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| **September 2023** **Liberty Neighborhood 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 FitnessWorkshop**\*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** Huddle,Blitz**\*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**Picture w/Lizzy@ the****Decorated 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 Welcome to Bring Your Own Ball**10:30am** traffic Jams Detours ahead**12:30pm** Bingo**1:15pm** 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** Encompass (medical therapy)**10:30am** New Moon**12:30pm** What Foods to Travel with **1:15pm** Portuguese1500’1800’s Empire**\*GROUP BIRTHDAY** **CELEBRATION** |  **Lunch & Learn 15****9:30am** Hava Java**10am** Walkin / Oldies**10:30am** SuicidePrevention & 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 Taller**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 C**hristina (LRMC) Balance Class **12:30pm** Oodles of Doodle follow with**1:15pm LNC/ LADH**  ART SHOWING **\*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** Ozone**\*Fall Prevention/Safety** |
|  **25****9:30am** Buzzworthy**10am** Ball Stretches & Strengthening **10:30am** Medication management while on vacation **12:30pm** Walkin to **the 60’s****1:15pm** Hidden Picture**\*Buddie up Time**  |  **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**\*Wear Lavender or** **\* Lavender Ribbon**  |  **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** Walk the Plank**10:30am** Kat/Scams**12:30am** What’s in your Pirate Booty?**1:15pm** Move Grove\***Scavenger Hunt****\*Dress like a Pirate** |  **Mayflower Day 29** **9:30am** Alexa turn it Up**10am** 3 rocks from the Sun**10:30am** **12:30pm** Bingo**1:15pm** How Foods Affects Medication**\*Fall Prevention/Safety** |
| **Highlights:** **9/15 TLC Lunch & Learn “Memorials on the National Mall”** **Guest Speaker Kasie Alt @11am****Lunch to Follow****Families and Guest Welcome Must Register by 9/7 for lunch orders Contact Chrislene** **Birthday;****LeeC.9/6, Gary T.9/20, Sheron S.9/27****Chrislene Nelson-Taylor, Director**Liberty Adult Day Health Center 800 Tupelo Trail Hinesville, GA 31313 (912) 877-0056Monday through Friday, 9 a.m. – 2 p.m.Welcome to Come and JoinChair Exercises, Crafts ,Fall Colors Art, Bingo Trivia, Games, Music, Puzzles, Guest Speakers, Education*\*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****9/14 Abe from Encompass (Medical Therapy**) **9/15 TLC/SCI 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 Dessert Recipes****9/12 Share Your Courageous Stories**  **Let’s Celebrate****9/21 LNC/LADH Doodle ART SHOWING** **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**  |