September 2022

Cascade Park Active Day Morning Program
Monday – Friday 9am-1pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- Did You Know? 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Gross Motor- Bean Bag Darts 11:45 Lunch Bunch @ Active Day Diner 12:30 Random Trivia	2 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- Who Am I? 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Cognitive Stimulation- Jeopardy 11:45 Lunch Bunch @ Active Day Diner 12:30 Memory Ball	3
4	5 LABOR DAY WEEKEND PROGRAM IS CLOSED Labor Day	6 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- Daily Trivia 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Cognitive Stimulation- Five-Clue What am I? 11:45 Lunch Bunch @ Active Day Diner 12:30 Memory Match	7 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- Name Three 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Gross Motor- Duck Hunting Game 11:45 Lunch Bunch @ Active Day Diner 12:30 Tic – Tac – Toe	8 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**-Riddle Me This 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Cognitive Stimulation- Picture a Word 11:45 Lunch Bunch @ Active Day Diner 12:30 Parachute/ Friends	9 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- Golden Memories 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Gross Motor- Corn Hole- Bean Bag Game 11:45 Lunch Bunch @ Active Day Diner 12:30 Random Trivia	10
11 Grandparents Day	12 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- Root of The Matter Is 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Cognitive Stimulation- Junk Drawer School Lunch 11:45 Lunch Bunch @ Active Day Diner 12:30 Jeopardy	13 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- Garden Party 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Gross Motor- BINGO 11:45 Lunch Bunch @ Active Day Diner 12:30 BINGO	14 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- Word to the Wise 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Cognitive Stimulation- If the Hat Fits Story 11:45 Lunch Bunch @ Active Day Diner 12:30 Game Shows	15 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- Word Scramble 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Gross Motor- Frisbee Toss 11:45 Lunch Bunch @ Active Day Diner 12:30 I Love Lucy	16 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- On This Date 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Cognitive Stimulation- Remembering Patsy Cline 11:45 Lunch Bunch @ Active Day Diner 12:30 Who Am I?	17 Oktoberfest Begins
18	19 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- What's the Difference 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Gross Motor- Frisbee Toss 11:45 Lunch Bunch @ Active Day Diner 12:30 Be- Witched	20 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- Passing Fancy 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Cognitive Stimulation- EZ Does it Trivia 11:45 Lunch Bunch @ Active Day Diner 12:30 Guess the 60s TV Show Theme Songs	21 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- Daily Trivia 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Gross Motor- Which Song is This? 11:45 Lunch Bunch @ Active Day Diner 12:30 Random Trivia	22 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- First Day of Fall 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Cognitive Stimulation- Can You Picture This? 11:45 Lunch Bunch @ Active Day Diner 12:30 Memory Match Autumn Begins	23 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- Where am I? 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Gross Motor- Bowling w/ Friends@ Active Day 11:45 Lunch Bunch @ Active Day Diner 12:30 Parachute Ball	24
25 Rosh Hashanah Begins	26 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- Household Tips 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Cognitive Stimulation- Junk Drawer Detective 11:45 Lunch Bunch @ Active Day Diner 12:30 Memory Match	27 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- On the Road 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Gross Motor- Bean Bag Darts 11:45 Lunch Bunch @ Active Day Diner 12:30 Trivia	28 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- Word to the Wise 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Cognitive Stimulation- The Otherworldly Octopus 11:45 Lunch Bunch @ Active Day Diner 12:30 Jokes & Riddles	29 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- Toys of the Yesteryear 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Gross Motor- Wheel of Fortune 11:45 Lunch Bunch @ Active Day Diner 12:30 Bean Bag Toss	30 9:00 Coffee Social w/Friends 9:15 **Daily Chronicles**- On this Date 10:00 Get Moving w/Active Day-Daily Exercises 10:45 Cognitive Stimulation- Spotlight On: Lily Tomlin 11:45 Lunch Bunch @ Active Day Diner 12:30 Jeopardy	8/20/22 Activity Connection under Music