

<p>1</p> <p>Van to Local Churches 2:00– Movie (JR) 7:00 – Movie (JR)</p>	<p>2</p> <p>**NO Continental Breakfast today** Labor Day Cookout Buffet 11:30 a.m. to 2:00 p.m. 7:30-Berlin Philharmonic (JR) 8:00-U of L Football vs Notre Dame (KR)</p>	<p>3</p> <p>First Financial Bank- 9 to 11 *NO Tai Chi today* 11-Rock Steady Boxing (OR) *NO Sit and Fit Class today* 1:30-Book Ladies (KR) 2:30-Knitting Group (ML) 2:30-Book Club (KR) 2:30-Video Lecture Series (JR) "A History of European Art" 7:00-Video Lecture Repeat (JR)</p>	<p>4</p> <p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00- Devotion with Cristi Cobban (OR) 1-Blood Pressure Clinic (WC) 2:45-Ice Cream Treats (ML) 7:00-TOT's Great Drama Series: Henrik Ibsen's <i>The Lady from the Sea</i></p>	<p>5</p> <p>First Financial Bank- 9 to 11 NO Aquatics Class Today 9:30-Exercise Class (OR) 11:00-Shopping at Walgreens 11-Fight Back with Fitness (OR) 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>6</p> <p>First Financial Bank- 9 to Noon 9:30-Flexercise Class (OR) 10:00-Grocery Shopping (Goss Avenue Kroger) 10:15-Yoga Stretch (DR) 10:30-Wii Bowling (KR) 12-Papa John's Pizza Party 1:30-BINGO!!! 7:00-Movie (JR)</p>	<p>7</p> <p>9:30-Exercise Class (OR) 2:00-Movie (JR) 7:00- U of L Football vs Eastern Kentucky</p>
<p>8</p> <p>Van to Local Churches ~Sunday Brunch Buffet~ 11:30 a.m. to 2:00 p.m. 2:00– Movie (JR) 7:00 – Movie (JR) 6:50-Depart for Faculty Gala at U of L School of Music <small>Grandparents Day</small></p>	<p>9</p> <p>9:30-Resident Bd. Mtg. (JR) 9:30-Coffee & Donuts (OR) 10:00-Resident Council (OR) 10:30-Resident Art Class (Art Studio – 1204) 11:00-Grocery Shopping #1 (Goss Avenue Kroger) 2-Grief Support Group (DR) 2:00-BUNCO (KR) 2:00-Grocery Shopping #2 7:30-Berlin Philharmonic (JR)</p>	<p>10</p> <p>First Financial Bank- 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 11-Rock Steady Boxing (OR) 1:30-Sit and Fit Class (OR) 2:30-Knitting Group (ML) 2:30-Video Lecture Series (JR) "A History of European Art" 7-Video Lecture Repeat (JR)</p>	<p>11</p> <p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Rev. Mark Williams (OR) 1-Blood Pressure Clinic (WC) 2-The Harmonics of Louisville Concert and Make Your Own Ice Cream Sundaes (OR)</p>	<p>12</p> <p>First Financial Bank- 9 to 11 9-Depart for Aquatics Class 9:30-Exercise Class (OR) 10:45-Depart for Mike Linnigs 11-Fight Back with Fitness (OR) 1:30-Sit and Fit Class (OR) 2:00-Scrabble (KR) 7:00-Movie (JR)</p>	<p>13</p> <p>First Financial Bank- 9 to Noon 9:30-Flexercise Class (OR) 10:00-Grocery Shopping (Goss Avenue Kroger) 10:15-Yoga Stretch (DR) 10:30-Wii Bowling (KR) 7:00-Movie (JR)</p>	<p>14</p> <p>9:30-Exercise Class (OR) 1:15-Depart for Louisville Ballet The Merry Widow 2:00-Movie (JR) 7:00- U of L Football vs Western Kentucky</p>
<p>15</p> <p>Van to Local Churches 2:00– Movie (JR) 7:00– Movie (JR)</p>	<p>16</p> <p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:15-Yoga Stretch (DR) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 7:30-Berlin Philharmonic (JR)</p>	<p>17</p> <p>First Financial Bank- 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 10:30-Make a Fall Wreath 11-Rock Steady Boxing (OR) 1-Parkinson's Support Group (DR) 1:30-Sit and Fit Class (OR) 2:00-Make a Fall Wreath 2:30-Knitting Group (ML) 2:30-Video Lecture Series (JR) "A History of European Art" 7-Nostalgia Live in Concert (OR)</p>	<p>18</p> <p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Dr. Jim Cobban (OR) 1-Blood Pressure Clinic (WC) 2:00-Catholic Mass (3rd Floor) 2:45- Ice Cream Treats (ML) 7-Ostling's Night at the</p>	<p>19</p> <p>First Financial Bank- 9 to 11 9-Depart for Aquatics Class 9:30-Exercise Class (KR) 11-Shopping at Dollar Tree 11-Fight Back with Fitness (KR) 1:30-Sit and Fit Class (KR) TOT Art Show 3 to 5 p.m. Beautiful art, crafts and music provided by our own residents & local artisans.</p>	<p>20</p> <p>First Financial Bank- 9 to Noon 9:30-Flexercise Class (OR) 10:00-Grocery Shopping (Goss Avenue Kroger) 10:15-Yoga Stretch (DR) 10:30-Wii Bowling (KR) 1:30-Stretching the Mind (OR) 4:00-Shabbos Friends (KR)</p>	<p>21</p> <p>9:30-Exercise Class (OR) 2:00-Movie (JR) U of L Football vs Florida (TBA) <small>Oktoberfest Begins</small></p>
<p>22</p> <p>Van to Local Churches ~Sunday Brunch Buffet~ 11:30 a.m. to 2:00 p.m. 1:15- Depart for Kentucky Opera's Carmen 2:00 – Movie (JR) 7:00– Movie (JR)</p>	<p>23</p> <p>8:30-Dr. Scott, Podiatrist (KR) 9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:15-Yoga Stretch (DR) 10:30-Resident Art Class (Art Studio – Apt. 1204) 1:30- BINGO!!! (Oak Room) 2:00-Grocery Shopping #2 4:30-Dinner at Bristol 7:30-Berlin Philharmonic (JR)</p>	<p>24</p> <p>First Financial Bank- 9 to 11 9:30-Exercise Class (OR) 10:00-Tai Chi (OR) 11-Rock Steady Boxing (OR) 1:30-Sit and Fit Class (OR) 2:30-Knitting Group (ML) 2:30-Video Lecture Series (JR) "A History of European Art" 7:00-Dulcimer Society of Louisville in Concert (OR)</p>	<p>25</p> <p>9:30-Flexercise Class (OR) 10:15-Yoga Stretch (DR) 11:00-Devotion with Rev. Cody Nygard (OR) 12-September Birthday Lunch 1-Blood Pressure Clinic (WC) 2-Circle of Compassion (KR)</p>	<p>26</p> <p>First Financial Bank- 9 to 11 9-Depart for Aquatics Class 9:30-Exercise Class (OR) 11-Fight Back with Fitness (OR) 1:00-Sit and Fit Class (DR) "Main Street" A collection of music and readings all about Small-town life. 2:00 – Oak Room 3:00-Scrabble (KR)</p>	<p>27</p> <p>First Financial Bank- 9 to Noon 9:30-Flexercise Class (OR) 9:30-Coffee Concert Bus #1 10:00-Coffee Concert Bus #2 10:15-Yoga Stretch (DR) 10:30-Coffee Concert Bus #3 10:30-Wii Bowling (KR) 2-Conversation on Race</p>	<p>28</p> <p>9:30-Exercise Class (OR) 2:00-Movie (JR) Fran Flaherty's 90th Birthday Celebration</p>
<p>29</p> <p>Van to Local Churches 2:00– Movie (JR) 7:00– Movie (JR)</p>	<p>30</p> <p>9:30-Flexercise Class (OR) 10:00-Grocery Shopping #1 (Goss Avenue Kroger) 10:15-Yoga Stretch (DR) 2:00-Grocery Shopping #2 (Goss Avenue Kroger) 2:00 –BUNCO (KR) 7:30-Berlin Philharmonic (JR) <small>Rosh Hashanah (first Day)</small></p>	<p>Room Location Key: DR=Dehoney Room, KR=Kentucky Room, JR=Jefferson Room, OR=Oak Room, ML=Main Lobby, WC=Wellness Center</p>				

September 2019

Treyton Oak Towers – Activity Calender