

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2022

ALMC Activities 

<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:00 Southland Christian Church Service on channel ABC ■ 1:30 Church Service with Dale 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Exercise ■ 1:30 Learning About Labor Day ■ 2:00 Pet Therapy ■ 3:00 Word Search 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 9:30 Church Service with Dale ■ 1:30 Chaplain Visits ■ 2:00 What's in The Box? ■ 3:00 Room Visits 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Exercise ■ 1:30 Bingo ■ 3:00 Trivia ■ 5:00 Elvira's Cookout at Baunta 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Current Events ■ 1:30 Corn Hole ■ 2:30 Outdoor Social 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Exercise ■ 1:30 Would You Rather? ■ 3:00 UNO ■ 6:00 Friday Flicks 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 11:00 Game Table: Resident's Choice ■ 2:00 Bingo ■ 6:00 Afternoon TV ■ 7:00 UK Football vs. Miami, OH on SEC Network
<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:00 Southland Christian Church Service on channel ABC ■ 1:30 Church Service with Dale 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Exercise ■ 2:00 Pet Therapy ■ 2:30 Cooking Corner: Charcuterie Board-Downstairs in the Cafe ■ 5:30 Music with Terry and Al in the MPR 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 9:30 Church Service with Dale ■ 1:00 What Brings Me Joy photos ■ 2:00 Hand massages & nails ■ 3:00 Sing-along ■ 6:00 Bobby Parris 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Exercise ■ 1:00 Bingo ■ 3:00 Music with Dale and Lauren in the MPR 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Current Events ■ 1:30 Coloring for Joy ■ 4:00 Fall Festival 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Exercise ■ 1:30 Can You Picture This? ■ 3:00 Ice Cream Social ■ 6:00 Friday Flicks 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 11:00 Game Table: Sorry ■ 12:00 UK Football vs. Youngstown State University on SEC ■ 2:00 Bingo ■ 6:00 Afternoon TV
<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:00 Southland Christian Church Service on channel ABC ■ 1:30 Church Service with Dale 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Exercise ■ 1:30 Activity Book ■ 2:00 Pet Therapy ■ 3:00 Activity Cart 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 9:30 Church Service with Dale ■ 1:30 Chaplain Visits ■ 2:30 Bob Allen 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Exercise ■ 1:30 Bingo ■ 3:00 Men's Group: Checkers Tournament 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Current Events ■ 2:00 Mike Archer ■ 3:00 Golf Dice Game 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Exercise ■ 1:30 Armchair Travel: New England ■ 3:00 Popcorn Social ■ 6:00 Friday Flicks 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 11:00 Game Table: Resident's Choice ■ 2:00 Bingo ■ 6:00 Afternoon TV ■ TBA: UK Football vs. Northern Illinois University
<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:00 Southland Christian Church Service on channel ABC ■ 1:30 Church Service with Dale 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Exercise ■ 1:30 Jigsaw Puzzles ■ 2:00 Pet Therapy ■ 3:00 Activity Cart 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 9:30 Church Service with Dale ■ 1:30 Chaplain Visits ■ 2:00 Monthly Birthday Party ■ 3:00 Darts 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Exercise ■ 1:30 Bingo ■ 3:00 Animal Snap Card Game 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Current Events ■ 1:15 Outing to Pumpkin Patch ■ 3:00 All About Us Game 	<ul style="list-style-type: none"> ■ 8:00 Rise, Shine & Breakfast ■ 10:30 Exercise ■ 1:30 Apple Pie in a Cup ■ 3:00 Word Search ■ 6:00 Friday Flicks 	<p><u>Dimensions of Wellness</u></p> <ul style="list-style-type: none"> ■ Intellectual ■ Emotional ■ Social ■ Spiritual ■ Physical

**All Activities are subject to change. All changes will be posted ASAP. Thank you!