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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 your  Pigskin 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 Story  Using 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) 877-0056  Monday 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** | | | | |