

QUABOAG REHAB AND SKILLED CARE CENTER
3A ACTIVITY CALENDER

Sept 2018

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Letterball Toss Group 10:45-11:00 Snack Social 11:00-11:30 Word Games Group 1:00-2:00 Janja Blocks 2:00-3:00 Snack Social 3:00-3:30 Trivia Group 4:00-5:00 Magazine Social 6:00-7:00 Coloring groups 7:00-7:15 Snack Social 7:15-8:00 reminiscing
2 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise in place 10:45-11:00Snack Social 11:15-11:45 Bingo 1:30-2:30 remembering old 2:45-3:00 snack social 3:30-4:00 Drum Circle Group 4:00-4:30 Magazine Social 6:30-7:00 Puzzles Group 7:00-7:15 Snack Social 7:15-8:00 reminiscing	3 8:00-8:30 News of the Day 9:30-10:00 Music of the Day/Bread 10:00-10:30 Exercise, Ring toss 10:45-11:00 Snack social/Make bread 11:30-12:30 Talk about different Jobs 1:30-2:30Crafts/ Walks outside 2:30-3:00 Snack Social/ Labor Day 3:00-3:30 Word Games Group 4:30-5:00 Magazine Social 6:00-7:00 Folding Laundry Group/game 7:00-7:30 Snack Social 7:30-8:00 reminiscing, floor puzzle	4 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise, ParachuteGroup 10:45-11:00 Snack Social 11:00-11:30 Music group 1:30-2:00Crafts / Fall Decorations 2:30-3:00 Snack Social 3:00-3:30 Manicures Group 3:30-4:30 Trivia 6:00-7:00 Word Games Group 7:00-7:15 Snack Social 7:15-8:00 movie night	5 8:00-8:30 News of the day 9:30-10:00 Music of the Day 10:00-10:30 Rosary Group 10:45-11:00 Snack Social 11:00-11:30 Opposites Puzzle Group 1:30-2:00 Carls/ Fall Decorations 2:00-2:15 Snack Social 2:30-3:30 Movie Matinee Group 3:30-4:30 Trivia 4:00-4:15 Snack Social 6:00-7:00 Evening Music/snack 7:00-8:00 reminiscing	6 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise, Ball toss 10:45-11:30 Snack Social/make bread 11:00-11:30 Bingo Group 1:30-2:00 word association 2:00-2:15 Snack Social/sweet treat 2:30-3:30 SINGALONGS 3:30-4:00 Magazine Social 4:30-5:00 Word Games Group 6:00-7:00 Snack Social/music 7:00-8pm reminiscing	7 8:00-8:30 News of the Day 9:30-10:00 Music of the Day/chimes 10:00-10:30 Drum Circle Group 10:45-11:00 Snack Social 11:00-11:30Crafts 1:00-1:30 Pet Visits 1:30-2:00 Pet Visits 2:00-3:00 Pet Visits 2:00-3:00 Bingo 3:00-4:00 word game 4:00-5:00Photographs Group/past 6:00-7:15 Snack Social/singalong 7:15-8:00 evening music	8 8:00-8:30 News of the Day 9:30-10:00 Music of the Day/Bev 10:00-10:30 Exercise Ring toss 10:45-11:00 Snack Social 11:00-11:30 Word Games Group 1:00-2:00 Sing a-long 2:00-3:00 Snack Social 3:00-3:30 Trivia Group 4:00-5:00 Magazine Social 6:00-7:00 Photographs Group/past 7:00-7:15 Snack Social 7:15-8:00 reminiscing
9 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30Letterball Toss Group 10:45-11:00 Snack Social 11:00-11:30 Janga Blocks 1:30-2:30 Trivia/ Grandparents day 2:30-3:00 Snack Social 3:00-4:30 Movie Matinee Group 4:30-5:00 Hand rubs and soaks 6:00-7:00 Snack Social/games 7:00-8:00 Evening Music /nail care	10 8:00-8:30 News of the Day 9:30-10:00 Music of the Day/Bread 10:00-10:30 Exercise, Ball Toss 10:45-11:00 Snack Social/ make brad 11:15-11:45 Word Games 1:30-2:00 Sing a longs/ walks outside 2:30-2:15 Snack Social 2:30-3:30 Drum Circle Group 3:30-4:30 Story telling 4:30-5:00 Puzzles Group 6:00-7:15 table top floor puzzle/snack 7:15-8:00 nail care/ hand rubs	11 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise, Ring Toss 10:45-11:00 Snack Social 11:00-11:30 Bingo 1:30-2:30 Word association 2:30-3:00 Snack Social/Storytelling 3:00-3:30Movie Matinee Group 3:30-4:30 Magazine Social/games 6:00-7:00Folding Laundry group 7:00-7:15 Snack Social 7:15-8:00 reminiscing	12 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Rosary Group 10:45-11:00 Snack Social make bread 11:00-11:30 Sing Along Group 1:30-2:30 Photographs/ Walk outside 2:30-3:00 Snack Social 3:00-4:00 Trivia Group 4:00-4:30Puzzle /board games 6:00-7:00 Photographs Group 7:00-7:15 Snack Social 7:15-8:00 reminiscing	13 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Church with Linda 10:45-11:00 Snack Social 11:00-11:30 Drum circle 1:30-2:30 craft/ painting Fall Pumpkins 2:30-3:00 Snack Social/sweet treat 3:00-4:00 Word Games Group 4:00-4:30 Magazine Social 6:00-7:00 Group/games 7:00-7:15 Snack Social 7:15-8:00 Poetry reading	14 8:00-8:30 News of the day 9:30-10:00 Music of the Day/chimes 10:30-11:00 Music , exercise 10:45-11:00 Snack Social/make bread 11:00-11:30Bingo 1:30-2:00 Pet Visits 2:00-3:00 Snack social/ sing a long 3:00-4:00 Letterball Toss Group 4:00-4:30 Puzzle/ Board games 6:00-7:00 Coloring Group 7:00-7:15 Snack Social 7:15-8:00 movie night	15 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Bean Bag Toss Group 10:45-11:00 Snack Social 11:00-11:30 Sing Along Group 1:30-2:00 crafts 2:30-3:00 Snack Social 3:00-4:00 Trivia Group 4:00-4:30 Magazine Social 6:00-7:00 Photographs Group 7:00-7:15 Snack Social 7:15-8:00 reminiscing
16 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise, sit in place 10:45-11:00 Snack Social 11:15-11:45 Janga Blocks 1:30-2:30 Table Ball Group 2:30-3:00 snack social 3:30-4:30 Sing a Long 4:30-5:00 Magazine Social 6:00-7:00 Puzzles Group 7:00-7:15 Snack Social 7:15-8:00 evening music	17 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Target Ball Group 10:45-11:00 Snack Social/ make bread 11:00-11:30 Bingo 1:30-2:00 Trivia 2:00-2:30 Snack Social 2:30-3:30 Storytelling Group 4:00-4:30 Folding laundry 6:00-7:00 Trivia Group 7:00-7:15 Snack Social 7:15-8:00 nail care/movie	18 8:00-8:30 News of the day 9:30-10:00 Music of the Day 10:00-10:30 Drum Circle Group 10:45-11:00 Snack Social 11:00-11:30 weaving/ Crock Pot Apple 1:30-2:30 Board games/walks outside 2:30-3:00 Snack social 3:00-3:30Magazine Social 4:00-4:30 Letter Ball 4:30-5:00 Coloring Group 6:00-7:00 Word games/ snack social 7:00-8:00 nail care, snack social	19 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Rosary Group 10:45-11:00 Snack Social 11:00-11:30 Crafts/Painting 1:30-2:30 Story telling 2:30-3:00 Snack Social 3:00-4:30 Movie Matinee Group 4:30-5:00 Magazine Social 6:00-7:00 Snack Social/games 7:00-8:00 Evening Music /nail care	20 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise in place 10:45-11:00Snack Social/ make bread 11:15-11:45 Tea Party 1:30-2:30Parachutte/walks outside 2:30-3:00 Snack Social/sweet treat 3:00-4:30Match It Colors/Shapes 4:30-5:00 Hand rubs and soaks 6:00-7:00 Coloring groups 7:00-7:15 Snack Social 7:15-8:00 reminiscing	21 8:00-8:30 News of the Day 9:30-10:00 Music of the Day/chimes 10:00-10:30 Story telling group 10:45-11:00 Snack Social 11:00-11:30Bingo Group 1:30-2:00 Pet Visits 2:00-3:00 snack social/sing a long 3:00-4:00 Word Games 4:00-4:30 Magazine Social 6:00-7:00Folding Laundry Group/games 7:00-7:15 Snack Social 7:15-8:00 nail care	22 9:30-10:00 Music of the Day/ Bev 10:00-10:30 Table Ball Group 10:45-11:00 Snack Social 11:00-11:30 Janga Blocks 1:00-2:00 Arts and Crafts Group 2:00-2:30 Snack Social 2:30-4:00 Movie Matinee /nail care 6:00-7:00 Storytelling Group 7:00-7:15 Snack Social 7:30-8:00 Evening Music Autmn Equinox
23 9:30-10:00 Music of the day 10:00-10:30Exercise in place 10:45-11:00 Snack Social 11:15-11:45 Bingo 1:30-2:30 Arts and Crafts 2:30-3:00 Snack social 3:00-4:00Drum Circle Group 4:00-4:30 Magazine Social 6:00-7:00 Folding Laundry Group/game 7:00-7:15 Snack Social 7:15-8:00 reminiscing	24 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Ball toss/ Exercise 10:45-11:00 Snack Social/make bread 11:11:45 Crafts/ 1:30-2:30 Trivia/ walks outside 2:30-3:00 Snack Social 3:00-4:00 word games 4:00-4:30 Magazine Social 6:00-7:00 Puzzles Group 7:00-7:15 Snack Social 7:15-8:00 nail care/music	25 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Ball toss/Exercise 10:45-11:00 Snack Social/make bread 11:00-11:30 Bingo Group 1:00-1:30 sing a longs 1:30-2:00 Snack Social 2:00-3:00 Bingo 3:00-4:00 word game 4:00-5:00Photographs Group/past 6:00-7:15 Snack Social/singalong 7:15-8:00 evening music	26 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Rosary Group 10:45-11:00 Snack Social 11:00-11:30 crafts/ Apple Pie 1:30-2:00 word association 2:00-2:15 Snack Social 2:30-3:30 SINGALONGS 3:30-4:00 Magazine Social 4:30-5:00 Word Games Group 6:00-7:00 Snack Social/music 7:00-8pm reminiscing	27 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise, Ball toss 10:45-11:00 Snack Social/make bread 11:00-11:30 Bingo Group 1:30-2:00 word association 2:00-2:15 Snack Social/sweet treat 2:30-3:30 SINGALONGS 3:30-4:00 Magazine Social 4:30-5:00 Word Games Group 6:00-7:00 Snack Social/music 7:00-8pm reminiscing	28 8:00-8:30 News of the Day 9:30-10:00 Music of the Day/Bread 10:00-10:30 Parachute Group 10:45-11:00 Snack Social Birthday Party 11:00-11:30 Memory Match Group 1:30-2:30 Pet Visits 2:30-3:00 Snack Social/walks outside 3:00-4:30 Story telling 6:00-7:00 Storytelling Group 7:00-7:15 Snack Social 7:30-8:00 Evening Music	29 8:00-8:30 News of the Day 9:30-10:00Music of the day 10:00-10:30 exercise 10:45-11:00 Snacks social 11:00-11:30 Trivia 1:30-2:30 Painting Group 2:30-3:00 Snack Social 3:00-4:30Manicures Group 6:00-7:00 Storytelling Group 7:00-7:15 Snack Social 7:15-8:00 Evering Music /nail care
30 8:00-8:30 News of the Day 9:30-10:00 Music of the Day/Chimes 10:00-10:30 Exercise, Letter ball 10:45-11:00 Snack Social/ Music 11:15-11:45 crafts 1:30-2:30 Table Ball Group 2:30-3:00 snack social 3:30-4:30 Bingo 4:30-5:00 Nail Care social 6:00-7:00 Puzzles Group 7:00-7:15 Snack Social 7:15-8:00 evening music	Famous Birthdays in September Lily Tomlin, actress, comedian Mitzi Gaynor, actress, singer, dancer Buddy Holly, singer, musician Harry Connick Jr., actor, singer - William Howard Taft, 27th U.S. President (1909-1913) Prince Harry, Prince of England		Outside walks if weather permitting Offer off unit activities Activities Subject to change	Facts about September <i>Gemstone is Sapphire</i> <i>Flower is the Morning Glory</i>	Fun Facts The average lifespan of a major league baseball: 7 pitches There are 336 dimples on a regulation golf ball. In space, astronauts cannot cry because there is no gravity and tears can't flow. Leonardo Da Vinci invented scissors. A sneeze travels out your mouth at over 100 m.p.h.	