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| **September 2023** **Liberty Adult Day Health Center**  |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  |  |  |  **Dig September 1****9:30am** Hi Morning**10am** Tai Chi/Ben**10:30am** Emma Nutt**12:30pm** Bingo**1:15pm** Brain Fitness**\*Fall Prevention/Safety** |
| **4 Center Closed**  | **Football Kick Off 5****9:30am** Mingle**10am** Exercise yourPigskin Knowledge**10:30am** Force that prevents You from following through**12:30pm** Bing**o****1:15pm****\*Wear team colors****\*Paul’s Painting**  |  **6****9:30am** meet & greet**10am** Volley Ball**10:30am** Acts of Random Kindness**12:30pm** Tobacco vs Vaping **1:15pm** Lizzy the comfort Dog**Pictures w/Lizzy@ the Lobby Tree** |  **Weather Report 7****9:30am** Coffee Dear**10am** Light n Lively**10:30am** Sunshine Even though there’s (theirs) an overcast**12:30pm** Effects of missing a dose of medication**1:15pm** Vaccines **\*Wear water colors** |  **8****9:30am** Chit Chat**10am** Chair Air Ball**10:30am** traffic Jams**12:30pm** Bingo**1:15pm** Puzzle Ponderings/Wacky Words\***Fall Prevention/Safety** |
|  **9/11 Day 11****9:30am** HEY Friends**10am** Forever Young**10:30am** Jingo**12:30pm** ReSet Your Life Alarm**1:15pm** Sing & Dance for lifelong Health |  **Alzheimer’s Day 12****9:30am** Hey Google Play Music**10am** Light n Lively**10:30am** Alzheimer’s  is not a Normal Part of Aging**12:30pm** Bingo**1:15pm** Elliptical  \* **Goin Country** |  **Pet Rock 13****9:30am** Good Day**10am** Hot peppers food & Drug**10:30am** HispanicHeritage History**12:30pm** ShareRock collection**1:15pm** Where Am I?**\*Dress 70’s Fashion** |  **Culture Day 14****9:30am** Bomdia**10am** Sit n Be Fit**10:30am** New Moon**12:30pm** What Foods to Travel with **1:15pm** Portuguese**1500’s1800’sEmpire****\*GROUP BIRTHDAY** **CELEBRATION** |  **Lunch & Learn 15****9:30am** Hava Java**10am** Walkin / Oldies**10:30am** Prevention and Seniors**11am TLC Lecture****12:30pm** Bingo**1:15pm** Elliptical**\*Fall Prevention/Safety** |
|  **Apple Dumplings 18****9:30am** Friendships**10am** Pass it on**10:30am** My Plate Celebrations**12:30pm** Wash Fruit & Veggies Safety**1:15pm** Breakfast forDinner**\*What’s Cookin?** | **Grandparents Day 19****9:30am** Bonjour**10am** Strong Constitution workout**10:30am** Best recipes**12:30pm** Bingo**1:15pm** Sway to Motown**\*Share & Show** |  **20****9:30am** Sitting Tall**10am** The River Yoga**10:30am** Foods High in Vitamin C**12:30pm J**ingo**1:15pm** Where Am I? **\*5 CLUES** |  **21****9:30am** Chatting**10am** light n lively**10:30am** Sharpen Your Noodle **12:30pm** Oodles of Doodle**1:15pm** ART SHOW **\*Bring Ur Noodle** |  **Preventions 22****9:30am** Chill Pill**10am** Stand Tall don’tFall**10:30am** Think like an Elephant**12:30pm** Bingo**1:15pm** music matters**\*Fall Prevention/Safety** |
|  **25****9:30am** Buzzworthy**10am** Ball Stretches & Strengthening **10:30am**  BEST Vacation Destination **12:30pm** All about the **60’s****1:15pm** Shout it Out**\*60’s Singer& Bands**  |  **Stand Up to Ca 26****9:30am** Practice makes Perfect**10am** Light n Lively**10:30am** Share Your Courageous Stories**12:30pm** Bingo**1:15pm** Fab 70’s**\*Name 70’s singers** **Band Groups**  |  **27****9:30am** Hi Neighbor**10am** Volley Ball**10:30am** Who Am I**?****12:30pm** Would You Rather? Family Feud**1:15pm** Where are you now  **\*Famous Singers \*Famous Actors** |  **Hidden Treasure28****9:30am** A Mate, What’s Your Pirate Name?**10am** Chair walking**10:30am** Hidden Picture find RRRRR’s**12:30pm**  What’s in your Pirate Booty? **1:15pm** Fall Colors\***Scavenger Hunt****\*Dress like a Pirate** |  **Mayflower Day 29** **9:30am** Alexa turn it Up**10am** 3 rocks from the Sun**10:30am** Tea Time**12:30pm** Bingo**1:15pm** Tell a StoryUsing these Words**\*Fall Prevention/Safety** |
| **Highlight** **TLC: Lunch & Learn “Memorial on the National Mall”****Families Welcome Must Register by 9/7 for Lunch Orders Contact Chrislene****Birthday;****Virgo Celebration**  **Chrislene Nelson-Taylor, Director LPN II** Liberty Adult Day Health Center 800 Tupelo Trail Hinesville, GA 31313 (912) 877-0056Monday through Friday, 9 a.m. – 2 p.m.Variety of Chair Exercise, Crafts, Art, Nail Care, Bingo, Trivia, Fall Colors, Music throughout the Month *\*Activities subject to change. Liberty Adult Day Health clients are welcome to join all activities.***September Happenings****9/1 Lets Dig September Together****Looking at the exciting events planned and making it the best ever for you****Puzzles, cross word, word search, Hidden Picture, crafts are ready to enjoy****Gardening, Craft Corner, Social Circle, Sunshine on the Patio, Walking Club** **Fall Prevention Tip 9/1, 9/8, 9/15, 9/22, 9/29** **Clutter, Rugs, Ladders, Chairs, Extension Cords, Tubs, Showers, Spills etc…** **9/5 Paint in Action with Paul Spence****9/5 Beat or Make Peace with Procrastination****9/5 Celebrate Football Kickoff, Bring your Pigskin Knowledge****Do a little Salsa****9/6 Enjoy Lizzy our fur baby,** **9/7 What’s Your Weather Report, sunny or partly cloudy****Dress as to what weather you are, or want to be****9/7 Vaccines South of the Border** **9/8 Traffic jam zone, Keeping your roads of life clear** **9/11 Gather, Reminisce, Reflect, Share memories****9/12 Host Andrea Valdez, Your /family Hospice** **Alzheimer’s Young Early Onset****The Greatest Known RISK Factor is increasing AGE** **9/14 Little bit of Portuguese, Pouco sobre o portugues** **9/15 TLC/ Lunch & Learn Guest Kasie Alt “Memorials on the National Mall** **Presented By: THANKS MOM AND DAD FOUNDATION****9/18 Tell us about the Apple of your Eye?** **9/19 Bring pics, (Time to Brag) share family and Desserts Recipes****9/12 Share Your Courageous Stories**  **Let’s Celebrate****9/21 Doodle ART SHOW** **9/28 Kat Montgomery, Ga Legal Service** **Scams Targeting Senior’s** **9/28 RRRRR****Dress Like a Pirate,** **Get Ready to scavenge for Hidden Treasure,** **and**  **What’s in your Pirate Booty**  |