

Live Life
WELL®

SEPTEMBER 2017

Celebrating Life
Each Day...

HAPPY BIRTHDAY RESIDENTS!

Bertha Henrichs 09/08

Lily Mason 09/17

Life is like riding a bicycle, to
keep your balance you must
keep moving!

- Albert Einstein



SPRING CREEK VILLAGE

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NATL ASSISTED LIVING WEEK

Family is Forever! The theme for this years National Assisted Living Week. This theme recognizes the unique bonds formed between those who reside in assisted living and those who work and volunteer in these assisted living communities. For many assisted living caregivers, their dedication and consideration develops into a deep emotional attachment, where staff and residents come to think of each other as family. Whether getting to know the residents inside and out, listening to their stories, spending time after hours to do something nice for them, or being there in their final moments, this National Assisted Living Week is meant to honor those caregivers who give their hearts and souls to their residents.

Assisted Living Week was established by the National Center for Assisted Living (NCAL) in 1995. National Assisted Living Week provides a unique opportunity for residents, their loved ones, staff, volunteers and the surrounding communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this distinctive aspect of long term care. We encourage our residents to *Live Life Well!*



Lucy & Mary posing for the camera! So cute!



Ms. Bertha smiling for the camera during "Party in the Parlor"

What's Happening at Spring Creek Village?



Niomi dancing with Ms. Ruth!



Luella & Marlene having a cool beverage and enjoying themselves.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SEPTEMBER BIRTHDAYS

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Lily Mason 09/17

DINING ROOM HOURS

BREAKFAST 7:30 AM

LUNCH 11:30 PM

DINNER 5:00 PM

1 9:30 Tonercise/Motion
10:00 Family Feud
1:00 Kick Ball Circle
2:30 Arm Chair Travel
3:00 Party in the Parlor:
Happy Hour
w/ Bill Parish
5:30 Inspirational Readings
6:00 Wheel of Fortune

2 9:30 Dancercise
10:00 Pokeno
1:00 Balloon Toss
2:30 Sensory Scents
3:00 Balloon Volleyball
4:00 Fill in the Lines
6:00 Classic Movie & Popcorn

Community Events Entertainment Special Activities Trips

* ACTIVITIES ARE SUBJECT TO CHANGE

3 9:30 Windsong Motion
10:00 Dominoes
11:00 Praise and Worship
1:00 Balls & Ladders
2:30 Memory Ball
3:30 Ice Cream Social
6:00 Hymn Sing-Along

4 9:30 Tonercise/ Motion
10:00 Bingo
11:00 LUNCH BUNCH
"Red Robin"
1:00 Ring Toss
3:00 "SONGS BY HEART"
Music Program
5:30 Trivia
6:00 News/Wheel of Fortune
LABOR DAY

5 9:30 Chair Yoga/Motion
10:00 Music Bingo
10:00 Communion
1:00 Balloon Volleyball
3:00 RESIDENT BIRTHDAY
CELEBRATION
w/ Tracy Pace
5:30 Sing-Along
6:00 Hand Messages

6 9:30 Tubal Stretch/Motion
10:00 Bingo
11:00 Group Puzzles
1:00 Circle Ball Toss
2:30 Crafts: "Make a Collage"
3:00 Ice Cream Social
5:30 Garden Stroll
6:00 Evening News
FULL MOON

7 9:30 Conductorcise
10:00 What Belongs Where?
1:00 Name That Tune
2:30 Hymn Sing-Along &
Bible Study
3:00 In The Kitchen:
"Peanut Butter Cookies"
5:30 Brain Fitness
6:00 Leg Messages

8 9:30 Tonercise/Motion
10:00 Price is Right
1:00 Kick Ball Circle
2:30 Arm Chair Travel
3:00 Party in the Parlor:
Happy Hour
w/ Guillermo Serpas
5:30 Inspirational Readings
6:00 Wheel of Fortune

9 9:30 Dancercise
10:00 Pokeno
1:00 Balloon Toss
2:30 Sensory Scents
3:00 Beanbag Toss
4:00 Fill in the Lines
6:00 Classic Movie & Popcorn

10 9:30 Windsong Motion
10:00 Dominoes
11:00 Praise and Worship
1:00 Balls & Ladders
2:30 Memory Ball
3:00 Connecting w/
The Grandkids "Ice
Cream Social"
6:00 Hymn Sing-Along
GRANDPARENTS DAY
ASSISTED LIVING WEEK

11 9:30 Tonercise/ Motion
10:00 Bingo
10:30 OUT & ABOUT
"Trolley Ride at
Woodlands Waterway"
1:00 Ring Toss
3:00 "SONGS BY HEART"
Music Program
5:30 Make A Family Tree
6:00 News/Wheel of Fortune
PATRIOT DAY / 911
ASSISTED LIVING WEEK

12 9:30 Chair Yoga/ Motion
10:00 Mass/Headbanz Game
10:00 Communion
11:00 Animal Therapy
w/ Pet Pal "Saba"
1:00 Balloon Volleyball
3:00 Popcorn Social
5:30 Sing-Along
6:00 Hand Messages
ASSISTED LIVING WEEK

13 7:30 Omelet Station
w/ Chef Eddie & Tab
9:30 Tubal Stretch/Motion
10:00 Music Bingo
1:00 Circle Ball Toss
2:30 Spa Day Nails By Avon
4:00 Animal Therapy
with Pet Pal "Sophie"
5:30 Garden Stroll
6:00 Friends & Family Bingo
Night
ASSISTED LIVING WEEK

14 9:30 Conductorcise
10:00 What Belongs Where?
1:00 Name That Tune
2:30 Hymns Sing A Long &
Bible Study
3:00 SPECIAL PRESENTATION:
The Umbrella of
Dementia w/ Holly
Haynes
5:30 Brain Fitness
6:00 Leg Messages
ASSISTED LIVING WEEK

15 9:30 Tonercise/Motion
10:00 Family Feud
1:00 Kick Ball Circle
2:30 Arm Chair Travel
3:00 DIRECTOR'S SPECIAL:
Shake, Rattle & Roll
w/ Elvis By The Hour
5:30 Family Indoor Picnic
6:00 Wheel of Fortune
ASSISTED LIVING WEEK

16 9:30 Dancercise
10:00 Pokeno
1:00 Balloon Toss
2:30 Sensory Scents
3:00 Getting To Know
You Beach Ball Game
4:00 Trivia
6:00 Movie & Popcorn
ASSISTED LIVING WEEK

17 9:30 Windsong Motion
10:00 Dominoes
11:00 Praise and Worship
1:00 Balls & Ladders
2:30 Memory Ball
3:00 Ice Cream Social /Piano
Recital w/ Brenda Gille
6:00 Hymn Sing-Along

18 9:30 Tonercise/ Motion
10:00 Bingo
11:00 LUNCH BUNCH:
"Denny's"
1:00 Ring Toss
3:00 "SONGS BY HEART"
Music Program
5:30 Trivia
6:00 News/Wheel of Fortune

19 9:30 Chair Yoga/ Motion
10:00 Flu Shot Clinic
10:00 Music Bingo
10:00 Communion
1:00 Balloon Volleyball
2:30 Ladies Red Hat Tea Club
3:00 Popcorn Social
5:30 Sing-Along
6:00 Hand Messages

20 9:30 Tubal Stretch/Motion
10:00 Bingo
11:00 Group Puzzles
1:00 Circle Ball Toss
2:30 Crafts: "Color Pencil Art"
3:00 Ice Cream Social
5:30 T.O.U.C.H. Support Group
6:00 Evening News
ROSH HASHANAH SUNDOWN

21 9:30 Conductorcise
10:00 What Belongs Where?
1:00 Name That Tune
2:30 Hymn Sing-Along &
Bible Study
3:00 In The Kitchen: "Parfait"
5:30 Dining Around the
World: Greece
6:00 Leg Messages
INTERNATIONAL PEACE DAY

22 9:30 Tonercise/Motion
10:00 Price is Right
1:00 Kick Ball Circle
2:30 Arm Chair Travel
3:00 Party in the Parlor:
HAPPY HOUR
w/ Patti Adams
5:30 Inspirational Readings
6:00 Wheel of Fortune
AUTUMN BEGINS

23 9:30 Dancercise
10:00 Pokeno
1:00 Balloon Toss
2:30 Sensory Scents
3:00 Beanbag Toss
4:00 Fill in the Lines
6:00 Movie & Popcorn

24 9:30 Windsong Motion
10:00 Dominoes
11:00 Praise and Worship
1:00 Balls & Ladders
2:30 Memory Ball
3:30 Ice Cream Social
6:00 Hymn Sing-Along

25 9:30 Tonercise/ Motion
10:00 Bingo
11:00 OUT & ABOUT
"Mercer Botanical
Gardens"
1:00 Ring Toss
3:00 "SONGS BY HEART"
Music Program
5:30 Trivia
6:00 News/Wheel of Fortune

26 9:30 Chair Yoga/ Motion
10:00 Music Bingo
10:00 Communion
11:00 Pet Pal "Saba"
1:00 Balloon Volleyball
2:30 Mens Club: Bowling
Tournament
3:00 Popcorn Social
5:30 Sing-Along
6:00 Hand Messages

27 9:30 Tubal Stretch/Motion
10:00 Music Bingo
11:00 Group Puzzles
1:00 Circle Ball Toss
2:30 Crafts: "Color By
Number"
3:00 Ice Cream Social
5:30 Garden Stroll
6:00 Evening News

28 9:30 Conductorcise
10:00 What Belongs Where?
1:00 Name That Tune
2:30 Hymn Sing-Along &
Bible Study
3:00 In The Kitchen:
"Brownies"
5:30 Family Council Meeting
5:30 Brain fitness
6:00 Leg Messages

29 9:30 Tonercise/Motion
10:00 Family Feud
1:00 Kick Ball Circle
2:30 Arm Chair Travel
3:00 Party in the Parlor:
Sing A Long
w/ Ms. Delores
5:30 Inspirational Readings
6:00 Wheel of Fortune
YOM KIPPUR BEGINS SUNDOWN

30 9:30 Dancercise
10:00 Pokeno
1:00 Balloon Toss
2:30 Sensory Scents
3:00 Beanbag Toss
4:00 Fill in the Lines
6:00 Movie & Popcorn