

SOUTHMINSTER SEPTEMBER 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 11:00 Balance & Stretch in the Wellness Center 11:00 Technology Lessons with Karleigh 1:30 Chef Demo in St. Luke's Chapel 2:30 BINGO BONANZA in the Wellness Center 7:00 Southminster Movie Night "The Music Man" in the Wellness Center	2 10:00 Sit & Chat in Pub 2:00 Euchre & Pinochle Club in Chaucer 7:00 Bingo in Wellness Center
3 2:00 Sunday Service in St. Luke's Chapel 7:00 Channel 3 Movie "From Here to Eternity"	4 <i>Labor Day</i> 	5 8:45 Outing to the Toledo Zoo 9:30 Café Central in St. George's Room 11:00 Balance & Stretch in Wellness Center 2:00 "Special" Channel 3 Movie "Ghostbusters (1984)" 2:15 WALKING CLUB 6:00 Fine Lines & Wine in St. George's Room 6:00 Shuffleboard League	6 9:00 Swim Therapy & Library Run 10:00 Morning Prayer Service in St. Luke's Chapel 11:00 Low-Impact Aerobics in Wellness Center 11:30 Strength Training in Wellness Center 1:00 News and Views in Chaucer 1:30 Knit & Crochet Group in St. George's Room 2:30 Scripture Study w/Glenn in the Chaucer Room 6:00 Canterbury Putters 7:15 Outing to Village Players	7 9:30 Farmer's Market Run Shopping Shuttle 10am & 1pm 11:00 Balance & Stretch in the Wellness Center 1:00 Line Dancing in Wellness 2:00 Watercolor Velvet Painting with Karleigh in the St. George's Room 2:00 Channel 3 Movie "Gifted" 2:15 WALKING CLUB 4:00 HAPPY HOUR in the Trillium Room 6:00 Virtual Bowling League	8 10:30 Lunch Outing to Sinbad's and Visit St. Luke's Historical Sites 11:00 Balance & Stretch in Wellness Center 11:00 Technology Lessons w/Alisha 2:00 Poetry Group in St. George's 3:00 Travelogue w/Karleigh "Amalfi Coast -Capri Island" in the St. George's Room 7:00 Southminster Movie Night in Wellness Center "Moneyball"	9 10:00 Sit & Chat in Pub 2:00 Euchre & Pinochle Club in Chaucer 7:00 Bingo in Wellness Center
10 2:00 Sunday Service in St. Luke's Chapel 7:00 Channel 3 Movie "Gifted" 	11 <i>Patriot Day</i> Shopping Shuttle 10am & 1pm 8:30 Rise and Shine in Wellness 9:30 Line Dancing in Wellness TBA MASSAGE THERAPY W/ ERIKA 10:00 Calendar & Canterbury Tales Reading in Travel Hub 11:00 Low-Impact Aerobics 11:30 Strength Training 1:00 Resident Association Meeting in the Iris Room 2:00 Catholic Mass in St. Luke's 2:00 XBOX Kinect Bowling in Wellness Center 6:00 Bocce Ball League	12 9:30 Café Central in St. George's Room 10:30 Outing to Zehnder's for Rockin' Oldies Show & Lunch 11:00 Balance & Stretch in Wellness Center 2:00 "Special" Channel 3 Movie "American on the Move- 1875 to 2000" 2:15 WALKING CLUB 6:00 Fine Lines & Wine in St. George's Room 6:00 Shuffleboard League	13 9:00 Swim Therapy & Library Run 10:00 Morning Prayer Service in St. Luke's Chapel 11:00 Low-Impact Aerobics in Wellness Center 11:30 Strength Training in Wellness Center 1:00 News and Views in Chaucer 1:30 Knit & Crochet Group in St. George's Room 2:30 Scripture Study w/Glenn in the Chaucer Room 6:00 Canterbury Putters Apple Fest BBQ	14 9:30 Farmer's Market Run Shopping Shuttle 10am & 1pm 11:00 Balance & Stretch in the Wellness Center 1:00 Line Dancing in Wellness 2:00 Autumn Craft w/Karleigh in the St. George's Room 2:00 Channel 3 Movie "Superman: The Movie" 2:15 WALKING CLUB 4:00 HAPPY HOUR in the Trillium Room 6:00 Virtual Bowling League	15 10:00 Nature Walk to Rochester Park 11:00 Balance and Stretch in the Wellness Center 11:00 Technology Lessons w/Alisha 1:30 Southminster Culinary Meeting in the Iris Room 2:00 Creative Writing in the St. George's Room 7:00 Southminster Movie Night in the Wellness Center "National Treasure"	16 10:00 Sit & Chat in Pub 2:00 Euchre & Pinochle Club in Chaucer 7:00 Bingo in Wellness Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>17</p> <p>2:00 Sunday Service in St. Luke's Chapel</p> <p>7:00 Channel 3 Movie "Superman: The Movie" (1982)</p>	<p>18</p> <p>Shopping Shuttle 10am & 1pm</p> <p>8:30 Rise and Shine in Wellness</p> <p>9:30 Line Dancing in Wellness </p> <p>10:00 Calendar & Canterbury Tales Reading in Travel Hub</p> <p>10:00 Art Class with Janet in Leas Art Studio</p> <p>11:00 Low-Impact Aerobics in Wellness Center</p> <p>11:30 Strength Training in Wellness Center</p> <p>2:00 Catholic Mass in St. Luke's Chapel</p> <p>2:00 XBOX Kinect Bowling in Wellness Center</p> <p>3:30 Activities Planning Meeting in the St. George's Room</p> <p>6:00 Bocce Ball League</p>	<p>19</p> <p>9:30 Café Central in St. George's Room</p> <p>11:00 Balance & Stretch in Wellness Center</p> <p>12:15 Outing Rochester Leader Dog Tour and stop a Nino Salvaggio</p> <p>2:00 "Special" Channel 3 Movie "Soul Surfer"</p> <p>2:15 WALKING CLUB</p> <p>6:00 Fine Lines & Wine in St. George's Room</p> <p>6:00 Shuffleboard League</p>	<p>20</p> <p>9:00 Swim Therapy & Library Run</p> <p>10:00 Morning Prayer Service in St. Luke's Chapel</p> <p>11:00 Low-Impact Aerobics in Wellness Center</p> <p>11:30 Strength Training in Wellness Center</p> <p>1:00 News and Views in Chaucer Room</p> <p>1:30 Knit & Crochet Group in St. George's Room</p> <p>2:30 Scripture Study w/Glenn in the Chaucer Room</p> <p>6:00 Canterbury Putters </p>	<p>21 <i>Rosh Hashanah</i></p> <p>9:30 Farmer's Market Run Shopping Shuttle 10am & 1pm</p> <p>11:00 Balance & Stretch in Wellness Center</p> <p>2:00 Alzheimer's Association Presentation </p> <p>in the St. Luke's Chapel</p> <p>2:00 Channel 3 Movie "Going in Style"</p> <p>2:15 WALKING CLUB</p> <p>4:00 HAPPY HOUR in the Trillium Room</p> <p>6:00 Virtual Bowling League </p> <p>Chinese Theme Meal</p>	<p>22 <i>Autumn Begins</i></p> <p>10:30 Cider Mill Outing</p> <p>11:00 Balance and Stretch in the Wellness Center</p> <p>11:00 Technology Lessons w/Alisha</p> <p>2:00 September Birthday Party in the St. George's Room </p> <p>7:00 Southminster Movie Night "The King and I" in the Wellness Center</p>	<p>23</p> <p>10:00 Sit & Chat in the Pub</p> <p>2:00 Euchre & Pinochle Club in Chaucer</p> <p>7:00 Bingo in the Wellness </p>
<p>24</p> <p>Active Aging Week Sept 24th-30th</p> <p>2:00 Sunday Service in St. Luke's Chapel</p> <p>7:00 Channel 3 Movie "Going in Style"</p>	<p>25</p> <p>Shopping Shuttle 10am & 1pm</p> <p>8:30 Rise and Shine in Wellness Center</p> <p>9:30 Line Dancing in Wellness</p> <p>TBA MASSAGE THERAPY WERIKA</p> <p>10:00 Calendar & Canterbury Tales Reading in Travel Hub</p> <p>10:00 Art Class with Janet in Leas Art Studio</p> <p>11:00 Low-Impact Aerobics in Wellness Center</p> <p>11:30 Strength Training in Wellness Center</p> <p>2:00 Catholic Mass in the St. Luke's Chapel</p> <p>2:00 XBOX Kinect Bowling in the Wellness Center</p> <p>3:30 Nutrition Talks in Wellness Center</p> <p>6:00 Bocce Ball League</p>	<p>26</p> <p>9:00 ACTIVE AGING WEEK OUTING TBA</p> <p>9:30 Café Central in St. George's Room</p> <p>11:00 Balance & Stretch in Wellness Center</p> <p>2:15 WALKING CLUB</p> <p>2:00 "Special" Channel 3 Movie "Top Gun"</p> <p>TBA ACTIVE AGING WEEK OUTING #2</p> <p>6:00 Fine Lines & Wine in St. George's Room</p> <p>6:00 Shuffleboard League </p>	<p>27</p> <p>9:00 Swim Therapy & Library Run</p> <p>10:00 Morning Prayer Service in St. Luke's Chapel</p> <p>11:00 Low-Impact Aerobics in Wellness Center</p> <p>11:30 Strength Training in Wellness Center</p> <p>1:00 News and Views in Chaucer Room</p> <p>1:30 Knit & Crochet Group in St. George's Room</p> <p>2:30 Scripture Study w/Glenn in the Chaucer Room</p> <p>6:00 Canterbury Putters</p>	<p>28</p> <p>9:30 Farmer's Market Run Shopping Shuttle 10am & 1pm</p> <p>11:00 Balance & Stretch in the Wellness Center</p> <p>11:00 Book Club Discussion in the Library</p> <p>2:00 Arts & Crafts Watercolor Resist Painting w/Karleigh in St. George's Room</p> <p>2:00 Channel 3 Movie "A Quiet Passion"</p> <p>2:15 WALKING CLUB</p> <p>4:00 HAPPY HOUR in the Trillium Room</p> <p>Entertainment by Sheryl Sukenic</p> <p>6:00 Virtual Bowling League</p>	<p>29</p> <p>10:00 Fall Color Nature Walk to Independence Oaks</p> <p>11:00 Balance and Stretch in the Wellness Center</p> <p>11:00 Technology Lessons w/Alisha</p> <p>7:00 Southminster Movie Night "Going In Style" in the Wellness Center</p>	<p>30</p> <p>10:00 Sit & Chat in the Pub</p> <p>2:00 Euchre & Pinochle Club in the Chaucer</p> <p>6:30 Entertainment by Violinist Henrik Karapetyan in the St. Luke's Chapel</p> <p>7:00 Bingo in the Wellness</p>

All Active Aging Week activities & events will be circulated the week prior-we have such a fun week planned there isn't enough room on the calendar!