fruits and Veggies in the Courtyard</p> <p style="text-align: center;"><b>Sukkot</b></p>	<p>8:30 – White Rock Lake Trip 9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:00 – Tidy up room for the Weekend 2:30 – Arts and Crafts 3:30 – Happy Hour 4:30 – Shabbat Services</p>	<p>9:00 – Sit and Stretch 9:00 – Morning Stroll 9:30 – Hand Massages 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 1:00 – Put feet up and relax to quiet music 3:00 - Bowling</p>
<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Read a book/Beverages and Snacks 10:30- - Hands on Craft 1:00 – Put feet up and relax to quiet music 2:00 – Coupon Clipping, Coffee &amp; Games 3:00 – Worship Time/AR 3:00 – Afternoon Movie and Popcorn</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 9:30 – Convertible Rides with Carmelita 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:00 – Fruit and Juice 3:00 – Lets read the paper 3:30 – Letter Writing 4:00 – Color Sorting</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:15 – Music and More with Marti 3:00 – Cookies 3:30 – Trivia and Guessing Game 4:00 – Bingo Afternoon</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:00 - Chex Mix and Lemonade 2:30 – You Read To Me 3:30 – Trivia and MORE 4:00 – Lets Read the News</p>	<p>9:00 – Sit and Stretch/Morning Stroll 9:30 – Hand Massages 10:00 – Hands on Crafts 10:45 – Reading Time with Lilly 1:00 – Put feet up and relax to quiet music 2:00 – Flower Arranging and Blueberry Muffins 3:00 – Bowling 3:30 - Bingo</p>	<p><b>All Activities are subject to change!</b></p>	