Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beauty Shop is open Wednesdays & Fridays Join Us on Facebook and check us out at our website www.potomacfalls-rehab.com.		**1** 10:15 Communion -S 10:30 Chair Yoga –S 11:00 Remember When 2:30 Manicures/Music-S	**2** 10:30 Chair Tai Chi –S 11:00 Learn Category Puzzle – S 11:00 **Walmart Outing** 2:30 Tea Party - A	**3** 10:30 Chair Stretch –S 11:00 Mass –S 11:00 Noodle Ball -A 2:30 Watercolors –A 3:00 Movie Matinee - T	**4** 10:30 Chair Yoga -S 11:00 Deal or No Deal -S 2:30 Happy Hour - A	**5** 10:30 Morning Stretch -S 11:00 Sing-a-Long - S 2:30 Bingo - S
6 10:30 Morning Stretch S 11:00 The Way Back to Pentecost -S 2:30 Black Jack – T	**7** 10:30 Chair Tai Chi -S 11:00 Remember When -S 2:30 BINGO -S Labor Day	**8** 10:15 Communion -S 10:30 Chair Yoga –S 11:00 Waffle Prep - S 11:00 Sensory-A 1:15 Music Therapy - S 2:30 Let's Make Waffles!-S	**9** 10:30 Chair Tai Chi –S 11:00 Coloring - A 11:00 **Lunch Outing**- S 2:30 Popcorn & Movie - S	**10** 10:30 Chair Stretch –S 11:00 Book Club - S 11:00 Noodle Ball –A 2:30 **Just Playn Country** - S	**Red, White & Blue Day** **11** 10:30 Chair Yoga -S 11:00 Are you Smarter than a 5th Grader -S 2:30 Birthday Party! - A	**12** 10:30 Morning Stretch -S 11:00 Trivia - S 2:30 Bingo - S
13 10:30 All Nations Christian Center –S 11:00 Daily Chronicles 2:30 Horseracing - A Grandparents Day	**14** 10:30 Chair Tai Chi -S 11:00 Remember When -S 2:30 BINGO -S Rosh Hashanah	**15** 10:15 Communion -S 10:30 Christ Fellowship Church -S 11:00 Sensory-A 2:30 **Steve Gellman**-S	**16** 10:30 Chair Tai Chi –S 11:00 Grand Category Puzzle- S 2:30 **Pam Butler** - S	**17** 10:30 Chair Stretch –S 11:00 Book Club- S 11:00 Noodle Ball –A 2:30 Arts & Crafts - S	**Jersey Day** **18** 10:30 Chair Yoga -S 11:00 Bargain Elimination -S 2:30 Coloring- A	**19** 10:30 Morning Stretch -S 11:00 Puzzle Block - S 2:30 Bingo - S
20 10:30 Morning Stretch S 11:00 Who am I -S 2:00 Mount Pleasant Baptist -A	**21** 10:30 Chair Tai Chi -S 11:00 Remember When -S 2:30 BINGO -S	**22** 10:15 Communion -S 10:30 Chair Yoga -S 11:00 Sensory-A 1:15 Music Therapy - A 2:30 Resident Council-S	**23** 10:30 Chair Tai Chi –S 11:00 Daily Chronicles - S 11:00 Coloring -A 2:30 Popcorn - S Autumn Begins Yom Kippur	**24** 10:30 Chair Stretch –S 11:00 Book Club - S 11:00 Noodle Ball –A 2:30 Alzheimer's Assoc. Presentation – S 2:30 Manicures/Music - A	**Pancake Day** **25** 10:30 Chair Yoga -S 11:00 Reminiscing - S 2:30 Bowling - S	**26** 10:30 Morning Stretch -S 11:00 Faces & Places - S 2:30 Bingo - S
Chocolate Milk Day **27** 10:30 Morning Stretch -S 10:30 Christ Fellowship Church -S 2:30 Chocolate Milk & Cookies - A	**28** 10:30 Chair Tai Chi -S 11:00 Remember When -S 2:30 BINGO -S Sukkot	**29** 10:15 Communion -S 10:30 Chair Yoga -S 11:00 Sensory-A 2:30 Baking Apple Brownies-S 5:00 Dinner Club	**30** 10:30 Chair Stretch –S **11:00 Country Ride Outing** 2:30 **Oktoberfest** - S			

SEPTEMBER 2015

Potomac Falls Health & Rehab

Activities Staff: Barbara Eastman, Camryn Burton & Jennifer Beach Ext. 8317 Key: A – Allegany, S – Shenandoah, T – Tidewater, P - Piedmont