


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	2603 Jones Road Austin, TX 78745 512-892-7226	1 8:00 ♥ Breakfast 10:00 ♥ Essential Exercise Class [TV] 10:30 ♥ Corn Hole [AR] 11:30 🦋 Arts & Crafts & Project Connection Activity 12:30 🦋 Lunch 1:00 🦋 Let's go to the Horse Races [AR] 5:30 🦋 Dinner	2 8:00 ♥ Breakfast 9:30 ♥ Essential Exercise Class [TV] 9:30 ♥ Game on Exercise: putt-putt golf [AR] 10:30 🦋 Mid-Morning BINGO- (Sign-up only) [AR] 12:30 🦋 Lunch 3:00 🦋 Wine Down Wednesday: Wine Tasting (Sign-up Only 20 spots) 5:30 🦋 Dinner	3 8:00 ♥ Breakfast 10:00 ♥ Essential Exercise Class [TV] 11:15 🦋 TEAM Scattergories [AR] 12:30 🦋 Lunch 3:00 🦋 Team Match GAME [AR] 5:30 🦋 Dinner	4 8:00 ♥ Breakfast 10:00 ♥ Essential Exercise-Open Exercise Area 10:30 🦋 CORN HOLE PRACTICE [TV] 12:30 🦋 Lunch 3:00 🦋 Social Boost Grab 'N Go & Trivia Questions [AR] 5:30 🦋 Dinner	5 Essential Exercise Work of art Color/ puzzles (Get sheets in the front lobby) 8:00 ♥ Breakfast 10:00 🦋 Saturday Morning Shabbat (Beth Israel) 10:30 🦋 Word Search Sheet 12:30 🦋 Lunch 2:00 🦋 Kentucky Durby Races on TV & Social (sign-up Activity) [AR] 5:30 🦋 Dinner		
		6 Essential Exercise 8:00 ♥ Breakfast 10:30 🦋 Church on Congress AVE. live streaming 12:30 🦋 Lunch 1:30 🦋 Gospel Music [LOB] 5:30 🦋 Dinner	7 8:00 ♥ Breakfast 10:00 ♥ Essential Exercise-Open Exercise Area [TV] 12:30 🦋 Lunch 1:00 🦋 Individual BINGO! (Pick-up in the main Lobby) [LOB] 1:30 🦋 Vibrant Life Store Open 3:00 🦋 Grab 'N Go Snack (SNOWCONES) [AR] 5:30 🦋 Dinner	8 8:00 ♥ Breakfast 10:30 ♥ Corn Hole [AR] 11:30 🦋 Arts & Crafts & Project Connection Activity 12:30 🦋 Lunch 3:00 🦋 Fish Bowl Toss (Sign-up Activity) [AR] 5:30 🦋 Dinner	9 8:00 ♥ Breakfast 10:00 Individual Bingo (Pick-up in the main lobby) [LOB] 12:30 🦋 Lunch 3:00 🦋 Mid-Afternoon BINGO- (Sign-up only) [AR] 3:00 🦋 Wine Down Wednesday: September Birthday Parties 5:30 🦋 Dinner	10 8:00 ♥ Breakfast 10:15 🦋 Line Dancing [AR] 12:30 🦋 Lunch 3:00 🦋 Team Match GAME [AR] 5:30 🦋 Dinner	11 8:00 ♥ Breakfast 10:00 ♥ Essential Exercise-Open Exercise Area 10:30 🦋 CORN HOLE PRACTICE [TV] 12:30 🦋 Lunch 3:00 🦋 Social Boost with Cella Bella [AR] 5:30 🦋 Dinner	12 Essential Exercise Work of art Color/ puzzles (Get sheets in the front lobby) 8:00 ♥ Breakfast 10:00 🦋 Saturday Morning Shabbat (Beth Israel) 10:30 🦋 Word Search Sheet 12:30 🦋 Lunch 5:30 🦋 Dinner
		13 Essential Exercise 8:00 ♥ Breakfast 10:30 🦋 Church on Congress AVE. live streaming 12:30 🦋 Lunch 1:30 🦋 Gospel Music [LOB] 5:30 🦋 Dinner	14 8:00 ♥ Breakfast 10:30 🦋 Austin City Sight Seeing Tour (Bus Trip) sign-up in main lobby [LOB] 12:30 🦋 Lunch 1:00 🦋 Word Puzzles to go! (Pick-up in the main Lobby) [LOB] 1:30 🦋 Vibrant Life Store Open 3:00 🦋 Grab 'N Go Snack [AR] 5:30 🦋 Dinner	15 8:00 ♥ Breakfast 9:15 ♥ Podiatrist Visit (Appointment required) [TV] 11:30 🦋 Arts & Crafts & Project Connection Activity 12:30 🦋 Lunch 3:00 🦋 Waffle Cone Social (Grab 'N GO) [AR] 5:30 🦋 Dinner	16 8:00 ♥ Breakfast 9:30 ♥ Double my pleasure Corn Horn Practice (TEAM Players) [AR] 10:30 🦋 Mid-Morning BINGO- (Sign-up only) [AR] 12:30 🦋 Lunch 3:00 🦋 Wine Down Wednesday: Beer & Peanut Snacks (Sign-up Only 20 spots) 5:30 🦋 Dinner	17 8:00 ♥ Breakfast 11:15 🦋 New Activity: Electronic BINGO (Sign-Up Only) [AR] 12:30 🦋 Lunch 3:00 🦋 MONTHLY CORNHOLE TOURNEY (TEAMS of 4) [LOB] 5:30 🦋 Dinner	18 8:00 ♥ Breakfast 10:00 ♥ Essential Exercise-Open Exercise Area 10:30 🦋 CORN HOLE PRACTICE [TV] 12:30 🦋 Lunch 5:30 🦋 Dinner	19 Essential Exercise Work of art Color/ puzzles (Get sheets in the front lobby) 8:00 ♥ Breakfast 10:00 🦋 Saturday Morning Shabbat (Beth Israel) 10:30 🦋 Word Search Sheet 12:30 🦋 Lunch 5:30 🦋 Dinner
		20 Essential Exercise 8:00 ♥ Breakfast 10:30 🦋 Church on Congress AVE. live streaming 12:30 🦋 Lunch 1:30 🦋 Gospel Music [LOB] 5:30 🦋 Dinner	21 8:00 ♥ Breakfast 12:30 🦋 Lunch 1:00 🦋 Word Puzzles to go! (Pick-up in the main Lobby) [LOB] 1:30 🦋 Vibrant Life Store Open 3:00 🦋 Grab 'N Go Snack [AR] 3:30 🦋 Make your bets for the horse races (see Miriam for details) [AR] 5:30 🦋 Dinner	22 8:00 ♥ Breakfast 10:30 ♥ Corn Hole [AR] 11:30 🦋 Arts & Crafts & Project Connection Activity 12:30 🦋 Lunch 3:00 🦋 LET's go to the horse races 5:30 🦋 Dinner [DR]	23 8:00 ♥ Breakfast 9:30 ♥ Game on Exercise: Washer Toss [AR] 10:30 🦋 Mid-Morning BINGO- (Sign-up only) [AR] 12:30 🦋 Lunch 3:00 🦋 Wine Down Wednesday: September Birthday Parties 5:30 🦋 Dinner	24 8:00 ♥ Breakfast 11:15 🦋 Let's Make a Deal Activity (Sign-up Activity) [AR] 12:30 🦋 Lunch 1:00 🦋 FREE FLU CLINIC & LUAU PARTY 3:00 🦋 MOVIE on the Big Screen [TV] 5:30 🦋 Dinner	25 8:00 ♥ Breakfast 10:00 ♥ Essential Exercise-Open Exercise Area 10:30 🦋 CORN HOLE PRACTICE [TV] 12:30 🦋 Lunch 3:00 🦋 Social Boost with Cella Bella [AR] 5:30 🦋 Dinner	26 Essential Exercise Work of art Color/ puzzles (Get sheets in the front lobby) 8:00 ♥ Breakfast 10:00 🦋 Saturday Morning Shabbat (Beth Israel) 10:30 🦋 Word Search Sheet 12:30 🦋 Lunch 5:30 🦋 Dinner
		27 Essential Exercise 8:00 ♥ Breakfast 10:30 🦋 Church on Congress AVE. live streaming 12:30 🦋 Lunch 1:30 🦋 Gospel Music [LOB] 4:30 🦋 ICE Cream Social [AR] 5:30 🦋 Dinner	28 8:00 ♥ Breakfast 10:30 🦋 Austin City Sight Seeing Tour (Bus Trip) sign-up in main lobby [LOB] 12:30 🦋 Lunch 1:00 🦋 Word Puzzles to go! (Pick-up in the main Lobby) [LOB] 1:30 🦋 Vibrant Life Store Open 3:00 🦋 Grab 'N Go Snack [AR] 3:30 🦋 Make your bets for the horse races (see Miriam for details) [AR] 5:30 🦋 Dinner	29 8:00 ♥ Breakfast 10:30 ♥ Corn Hole [AR] 11:30 🦋 Arts & Crafts & Project Connection Activity 3:00 🦋 LOTERIA BINGO GAME (Sign-up Activity) [AR] 5:30 🦋 Dinner	30 8:00 ♥ Breakfast 9:00 ♥ Chair Exercise Balloon Tennis [AR] 10:30 🦋 Mid-Morning BINGO- (Sign-up only) [AR] 12:30 🦋 Lunch 12:30 🦋 September Birthday Celebration: CHEESECAKE LUNCH SOCIAL [DR] 3:00 🦋 Wine Down Wednesday: Wine toast for all Sept. birthdays 5:30 🦋 Dinner	Location Keys Activity Room AR Dining Room DR Lobby LOB TV/ Media Room TV		📷 Be Adventurous 🦋 Be Challenged 🦋 Be Connected 🦋 Be Family 🦋 Be Inspired 🦋 Be Social ♥ Be Well