

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2021

Berkeley Assisted Living Activities Calendar

<p>5</p> <p>2:00PM Music Therapy AL1 4:00PM Sunday Worship GH</p>	<p>6</p> <p>10:00AM Labor Day Puzzle Packet AL 1:00PM Jigsaw Puzzles AL2 2:00PM Movie Matinee ALGR2</p>  <p>Labor Day Rosh Hashanah Begins</p>	<p>7</p> <p>9:30AM Walking Group AL 10:00AM St. Bede's RR 10:00AM-11:00AM Open Gym BG 1:00PM Bible Study C 2:00PM Happy Hour AL1 3:00PM-4:00PM Open Gym BG 3:00PM September Trivia AL2</p>	<p>8</p> <p>10:00AM 1:1 Visits RR 10:00AM-11:00AM Open Gym BG 11:00AM-11:30AM Strength & Balance AL2 2:00PM Lemonade Social AL2 3:00PM-4:00PM Open Gym BG 3:00PM Outdoor Meditation 7:00PM Movie Night GH</p>	<p>9</p> <p>9:30AM Walking Group AL 10:00AM-11:00AM Open Gym BG 2:00PM Happy Hour AL1 3:00PM-4:00PM Open Gym BG 3:00PM Jeopardy Questions AL</p> <p>Happy Birthday Jack Miley!!</p>	<p>10</p> <p>10:00AM Daily Chronicle AL 10:00AM-11:00AM Open Gym BG 11:00AM-11:30AM Family Video Calls RR 11:00AM-11:30AM Strength & Balance AL2 2:00PM Grandparents Day Treat AL 3:00PM-4:00PM Open Gym BG</p>	<p>11</p> <p>1:00PM Puzzle Packet 2:00PM Movie Matinee: "Doctor Zhivago" ALGR2</p>
<p>12</p> <p>2:00PM Music Therapy AL1 4:00PM Sunday Worship GH</p>   <p>Happy Grandparents Day NATIONAL ASSISTED LIVING WEEK SEPTEMBER 12-18, 2021 Grandparents Day</p>	<p>13</p> <p>Assisted Living Week! 10:00AM Morning Chat AL2 10:00AM-11:00AM Open Gym BG 11:00AM-11:30AM Strength & Balance AL2 2:00PM Kick-Off to AL Week AL2 3:00PM-4:00PM Open Gym BG</p>	<p>14</p> <p>Assisted Living Week! 9:30AM Walking Group AL 10:00AM St. Bede's RR 10:00AM-11:00AM Open Gym BG 1:00PM Hickory Neck Episcopal Church Service CC 2:00PM Bible Study C 2:00PM Happy Hour with David Tetrault AL1 3:00PM-4:00PM Open Gym BG 3:00PM Outdoor Chat O</p>	<p>15</p> <p>Assisted Living Week! 10:00AM Crafty Critters AL2 10:00AM-11:00AM Open Gym BG 11:00AM-11:30AM Strength & Balance AL2 2:00PM Trivia AL2 3:00PM-4:00PM Open Gym BG 3:00PM Jammin' with James Curry AL Yom Kippur Begins</p>	<p>16</p> <p>Assisted Living Week! 9:30AM Walking Group AL 10:00AM-11:00AM Open Gym BG 2:00PM Happy Hour AL1 3:00PM-4:00PM Open Gym BG 3:00PM Ice Cream Social ALGR2</p>	<p>17</p> <p>Assisted Living Week! 10:00AM Donuts AL2 10:00AM-11:00AM Open Gym BG 10:00AM-2:00PM Carte Mobile Boutique GH 11:00AM-11:30AM Family Video Calls RR 11:00AM-11:30AM Strength & Balance AL2 11:30AM Pizza Party DR 2:00PM Sept B-Day Social AL2 3:00PM-4:00PM Open Gym BG</p>	<p>18</p> <p>1:00PM Puzzle Packet 2:00PM Movie Matinee: "Mona Lisa Smile" ALGR2</p> <p>Oktoberfest Begins</p>
<p>19</p> <p>2:00PM Music Therapy AL1 4:00PM Sunday Worship GH</p>	<p>20</p> <p>10:00AM September Word Search AL 10:00AM-11:00AM Open Gym BG 11:00AM-11:30AM Strength & Balance AL2 2:00PM Scenic Drive to Rita's Italian Ice 3:00PM-4:00PM Open Gym BG</p> <p>Sukkot Begins</p>	<p>21</p> <p>9:30AM Walking Group AL 10:00AM St. Bede's RR 10:00AM-11:00AM Open Gym BG 10:00AM Guest Speaker GH 2:00PM Happy Hour with Sugar and Spice AL1 3:00PM-4:00PM Open Gym BG 3:00PM Bridge (4 players) ALGR2</p>	<p>22</p> <p>10:00AM Soundscapes AL2 10:00AM-11:00AM Open Gym BG 11:00AM-11:30AM Strength & Balance AL2 1:00PM Williamsburg United Methodist Church Service CC 2:00PM Root Beer Floats AL2 3:00PM-4:00PM Open Gym BG 3:00PM Resident Council Meeting AL2</p> <p>Autumn Begins</p>	<p>23</p> <p>9:30AM Walking Group AL 10:00AM-11:00AM Open Gym BG 2:00PM Happy Hour AL1 3:00PM-4:00PM Open Gym BG 3:00PM UNO: Card Game AL2</p>	<p>24</p> <p>10:00AM Mimosas AL2 10:00AM-11:00AM Open Gym BG 11:00AM-11:30AM Family Video Calls RR 11:00AM-11:30AM Strength & Balance AL2 2:00PM Ladies' Social AL1 3:00PM-4:00PM Open Gym BG</p> <p>Happy Birthday Jill Paseman!!</p>	<p>25</p> <p>10:00AM 30 min. BINGO AL2 1:00PM Puzzle Packet 2:00PM Movie Matinee: "Friday Night Lights" ALGR2</p>
<p>26</p> <p>2:00PM Music Therapy AL1 4:00PM Sunday Worship GH</p>	<p>27</p> <p>10:00AM Crossword Puzzle AL2 10:00AM-11:00AM Open Gym BG 11:00AM-11:30AM Strength & Balance AL2 2:00PM BINGO AL2 3:00PM-4:00PM Open Gym BG</p>	<p>28</p> <p>9:30AM Walking Group AL 10:00AM St. Bede's RR 10:00AM-11:00AM Open Gym BG 1:00PM Bible Study C 2:00PM Autumn Happy Hour AL1 3:00PM-4:00PM Open Gym BG 3:00PM Cranium Crunches AL</p> <p>Simchat Torah Begins</p>	<p>29</p> <p>10:00AM Autumn Trivia AL2 10:00AM-11:00AM Open Gym BG 11:00AM-11:30AM Strength & Balance AL2 2:00PM Chair Travels: China ALGR2 3:00PM-4:00PM Open Gym BG 3:00PM Coloring Pages AL2</p>	<p>30</p> <p>9:30AM Walking Group AL 10:00AM-11:00AM Open Gym BG 2:00PM Happy Hour AL1 3:00PM-4:00PM Open Gym BG 3:00PM Spot the Difference AL2</p> <p>Happy Birthday Phyllis Jay!!</p>	<p>KEY AL - 1st Floor Sitting Area AL1 - 1st Floor Library and piano area AL2 - 2nd Floor TV lounge/BINGO table ALGR2 - 2nd Floor Fireplace Room BG - 2nd Floor Berkeley Gym B - Bus Ride (meet first floor by Chapel) BC - Berkeley Café (Room across from Dining Room) C - Chapel CC - Convalescent Center Activity Room CY - Courtyard outside of Dining Room DR - Berkeley Dining Room 1st Floor F - Outside by the front entrance under the portico GH - Grand Hall in Canon Building IL O - Outside P - 1st Floor outdoor patio by piano/library RR - Resident's Room</p> <ul style="list-style-type: none"> ■ Productive ■ Cognitive ■ Physical ■ Outside ■ Social ■ Sensory ■ Reflective 	

Contact Beth MacAdam at (757)585-7068 or elizabeth.macadam@rivhs.com. Activities may run from 30min-2hrs. Activities are subject to change. All supplies are cleaned and accounted for daily.