

CRESSKILL SEPTEMBER ACTIVITIES CALENDAR 2022

LIVING LIFE WELL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 leg Exercise 11:00 Relaxation & Snack 1:30 Fun Painting 2:00 Social Gathering 3:00 Coffee Klatch 4:00 Finish The Lyric 6:00 Movie Time	2 10:00 Sit & Be Fit Exercise 11:00 Relaxation & Snack 1:30 Volleyball Toss 2:00 Hand Message 3:00 Happy Hour 4:00 Soothing Music 6:00 Movie Time 	3 10:00 Short Story 11:00 Relaxation & Snack 1:30 Sing -A-Long 2:00 Mix & Match Items 3:00 Social Gathering 4:00 Walking Wheeling 6:00 Saturday Matinee
4 10:00 Inspirational Service 11:00 Relaxation &Snack 1:30 Fun Puzzles 2:00 Word Trivia 3:00 Social Gathering 4:00 Plant Discussion 6:00 Dominoes W/ Friends	5 Labor Day 10:00 Palm & Finger Exercise 11:00 Relaxation & Snack 1:30 Reminiscing On Old Time 2:00 Fun Trivia 3:00 Coffee Klatch 4:00 Bean Bag Toss 6:00 Movie Time	6 10:00 Walking & Wheeling Club 11:00 Relaxation & Snack 1:30 Color Your Stress Away 2:00 Toss Ball 3:00 Ice Cream Social 4:00 Brain Teaser 6:00 Family Movie Time 	7 10:00 Balloon Volley Exercise 1:00 Relaxation & Snack 1:30 Matching Socks Game 2:00 Aromatherapy 3:00 Social Gathering 4:00 Name These Animals 6:00 Movie Hour	8 10:00 leg Exercise 11:00 Relaxation & Snack 1:30 Fun Painting 2:00 Social Gathering 3:00 Coffee Klatch 4:00 Finish The Lyric 6:00 Movie Time	9 10:00 Sit & Be Fit Exercise 11:00 Relaxation & Snack 1:30 Volleyball Toss 2:00 Hand Message 3:00 Happy Hour 4:00 Soothing Music 6:00 Movie Time	10 10:00 Short Story 11:00 Relaxation & Snack 1:30 Sing -A-Long 2:00 Mix & Match Items 3:00 Social Gathering 4:00 Walking Wheeling 6:00 Saturday Matinee
11 10:00 Inspirational Service 11:00 Relaxation &Snack 1:30 Fun Puzzles 2:00 Word Trivia 3:00 Social Gathering 4:00 Plant Discussion 6:00 Dominoes W/ Friends	12 Music w Lenny 10:00 Palm & Finger Exercise 11:00 Relaxation & Snack 1:30 Reminiscing On Old Time 2:00 Music W Lenny 3:00 Coffee Klatch 4:00 Bean Bag Toss 6:00 Movie Time	13 10:00 Walking & Wheeling Club 11:00 Relaxation & Snack 1:30 Color Your Stress Away 2:00 Toss Ball 3:00 Ice Cream Social 4:00 Brain Teaser 6:00 Family Movie Time	14 10:00 Balloon Volley Exercise 1:00 Relaxation & Snack 1:30 Matching Socks Game 2:00 Aromatherapy 3:00 Social Gathering 4:00 Name These Animals 6:00 Movie Hour	15 10:00 leg Exercise 11:00 Relaxation & Snack 1:30 Fun Painting 2:00 Social Gathering 3:00 Coffee Klatch 4:00 Finish The Lyric 6:00 Movie Time	16 10:00 Sit & Be Fit Exercise 11:00 Relaxation & Snack 1:30 Volleyball Toss 2:00 Hand Message 3:00 Happy Hour 4:00 Soothing Music 6:00 Movie Time 	17 Citizenship Day 10:00 Short Story 11:00 Relaxation & Snack 1:30 Sing -A-Long 2:00 Mix & Match Items 3:00 Social Gathering 4:00 Walking Wheeling 6:00 Saturday Matinee
18 10:00 Inspirational Service 11:00 Relaxation &Snack 1:30 Fun Puzzles 2:00 Word Trivia 3:00 Social Gathering 4:00 Plant Discussion 6:00 Dominoes W/ Friends 	19 10:00 Palm & Finger Exercise 11:00 Relaxation & Snack 1:30 Reminiscing On Old Time 2:00 Fun Trivia 3:00 Coffee Klatch 4:00 Bean Bag Toss 6:00 Movie Time	20 10:00 Walking & Wheeling Club 11:00 Relaxation & Snack 1:30 Color Your Stress Away 2:00 Toss Ball 3:00 Ice Cream Social 4:00 Brain Teaser 6:00 Family Movie Time	21 10:00 Balloon Volley Exercise 1:00 Relaxation & Snack 1:30 Matching Socks Game 2:00 Aromatherapy 3:00 Social Gathering 4:00 Name These Animals 6:00 Movie Hour	22 Autumn Equinox 10:00 leg Exercise 11:00 Relaxation & Snack 1:30 Fun Painting 2:00 Social Gathering 3:00 Coffee Klatch 4:00 Finish The Lyric 6:00 Movie Time	23 10:00 Sit & Be Fit Exercise 11:00 Relaxation & Snack 1:30 Volleyball Toss 2:00 Hand Message 3:00 Happy Hour 4:00 Soothing Music 6:00 Movie Time	24 10:00 Short Story 11:00 Relaxation & Snack 1:30 Sing -A-Long 2:00 Mix & Match Items 3:00 Social Gathering 4:00 Walking Wheeling 6:00 Saturday Matinee
25 Rosh Hashanah 10:00 Inspirational Service 11:00 Relaxation &Snack 1:30 Fun Puzzles 2:00 Word Trivia 3:00 Social Gathering 4:00 Plant Discussion 6:00 Dominoes W/ Friends	26 10:00 Palm & Finger Exercise 11:00 Relaxation & Snack 1:30 Reminiscing On Old Time 2:00 Fun Trivia 3:00 Coffee Klatch 4:00 Bean Bag Toss 6:00 Movie Time	27 10:00 Walking & Wheeling Club 11:00 Relaxation & Snack 1:30 Color Your Stress Away 2:00 Toss Ball 3:00 Ice Cream Social 4:00 Brain Teaser 6:00 Family Movie Time	28 10:00 Balloon Volley Exercise 1:00 Relaxation & Snack 1:30 Matching Socks Game 2:00 Aromatherapy 3:00 Social Gathering 4:00 Name These Animals 6:00 Movie Hour	29 10:00 leg Exercise 11:00 Relaxation & Snack 1:30 Fun Painting 2:00 Social Gathering 3:00 Coffee Klatch 4:00 Finish The Lyric 6:00 Movie Time	30 10:00 Short Story 11:00 Relaxation & Snack 1:30 Sing -A-Long 2:00 Mix & Match Items 3:00 Social Gathering 4:00 Walking Wheeling 6:00 Saturday Matinee	