

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023

Recreation Calendar



10:00am Flamingo Dance Performance (1st/2nd/3rd Floors)
 1:30pm Mid-Autumn Festival Arts (3rd Floor)
 3:00pm 1:1 Interactions

9:30am Chair Aerobics Exercise (1st& 2nd Floors)
 2:00pm ECBC Church Service (1st/2nd/3rd Floors)



9:30am Chair Aerobics Exercise (1st & 3rd Floors)
 11:00am Autumn Set up
 1:30pm Mid-Autumn Festival Arts (2nd Floor)

9:30am Chair Aerobics Exercise (1st & 2nd Floors)
 1:30pm Mahjong/Bingo (3rd Floors)
 3:00pm 1:1 Interactions

9:30am Chair Aerobics Exercise (1st & 3rd Floors)
 1:30pm Mid-Autumn Festival Video & Celebrations (2nd Floor)

9:30am Chair Aerobics Exercise (1st & 2nd Floors)/Drum Fit (3rd Floors)
 1:30pm Mahjong/Table Games (2nd & 3rd Floor)



9:30am Chair Aerobics Exercise (1st/2nd/3rd Floors)
 1:30pm Table Games (2nd Floor)/ Tai Chi (3rd Floor)

9:30am Chair Aerobics Exercise (1st& 3rd Floors)/ Drum Fit (2nd Floor)
 1:30pm Board Games (2nd & 3rd Floor)

9:30am Chair Aerobics Exercise (1st & 2nd Floors)
 1:30pm Mahjong/Bingo (3rd Floors)
 6:15 Spiritual Services (1st/2nd/3rd Floors)

9:30am Chair Aerobics Exercise (1st/2nd/3rd Floors)
 1:30pm Oktoberfest Crafts (2nd Floor & 3rd Floor)

9:30am Chair Aerobics Exercise (1st & 3rd Floors)
 1:30pm Mahjong/Table Games (2nd & 3rd Floor)

9:30am Chair Aerobics Exercise (1st& 2nd Floors)
 1:30pm Table Bowling (3rd Floor)
 3:00pm 1:1 Interactions

9:30am Chair Aerobics Exercise (1st& 2nd Floors)
 2:00pm EBC Church Service (1st/2nd/3rd Floors)

9:30am Chair Aerobics Exercise (1st/2nd/3rd Floors)
 1:30pm Tai Chi (2nd Floor)/Pretzel Making (3rd Floor)

9:30am Chair Aerobics Exercise (1st & 3rd Floor)/Drum Fit (2nd Floor)
 1:30pm Target Games (2nd & 3rd Floor)

9:30am Chair Aerobics Exercise (1st & 2nd Floors)
 1:30pm Mahjong/Bingo (3rd Floors)
 3:00pm 1:1 Interactions

9:30am Chair Aerobics Exercise (1st & 3rd Floors)
 1:30pm Table Games (2nd Floor)

9:30am Chair Aerobics Exercise (1st & 2nd Floors)/Drum Fit (3rd Floors)
 1:30pm Mahjong/Table Games (2nd & 3rd Floor)

10:00am Spiritual Hymn Sing Along Catholic Church (1st/2nd/3rd Floors)



9:30am Chair Aerobics Exercise (1st/2nd/3rd Floors)
 1:30pm Arts & Crafts (2nd Floor)/Tai Chi (3rd Floor)

9:30am Chair Aerobics Exercise (1st& 3rd Floors)/ Drum Fit (2nd Floor)
 1:30pm Pretzel Making (2nd Floor)/Arts (3rd Floor)

9:30am Chair Aerobics Exercise (1st & 2nd Floors)
 1:30pm Mahjong/Bingo (3rd Floors)
 3:00pm 1:1 Interactions

9:30am Chair Aerobics Exercise (1st/2nd/3rd Floors)
 1:30pm Resident/Staff Talent Show (1st/2nd/3rd Floors)

9:30am Chair Aerobics Exercise (1st & 3rd Floors)
 1:30pm September Birthday Party (2nd Floor)

