

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>150 Bella Vista Dr Madison, WI 53717 (608) 820-1800</p> <p>Clubs scheduled weekly</p> <p>*Programs subject to change</p>	<p>10:00 🦋 Church Service Recording</p> <p>1:00 ■ Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p> <p><b>1</b></p>	<p><b>Labor Day</b></p> <p>10:00 ■ Daily Groove</p> <p>— 🦋 Our Daily Bread</p> <p>11:00 ■ Poetry Corner</p> <p>1:00 ■ Indoor Walking Club- Self-Guided</p> <p>1:30 Crafter's Corner</p> <p>2:00 Nail Care and Hand Massages</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>3:30 Sort It Out</p> <p><b>2</b></p>	<p><b>Blu Grotto Buddy Visits 2pm</b></p> <p>— SPECIAL GUEST: Bernie the Dog!</p> <p>10:30 Daily Chronicles</p> <p>10:30 ■ Seated Yoga</p> <p>11:00 Heartwarming Stories</p> <p>1:30 Music and the Brain Musical Presentation [CR]</p> <p>2:30 ■ SPECIAL GUEST: Qi Gong with Joan</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 ■ How is it Made?</p> <p>4:00 Music and Motion</p> <p><b>3</b></p>	<p>10:00 ■ Mobility and Flexibility Who/What/Where Am I?</p> <p>10:30</p> <p>1:00 ■ Cookbook Perusing, Recipe Discussion</p> <p>2:00 BINGO Bash!</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 Book Club: Leave it to Jeeves</p> <p>4:00 Golf Around</p> <p>4:00 Oui Si</p> <p><b>4</b></p>	<p><b>Blu Grotto Buddy Visits 2pm</b></p> <p>10:00 ■ Chair Dancing</p> <p>10:30 Daily Chronicles</p> <p>11:00 SPECIAL GUEST: Communion with Reverend Childress</p> <p>1:00 ■ Vista Courtyard Visit *Weather Permitting*</p> <p>2:00 ■ Life In Color Painting Session-Fall Leaves</p> <p>3:00 Sounds and Snacks [BG]</p> <p>3:30 Word Searches/Sorting</p> <p>4:00 Active Games</p> <p><b>5</b></p>	<p><b>Team Spirit Wear Day!</b></p> <p>10:00 ■ Stretch and Strength</p> <p>10:30 Daily News/Weather Report</p> <p>10:30 Trivia Challenge</p> <p>1:00 ■ Kitchen Conversations</p> <p>1:30 Ladder Golf Challenge</p> <p>2:30 History of Pizza and How it's Made</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p> <p><b>6</b></p>	<p><b>Nail Care with Care Team/ Varied Times</b></p> <p>10:00 ■ Daily Groove IN2L/ Recording</p> <p>1:00 Courtyard Conversations</p> <p>2:00 Active Games</p> <p>2:00 Table Top Games</p> <p>3:00 Resident Choice: Puzzles, Music and Movies</p> <p><b>7</b></p>	
	<p>10:00 🦋 Church Service Recording</p> <p>10:30 Daily Groove</p> <p>1:00 ■ Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p> <p><b>8</b></p>	<p>10:00 ■ Daily Groove</p> <p>— 🦋 Our Daily Bread</p> <p>11:00 ■ Poetry Corner</p> <p>1:00 ■ Neighborhood Walk About *Weather Permitting*</p> <p>1:30 Crafter's Corner</p> <p>2:00 Nail Care and Hand Massages</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>3:30 Sort It Out</p> <p>4:00 Courtyard Conversations</p> <p><b>9</b></p>	<p><b>Blu Grotto Buddy Visits 2pm</b></p> <p>10:00 ■ Seated Yoga</p> <p>10:30 Daily Chronicles</p> <p>11:00 Heartwarming Stories</p> <p>11:00 Short Stories</p> <p>1:30 Sewing Machine Day History and Fun Facts</p> <p>2:00 Table Top Games</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 ■ How is it Made?</p> <p>4:00 Music and Motion</p> <p><b>10</b></p>	<p>10:00 ■ Mobility and Flexibility Who/What/Where Am I?</p> <p>10:30</p> <p>1:00 ■ Cookbook Perusing, Recipe Discussion</p> <p>2:00 BINGO Bash!</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:00 All about Square Dancing</p> <p>4:00 Golf Around</p> <p>4:00 Oui Si</p> <p><b>11</b></p>	<p><b>Blu Grotto Buddy Visits 2pm</b></p> <p>10:00 ■ Chair Dancing</p> <p>10:30 Daily Chronicles</p> <p>10:30 ■ Life In Color Painting Session- Cloud Appreciation</p> <p>1:00 ■ Vista Courtyard Visit *Weather Permitting*</p> <p>2:00 ■ Use Your Noodle- Drumming</p> <p>3:00 Sounds and Snacks [BG]</p> <p>3:30 Word Searches/Sorting</p> <p>4:00 Active Games</p> <p><b>12</b></p>	<p><b>Team Spirit Wear Day!</b></p> <p>10:00 ■ Stretch and Strength</p> <p>10:30 Daily News/Weather Report</p> <p>10:30 Trivia Challenge</p> <p>1:00 ■ In the Kitchen-Building a Healthy Treat</p> <p>2:30 Meditation Circle</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p> <p><b>13</b></p>	<p><b>Nail Care with Care Team/ Varied Times</b></p> <p>10:00 ■ Daily Groove IN2L/ Recording</p> <p>1:00 Courtyard Conversations</p> <p>2:00 Active Games</p> <p>3:00 Resident Choice: Puzzles, Music and Movies</p> <p><b>14</b></p>	
<p><b>DAILY RHYTHM</b></p> <p>8:00 Breakfast</p> <p>10:00 Mindful Matters/Exercise</p> <p>10:30 Hydration</p> <p>11:00 This Day in History/Various Programs</p> <p>12:00 Lunch</p> <p>1:00 Walking Club</p> <p>2:00 Mindful Matters/Partner Programs</p> <p>3:00 Group Programs</p> <p>4:00 Art Corner/Recharge</p> <p>5:00 Dinner</p> <p>6:00 Resident's Choice</p>	<p>10:00 🦋 Church Service Recording</p> <p>12:00 Packers vs Colts</p> <p>1:00 ■ Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p> <p><b>15</b></p>	<p>10:00 ■ Daily Groove</p> <p>— 🦋 Our Daily Bread</p> <p>11:00 ■ Poetry Corner</p> <p>1:00 ■ Neighborhood Walk About *Weather Permitting*</p> <p>1:30 Crafter's Corner</p> <p>2:00 Nail Care and Hand Massages</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>3:30 Sort It Out</p> <p>4:00 Courtyard Conversations</p> <p><b>16</b></p>	<p><b>Blu Grotto Buddy Visits 2pm</b></p> <p>10:00 ■ Seated Yoga</p> <p>10:30 Daily Chronicles</p> <p>11:00 Heartwarming Stories</p> <p>11:00 Short Stories</p> <p>1:30 ■ Yarn Crafter's Club [CR]</p> <p>2:00 ■ I Spy Indoor Adventure Walk</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 ■ How is it Made?</p> <p>4:00 Music and Motion</p> <p><b>17</b></p>	<p>10:00 ■ Mobility and Flexibility Family Caregiver Support Group [U]</p> <p>10:30 Who/What/Where Am I?</p> <p>1:00 ■ Cookbook Perusing, Recipe Discussion</p> <p>2:00 BINGO Bash!</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 Book Club: Leave it to Jeeves</p> <p>4:00 Golf Around</p> <p>4:00 Oui Si/Uno</p> <p><b>18</b></p>	<p><b>Blu Grotto Buddy Visits 2pm</b></p> <p>10:00 ■ Chair Dancing</p> <p>10:30 Daily Chronicles</p> <p>10:30 ■ Life In Color Painting Session</p> <p>1:30 HeartStrings Quartet [CR]</p> <p>2:00 ■ Use Your Noodle- Exercise</p> <p>3:00 Sounds and Snacks- International Day of Listening [BG]</p> <p>3:30 Word Games/Puzzles</p> <p>4:00 Active Games</p> <p><b>19</b></p>	<p><b>Team Spirit Wear Day!</b></p> <p>10:00 ■ Stretch and Strength</p> <p>10:30 Daily News/Weather Report</p> <p>10:30 Trivia Challenge</p> <p>1:00 ■ In the Kitchen- Eat an Apple Day Recipes</p> <p>2:30 Meditation Circle</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p> <p><b>20</b></p>	<p><b>Nail Care with Care Team/ Varied Times</b></p> <p>10:00 ■ Daily Groove IN2L/ Recording</p> <p>1:00 Courtyard Conversations</p> <p>2:00 Active Games</p> <p>2:00 Table Top Games</p> <p>3:00 Resident Choice: Puzzles, Music and Movies</p> <p><b>21</b></p>	
	<p>10:00 🦋 Church Service Recording</p> <p>10:30 Daily Groove</p> <p>12:00 Packers vs Titans</p> <p>1:00 ■ Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p> <p><b>22</b></p>	<p>9:00 OUTING! Pontoon Boat Ride on Lake MONONA</p> <p>— Seated Exercises</p> <p>11:00 ■ Poetry Corner</p> <p>1:00 ■ Neighborhood Walk About *Weather Permitting*</p> <p>1:30 Crafter's Corner</p> <p>2:00 Nail Care and Hand Massages</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>3:30 Sort It Out</p> <p>4:00 Courtyard Conversations</p> <p><b>23</b></p>	<p><b>Blu Grotto Buddy Visits 2pm Podiatry Visits</b></p> <p>10:00 ■ Seated Yoga</p> <p>10:30 Daily Chronicles</p> <p>11:00 Heartwarming Stories</p> <p>11:00 Short Stories</p> <p>1:30 ■ Yarn Crafter's Club [CR]</p> <p>2:30 SPECIAL GUEST: Qi Gong with Joan</p> <p>3:30 ■ How is it Made?</p> <p>4:00 Music and Motion</p> <p><b>24</b></p>	<p>10:00 ■ Mobility and Flexibility Who/What/Where Am I?</p> <p>10:30</p> <p>1:00 ■ Cookbook Perusing, Recipe Discussion</p> <p>2:00 BINGO Bash!</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>3:30 Book Club: Leave it to Jeeves</p> <p>4:00 Golf Around</p> <p>4:30 SPECIAL EVENT: Blu Grotto Family Dinner [CR]</p> <p><b>25</b></p>	<p><b>Blu Grotto Buddy Visits 2pm</b></p> <p>10:00 ■ Chair Dancing</p> <p>10:30 Daily Chronicles</p> <p>10:30 ■ Life In Color Painting Session</p> <p>1:00 ■ Vista Courtyard Visit *Weather Permitting*</p> <p>2:00 ■ Use Your Noodle- Exercise</p> <p>3:00 Sounds and Snacks [BG]</p> <p>3:30 Word Games/Puzzles</p> <p>4:00 Active Games</p> <p><b>26</b></p>	<p><b>Team Spirit Wear Day!</b></p> <p>10:00 ■ Stretch and Strength</p> <p>10:30 Daily News/Weather Report</p> <p>10:30 Trivia Challenge</p> <p>1:00 ■ In the Kitchen-Pizza Making</p> <p>2:30 Meditation Circle</p> <p>3:00 Afternoon Refresh with Snacks/ Hydration</p> <p>4:00 Stand Up and S-T-R-E-T-C-H</p> <p><b>27</b></p>	<p><b>Nail Care with Care Team/ Varied Times</b></p> <p>10:00 ■ Daily Groove IN2L/ Recording</p> <p>1:00 Courtyard Conversations</p> <p>2:00 Active Games</p> <p>3:00 Resident Choice: Puzzles, Music and Movies</p> <p><b>28</b></p>	
	<p>10:00 🦋 Church Service Recording</p> <p>12:00 Packers vs Vikings</p> <p>1:00 ■ Indoor Walking Club- Self-Guided</p> <p>2:00 Word Games and Puzzles</p> <p><b>29</b></p>	<p>10:00 ■ Daily Groove</p> <p>— 🦋 Our Daily Bread</p> <p>11:00 ■ Poetry Corner</p> <p>1:00 ■ Neighborhood Walk About *Weather Permitting*</p> <p>1:30 Crafter's Corner</p> <p>2:00 Nail Care and Hand Massages</p> <p>3:00 Midday Musings and Snacks and Rehydration</p> <p>3:30 Sort It Out</p> <p>4:00 Courtyard Conversations</p> <p><b>30</b></p>	<p>■ Alzheimer Poetry Project</p> <p>■ Field to Fare</p> <p>■ Memories in the Making</p> <p>■ Mindful Matters</p> <p>🦋 Spiritual</p>					

