

# September 2024 Calendar

Independent Living - Life Enrichment & Wellness



## September Birthdays

Sarah Jefferies Calhoun 9/13  
 Gloria Dixon 9/14  
 Dorothy Kerr 9/15  
 Nancy McDuffie 9/15  
 Jewell Eggleston 9/19

Barbara Sherbert 9/19  
 Jody FitzGerald 9/28  
 Cynthia Dekun 9/30  
 Juanita Eising 9/30



## This Month we Celebrate *France*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 9:00 WPC Service on CH98 2:00 Reserved for Event - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR	<b>2 Happy Labor Day</b> 9:30 Healthy Upper Body - Cancelled 1:30 Cardio Drumming - Cancelled 2:30 Aqua Move and Groove - P 3:00 Newport Walmart 6:00 Bible Reading - L  <i>Exercise Classes are Cancelled Today Due to Holiday</i>  <i>One meal will be served in the Dining Room Today</i>	<b>3</b> 9:30 Healthy Lower Body - HH <b>10:15 Lou Ardrey's Bible Study HH</b> 1:30 Exercise with Robin - HH <b>2:30 Residents' Association Quarterly Meeting - HH</b> 3:45 Library Bookmobile - L 6:00 Bible Reading - L 6:30 Hymn Sing - HH	<b>4</b> 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 1:30 Exercise with Robin - HH <b>2:00 Coloring with Alice - CR</b> 3:00 Church Service - HH <b>4:30 Dinner at Trio's, Pineville</b> 6:00 Bible Reading - L 6:00 Card Games - CR	<b>5 National Cheese Pizza Day</b> 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Exercise with Robin - HH 1:30 Harris Teeter 6:00 Bible Reading - L 6:00 Dominoes - CR	<b>6</b> 10:00 Water walking - P <b>11:30 Lunch at Brix-Kingsley, FM</b> <b>2:00 2nd Floor Social - CR New!</b> 3:00 Cornhole & Popcorn - HH 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor	<b>7</b> 10:30 Choir Practice - HH 1:30 Rummy - CR <b>2:00 Service Dogs in Manor New!</b> 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH <b>6:30 Rock Hill Symphony Orchestra Orchestral Brilliance Sullivan Middle School New!</b>
<b>8 National Grandparents Day</b> 9:00 WPC Service on CH98 2:00 Board Games - CR 3:00 Catholic Service Communion - HH 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR	<b>9</b> 9:30 Healthy Upper Body - HH <b>10-11:00 Wellness Clinic-Agape- CR</b> 1:30 Cardio Drumming - HH <b>2:00 Activity Committee Meeting-4L</b> 2:30 Aqua Move and Groove - P 3:00 CVS/Walgreens/Dollar Tree <b>4:00 Music by Bill Calasanti - HH</b> 6:00 Bible Reading - L	<b>10</b> 9:30 Healthy Lower Body - HH <b>10:15 Lou Ardrey's Bible Study - HH</b> 1:30 Exercise with Robin - HH 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - HH	<b>11 Patriot Day</b> 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH <b>10:30 Outing to Hamricks - Gaffney</b> 1:30 Exercise with Robin - HH 3:00 Church Service - HH <b>4:00 Freddy Tripp - L</b> 6:00 Bible Reading - L 6:00 Card Games - CR	<b>12</b> 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Exercise with Robin - HH 1:30 Harris Teeter <b>2:00 First ARP Bible Study - 2L</b> <b>2:00 Finding Love At 80 - HH</b> <b>Authors Pris Keefer &amp; Paul Mikos</b> 6:00 Bible Reading - L 6:00 Dominoes - CR	<b>13 National Peanut Day</b> 10:00 Water walking - P <b>11:30 Lunch @ Nishi G's</b> 3:00 Cornhole & Popcorn - HH 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor	<b>14</b> 1:30 Rummy - CR 2:00 Rummikub - CR <b>3:00 Patrick Hudson - HH</b> 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>15</b> 9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR	<b>16 National Guacamole Day</b> 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:30 Aqua Move and Groove - P 3:00 Newport Walmart 6:00 Bible Reading - L	<b>17</b> 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey's Bible Study - HH <b>11:00 Audiology Center - CR</b> 1:30 Exercise with Robin - HH 3:00 Bingo - HH 3:45 Library Bookmobile - L 6:00 Bible Reading - L 6:30 Hymn Sing - HH	<b>18</b> 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 1:30 Exercise with Robin - HH 3:00 Church Service - HH <b>4:00 Scott Griffin - HH</b> <b>5:20 Dinner at Pier 51 Seafood</b> 6:00 Bible Reading - L 6:00 Card Games - CR	<b>19 Port of Call France</b> 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Exercise with Robin - CR 1:30 Harris Teeter 6:00 Bible Reading - L 6:00 Dominoes - CR	<b>20</b> <b>9:30 Donuts &amp; Coffee - CB</b> 10:00 Water walking - P 3:00 Cornhole & Popcorn - HH <b>5:30 Night At the Museum: The Alphabet Museum at JAARS</b> 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor	<b>21 National Pecan Cookie Day</b> 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH	
<b>22 National Ice Cream Cone Day</b> 9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR	<b>23</b> 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:30 Aqua Move and Groove - P <b>3:00 Newsletter Committee 2L</b> 3:00 CVS/Walgreens/Dollar Tree 6:00 Bible Reading - L	<b>24</b> 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey's Bible Study - HH 1:30 Exercise with Robin - HH 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - HH	<b>25 National Lobster Day</b> 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH <b>11:30 Garden Café - York</b> 1:30 Exercise with Robin - HH 3:00 Church Service - HH 6:00 Bible Reading - L 6:00 Card Games - CR	<b>26</b> 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Exercise with Robin - HH 1:30 Harris Teeter 6:00 Bible Reading - L 6:00 Dominoes - CR	<b>27</b> 10:00 Water walking - P <b>11:30 Lunch at Fish Market, FM</b> 3:00 Cornhole & Popcorn - HH 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor	<b>28 Walk to End Alzheimer's</b> 1:30 Rummy - CR 2:00 Rummikub - CR <b>2:00 Depart to Kings Mtn Playhouse</b> 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH	
<b>29</b> 9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR	<b>30</b> 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:30 Aqua Move and Groove - P 3:00 Newport Walmart 6:00 Bible Reading - L	<i># + L - # Floor Lounge.</i> <i>AS- Art Studio in the Lower Level</i> <i>CB - Coffee Bar in the Dining Room</i> <i>CH 99 - Channel 99</i> <i>CR - Community Room</i> <i>CW - Campus Wide Event</i> <i>CY - Courtyard</i> <i>DR - Dining Room</i> <i>FR - Fitness Room</i> <i>GR - Garden Room in the Health Center</i> <i>HH - Heritage Hall</i> <i>L - Lobby</i> <i>LL - Lower Level</i> <i>MDR - Manor Dining Room</i> <i>MT - Movie Theater</i> <i>TR - Therapy Room Across from Fitness</i>	<b>Helpful Reminders:</b> The 4th Wednesday of every month at 9:00 am, we will provide transportation to B&K Nails for a toenail cut for \$10.00. Signup at the bulletin board. The Tower's bus can only accommodate 14 passengers. When signing up for outings each line represents one seat; please only one name per-line. If someone marks their name off that seat will be filled with the first alternate. Writing your name below the driver's does not create nor guarantee a seat on the bus. All activities on the calendar are subject to change and <b>New Activities added at any time!</b> Check your weekly activities newsletter and bulletin board for additions, updates, changes and cancellations as well as a listing of movies for the week and programs airing on CH 99.				