

September 2024

The Goldton at Southaven 2782 Star Landing Road East Southaven, MS 38672

ACTIVITIES ARE SUBJECT TO CHANGE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:30 Church Service w/Longview Baptist 2:00 Bucket Ball 3:00 Card Match Game 4:00 Horseshoe 4:30 Music to Dine	2 9:30 Chair Yoga 10:00 Coloring Bighorn Sheep NP 11:00 Balloon Catch 2:00 Tic Tac Toe Memory Game 3:00 Aromatherapy w/Music 4:00 Bubble Blowing	3 9:30 Moving to The Beats 10:00 Nail Pampering 11:00 Soft Music Social 2:00 Assorting Cards Social 3:00 Ping Pong w/Egg Crates 4:00 Porch Social w/Lemonade	4 9:30 Seated Fitness 10:00 Bible Study w/Grant 10:30 Baking Club 2:00 Jigsaw Puzzle Social 3:00 Bucket Ball 4:00 Axe Throwing 4:30 Music by Patsy Cline	5 National Cheese Pizza Day 9:30 Moving & Stretching 10:00 Sing A Long 11:00 Bubble Blowing 2:00 Cheese Pizza Social 3:00 Rocky Road Ice Cream Social NP 4:00 Connect the Dots	6 9:30 Morning Stretch 10:00 Card Match Game 11:00 Dart Throwing Game 2:00 Friday Movie & Popcorn 3:00 Assorting Poker Chips 4:00 Porch Social w/Music	7 9:30 Sittercise 10:00 Noodle Hockey 2:00 Movie Matinee & Popcorn 3:00 Balloon Volleyball 4:00 Beach Ball Toss
8 10:30 Church Service w/Longview Baptist 2:00 Bucket Ball 3:00 Card Match Game 4:00 Horseshoe 4:30 Music to Dine	9 Popcorn Bar 9:30 Chair Yoga 10:00 Noodle Drum 11:00 Soft Music Social 2:00 Painting w/Saran Wrap 3:00 Wildflower Arrangement NP 4:00 Giant Bowling	10 Western Day 9:30 Moving to The Beats 10:00 Nail Pampering 11:00 Relaxing Music Social 2:00 Balloon Catch 3:00 Big Block Jenga 4:00 Ring Toss Wear Your Cowboy Boots	11 Tacky Day 9:30 Seated Fitness 10:00 Bible Study w/ Grant 10:30 Baking Club 2:00 Rocky Mountain Coloring NP 3:00 Ball Toss 4:00 Music by Dolly Parton Wear your Tacky Attire	12 Sport Day 9:30 Moving & Stretching 10:30 Pet Therapy w/Job 11:00 Coffee Social 2:00 Bucket Ball 3:00 Color by Numbers 4:00 Tic Tac Toe Memory Game Wear Your Favorite Jersey	13 Food Truck 9:30 Morning Stretch 10:00 Jigsaw Puzzle Social 11:00 Painting Trinket Boxes 2:30 Wheelchair & Walker Wash 3:00 Wii Tennis 4:00 Porch Social w/Snacks	14 9:30 Sittercise 10:00 Aromatherapy & Music 2:00 Movie Matinee & Popcorn 3:00 Assorting Greeting Cards 4:00 Soft Music w/Drinks
15 10:30 Church Service w/Longview Baptist 2:00 Coloring Kittens 3:00 Balloon Volleyball 4:00 Horseshoe 4:30 Music to Dine	16 9:30 Chair Yoga 10:00 Noodle Ball 11:00 Relaxing Music Social 2:00 Campfire Cutout Social NP 3:00 Connect the Dots 4:00 Funny Riddles	17 9:30 Moving to The Beats 10:00 Nail Pampering 11:00 Relaxing Music 2:00 Painting w/Saran Wrap 3:00 Movie & Popcorn 4:00 Bean Bag Toss	18 9:30 Seated Fitness 10:00 Bible Study w/Grant 10:30 Baking Club 1:30 Outing to Sam Towne Casino 3:00 Parachute Ball 4:00 Music by Celine Dion	19 9:30 Moving & Stretching 10:00 Ball Toss 11:00 Soft Music Social 2:00 Rocky Mountain Documentary NP 3:00 Noodle Drum 4:00 Relaxing Music	20 9:30 Morning Stretch 10:00 Word Search Puzzle 11:00 Painting w/Plastic Eggs 2:00 Friday Movie & Popcorn 3:00 Balloon Volleyball 4:00 Porch Social w/Music	21 9:30 Sittercise 10:00 Remember When? 2:00 What is in the Bag 3:00 Bubble Blowing 4:00 Ring Toss
22 10:30 Church Service w/Longview Baptist 2:00 Big Block Jenga 3:00 Card Match Game 4:00 Noodle Ball 4:30 Music to Dine	23 9:30 Chair Yoga 10:00 Parachute Balloon Ball 11:00 Sing A Long Social 2:00 Bucket Ball 3:00 Jigsaw Puzzles 4:00 Tea Social	24 9:30 Moving to The Beats 10:00 Nail Pampering 11:00 Soft Music 2:00 Beach Ball Toss 3:00 Discovering Colorado's Rocky Animal NP 4:00 Country Music & Fruit Punch	25 9:30 Seated Fitness 10:00 Bible Study w/Grant 10:30 Baking Club 2:00 Outing to City Hall Cheesecake 3:00 Aromatherapy w/Music 4:00 Music by Reba McEntire	26 9:30 Moving & Stretching 10:00 Balloon Catch 11:00 Music Trivia 2:00 Giant Bowling 3:00 Rocky Road Ice Cream Social NP 4:00 Ring Toss	27 9:30 Morning Stretch 10:00 Animal Trivia 11:00 Dart Throwing Game 2:00 Friday Movie & Popcorn 3:00 Making Trail Mix NP 4:00 Porch Social w/snacks	28 9:30 Sittercise 10:00 Coloring Fun Social 2:00 Ball Toss 3:00 Balloon Ball 4:00 Horseshoe
29 10:30 Church Service w/Longview Baptist 2:00 Tic Tac Toe Memory Game 3:00 Card Match Game 4:00 Horseshoe 4:30 Music to Dine	30 9:30 Chair Yoga 10:00 Color by Numbers 11:00 Soft Music Social 2:00 Bean Bag Toss 3:00 Movie & Popcorn 4:00 Ice Cream Sandwich Social	This Month we are exploring Rocky Mountain National Parks 		Happy Assisted Living Week 9/08 Popsicle Social 9/12 Sport Day 9/09 Popcorn Bar 9/13 Wheelchair Walker Wash 9/10 Western Day 9/11 Tacky Day Let's Have Fun!!!!		

