

Oaks September Activity Descriptions

A-Z Occupational Trivia/Labor Day Laughs – Can you guess the occupations while sharing funny jokes about different professions and work?

Beach Fun Workout – Take a trip to the sunny West Coast without leaving your chair! This 30-minute fitness program blends the playful fun of a beach ball toss with the calming flow of surfer-inspired chair yoga. Designed for all ability levels, participants will enjoy gentle movement, laughter, and relaxation while soaking in the carefree spirit of the beach.

Bean Bags (Resident Led) – Get ready for some friendly competition at our resident-led Bean Bags game! Join fellow residents for a fun and casual game, perfect for staying active and socializing. Supplies are conveniently located upstairs by the NuStep bike—just grab a set and let the games begin

Bible Study with Faith Lutheran - Led by pastors from Faith Lutheran. Enjoy a time of scripture, reflection, and discussion in a welcoming and uplifting environment. All are welcome to participate!

Bingo – Come see if luck is on your side at a community favorite!

Birthday Social – Resident Requested! Let’s gather to celebrate those born in September!

Cards (Resident Led) - Join us for a fun card game session! Residents will choose the game, so bring your favorite ideas or learn something new. It's a great way to connect, relax, and enjoy friendly competition.

Cash Wise Grocery – Place your weekly grocery order online or by phone for delivery. Life Enrichment team members are available to assist.

Ceramics with Lindy - Join our talented Clinical Director, Lindy, for a special step-by-step ceramic painting class! No experience needed just get ready to have fun, get creative, and enjoy a relaxing time with fellow residents. All supplies provided. Let’s paint something beautiful together!

Chair Sailing Exercises/Lighthouses Walk - Themed seated exercise program promoting strength, flexibility, and fun through nautical movements.

Checkers (Resident Led) - Challenge your friends or sharpen your skills in this classic strategy game! Checkers is perfect for friendly competition and keeping your mind active while having fun. All skill levels are welcome to join the fun!

Chips & Salsa Tasting Session - Spice up your day with our *Chips and Salsa Tasting* session! Join us for a flavorful adventure as we sample a variety of salsas—from mild and tangy to bold and spicy—paired with crunchy, fresh chips. This interactive program is perfect for those who love trying new flavors, sharing opinions, and discovering favorite combinations. Participants will have the opportunity to vote for their favorite salsa and discuss flavor profiles, textures, and ingredients.

Coffee & Snack - Daily social gathering with coffee and individually wrapped snacks in the dining room.

Concession Stand – Stop by the Concession Stand for a classic treat! Enjoy free popcorn, candy, and soda while you mingle with friends or grab a snack to go. Whether you're staying to chat or just picking up a favorite treat, this is a perfect way to add a little fun to your day!

Conversation Topics on the Digital Signs - Step into the excitement of Las Vegas from the comfort of your community! *Join Melanie in Vegas* features engaging discussion topics displayed on our digital signs, encouraging residents to share thoughts, stories, and opinions while connecting with others. This program invites participants to explore fun, thought-provoking, and lighthearted topics inspired by the energy of Las Vegas—from travel adventures and favorite shows to personal stories and quirky “what if” scenarios.

Craft: Barn Quilt Square - Unleash your creativity with our *Barn Quilt Square Craft* program! Participants will design and paint their own colorful barn quilt squares—geometric patterns traditionally displayed on barns as a form of folk art. This hands-on activity allows residents to explore artistic expression, experiment with colors and shapes, and create a keepsake to take home or display. No prior crafting experience is needed—just bring your imagination and a sense of fun!

Craft Corner (Resident Led) - Bring your own craft or art project to work on in a creative, social atmosphere. Coloring sheets will also be provided. Join fellow residents for a relaxing and fun time making art together at your own pace!

Craft: Lavender Sachets - Relax and unwind with our *Lavender Sachets Craft* program! Participants will create their own fragrant sachets using dried lavender and fabric, perfect for freshening drawers, closets, or bedside tables. This hands-on activity encourages creativity while offering a soothing sensory experience, allowing residents to explore the

calming scent of lavender and enjoy a simple, rewarding craft.

Devotions with Shawn – Non-denominational spiritual study.

Dining Committee - Pull up a chair and let your voice be heard! In this new program, residents are invited to meet with our Dining Manager to discuss upcoming menus, share ideas, and offer feedback. Help create a dining experience everyone can enjoy!

Ecumen Wellness – Join us for our signature exercise program!

Evening Bingo – Come see if luck is on your side at a community favorite!

Golf Card Game (Resident-Led) - Join fellow residents for a friendly round of the classic Golf card game. Easy to learn and full of fun—bring your best strategy and enjoy!

Grief Group with Jim Heymans – Grief isn't just about death—it can follow any major life change that reshapes your entire world. Join us for support, education and a time to heal and connect with others who are navigating life's transitions. Led by Ecumen Hospice staff, our time together will allow us to learn and grow. (Pines Dining Room)

Hearing Aid Clinic - Join Karl from Hutch Hearing Aid for a personalized hearing aid clinic. Get expert advice, adjustments, and learn about the latest in hearing technology to improve your sound experience.

Hey Dude! Bingo – Surf’s up, dudes! Hey Dude Bingo takes the classic game of bingo and gives it a totally rad West Coast surfer twist. Residents will play traditional bingo, but instead of shouting “Bingo!” when they win, they’ll call out “Hey Dude!”.

Ice Cream Social! - Indulge in sweet treats and delightful company at our Ice Cream Social! Enjoy an ice cream treat while connecting with friends and creating cherished moments. A simple way to brighten your day!

Independent Board Games - Residents are welcome to gather upstairs for independent board game play. A selection of classic and modern board games is available on the tables, offering opportunities for friendly competition, teamwork, and laughter. This open activity is perfect for sparking conversation, building connections, and enjoying time together in a relaxed setting.

LCR Dice Game – Get ready for a fast-paced, laugh-filled game of Left, Center, Right (LCR)! Whether you're a seasoned player or brand new to the game, this is your chance to join in on the fun and test your luck with just a few rolls of the dice.

Manicures – Relax as we clip, file, and paint your nails each week.

Morning Coffee (Resident Led) – Join us for a relaxed and social gathering, enjoy a hot cup of coffee, and connect with friends. It's a perfect way to kick off the morning with conversation and good company!

Movie Night - See digital signs for specific movies each week, Tuesday/Wednesday Movie Night movies are played on the common area TV's upstairs.

Music: Down South with Jim Nelson - Kick back and enjoy the soulful sounds of the South with *Down South with Jim Nelson*! In celebration of our Southeast Theme Day, Jim Nelson brings live music that captures the heart and spirit of southern culture, featuring classics from country, blues, folk, and southern rock. This lively performance offers residents the chance to listen, sing along, and even tap their toes to familiar tunes, creating a warm and engaging atmosphere.

Occupational Riddles - This engaging activity features 45 rhyming riddles that describe traditional and memorable occupations. Each riddle gives playful clues about a career—some will be familiar from residents' own work histories, while others may spark memories of neighbors, parents, or community members. Residents listen to the riddle, then guess the occupation being described.

Oktoberfest @ Lunch – Join us for a midday celebration of all things gemütlich! We're bringing the spirit of Oktoberfest to your lunch hour with a delicious German-inspired meal prepared by our talented dining team. And what's Oktoberfest without a little beer? Enjoy a refreshing brew (or two!) as we toast to good times, hearty food, and community cheer.

Out to Eat: Molly’s Café - Join us for a delightful outing to Molly's Café in Silver Lake, a cozy local favorite known for its homestyle cooking and welcoming atmosphere. This trip was specially requested by residents, and we're excited to enjoy good food and great company together. Whether you're craving comfort food or just looking forward to a change of scenery, this outing promises a warm and enjoyable experience.

Outing: Sanctuary to Feed the Deer & Dairy Queen - Join us for a heartwarming outing that combines the

peaceful beauty of nature with a classic treat! We'll start our adventure at the local sanctuary, where you'll have the chance to feed the deer and enjoy the serenity of the outdoors. After connecting with our gentle four-legged friends, we'll head to Dairy Queen for a cool and tasty treat to top off the day.

Outing: Shopping Around Hutch - Weekly shopping trip to the store of your choice! Sign up on the bulletin board.

Pacific Coast Highway Tour – Take a virtual journey down the Pacific Coast Highway (Highway 1), one of America's most iconic scenic drives. Together we'll “travel” from Washington to California, stopping at famous landmarks, seaside towns, and natural wonders along the way. This program blends storytelling, visuals, music, and group discussion to recreate the magic of a coastal road trip.

Pizza Party! (Resident Led) – It's pizza time! Join us for a resident-led Pizza Party, organized through the Resident Planning Committee. Sign up on the bulletin board to reserve your spot. Pizza will be delivered from Domino's, and the cost will be approximately \$3–5 per person (exact amount will be announced day-of). Melanie will collect payment. Come enjoy great food and even better company!

Random Trivia – This activity includes 30 questions on a variety of topics. The questions are accompanied by the answers and additional information for discussion.

Resident Meeting – Held monthly. Please contact Melanie Z. with any agenda items you may have.

Resident Planning Program - Share your ideas and help shape July's activities! This empowering session gives you the opportunity to suggest and plan programs that interest you most. Let your voice inspire our calendar!

Route 66 Road Trivia – Hit the open road and test your knowledge with *Route 66 Road Trivia*! This fun, interactive trivia program takes you on a journey along the historic “Main Street of America.” Participants will explore fascinating facts about the towns, landmarks, culture, and history of Route 66, from Chicago to Santa Monica. Whether you're a history buff, a travel enthusiast, or just love fun facts, this program offers laughs, friendly competition, and a chance to share stories from the road.

Skip-Bo – Come join us for a friendly round (or two!) of Skip-Bo—a fun and easy-to-learn card game full of strategy and surprises. Whether you're a longtime fan

or a first-time player, all are welcome to play, laugh, and enjoy some great company!

St. A's Communion - Catholic communion from St. A's parish. Every Sunday morning.

State Plate Game - Southeast Edition - Land a beanbag on a state, answer a question and win points

Tenzi Dice Game – Tenzi is a fast-paced, easy-to-learn dice game perfect for groups of all sizes. Each player receives 10 dice of the same color. When the signal to start is given, everyone rolls their dice at the same time. The goal is to be the first player to get all 10 dice showing the same number. Players keep rolling, setting aside the dice that match their chosen number, and re-rolling the rest until all 10 dice match.

The Great Lakes Workout – Imagine yourself visiting the Great Lakes. You can get an amazing workout as you swim, paddle, hike, and fish. The following exercises are designed to be done while seated.

The Write Word Game - Oktoberfest Edition – Teams guess letters to answer trivia questions about Oktoberfest.

Tic Card Game (Resident Led): A fast-paced and fun group card game where players race to collect four cards of the same number or suit. Once a player has four of a kind, they subtly place a finger on the table — other players must quickly follow! The last person to notice gets a letter — spell "TIC" and you're out! Great for laughs, observation skills, and friendly competition.

Travelogue – Destination: Sojourn to Sweden - This month, we are traveling to Sweden.

Universal Yums: Indonesia - Explore a box of snacks and candies from a different country every month. The products are delicious, unique, and often extremely difficult (or even impossible) to find in the United States. But there's more than incredible Yums. Each month we'll also discover an interactive guidebook to steer your adventure – including trivia, games, recipes, culture, and more!

Vegas Strip Exercise Stations – While Melanie's off exploring the bright lights of Las Vegas, residents can take a wellness journey of their own—right down the Vegas Strip! Using the binder provided upstairs, follow along with themed exercise stations inspired by iconic Las Vegas landmarks. Whether you prefer to stand or sit, each station offers fun, accessible movements to keep you energized and engaged.

Visits with Carrie – Social interaction in your apartment with Carrie.

VNTY PL8 Game – Buckle up, word sleuths! Today, we're cruising down the highway with a game that's all about decoding those little messages we see on vanity license plates! Some make perfect sense, while others are head-scratchers. Let's see who's the fastest to figure out what these personalized plates are trying to say.

Walk the Vegas Strip Award Ceremony – Let's celebrate your achievement with special recognition. All finishers will receive a certificate and a Vegas-themed prize to honor their commitment to health and fun.

Walk the Vegas Strip Challenge - Take a stroll down the iconic Las Vegas Strip without leaving the community! The *Walk the Vegas Strip Challenge* is a fun, active program that encourages residents to “walk” the length of the famous Strip through a series of indoor or outdoor steps. Along the way, participants can learn interesting facts about Las Vegas landmarks, enjoy themed stations, and track their progress as they work toward completing the full Strip. This program combines movement, friendly competition, and a little Vegas flair for an engaging wellness activity.

Walking Club - Step into wellness with us! Residents are invited to meet Elsie by the gazebo for a refreshing group walk. Walking together not only promotes physical health, but also boosts mood, motivation, and social connection. Whether you're out for exercise or good conversation, every step counts when we walk as a group!

Weekend Bingo – Come see if luck is on your side at a community favorite!

What's the Sound – Can you name some of these well-known sounds?

Where is Melanie Trivia? - Join us on the digital signs for a fun-filled journey through the dazzling city of Las Vegas as we play “Where is Melanie?”—a picture-based trivia game that blends memory, curiosity, and a touch of mystery!

Who Am I? Trivia – Put your thinking cap on! Listen to the clues and try to guess the mystery person. A fun and engaging way to challenge your mind and enjoy some friendly competition!

Worship with Faith Lutheran - Lutheran - Faith Lutheran/Christ the King service and communion rotation.

Yahtzee (Resident Led) - Enjoy the classic dice game with friends, where strategy and luck combine for a fun and competitive experience. All are welcome to participate!

Pines September Activity Descriptions

500 (Resident Led), Tuesdays - Full of strategy and teamwork! Whether you're playing solo or with a partner, try to outscore your opponents and enjoy a friendly game of this classic card favorite. All are welcome to join!

A-Z Occupational Trivia/Labor Day Laughs, 9/2 – Can you guess the occupations while sharing funny jokes about different professions and work?

Aggravation (Resident Led), 9/10 & 9/24 – Join fellow residents for a fun and friendly game of Aggravation! This classic board game is all about strategy, a little luck, and plenty of laughs. Whether you're a seasoned player or new to the game, come check it out and enjoy some great company!

Beach Fun Workout, 9/12 – Take a trip to the sunny West Coast without leaving your chair! This 30-minute fitness program blends the playful fun of a beach ball toss with the calming flow of surfer-inspired chair yoga. Designed for all ability levels, participants will enjoy gentle movement, laughter, and relaxation while soaking in the carefree spirit of the beach.

Bell Choir, 9/23 – Per resident request, Carrie will be leading this handbell ensemble to ring recognizable music with melodies and harmonies.

Bible Study with Faith Lutheran, 9/18 - Join the pastors from Faith Lutheran to learn about the bible.

Bingo, Fridays – Come see if luck is on your side at a community favorite!

Birthday Social, 9/25 – Resident Requested! Let's gather to celebrate those born in September!

Cash Wise Grocery, Thursdays – Place your weekly grocery order online or by phone for delivery. Life Enrichment team members are available to assist.

Ceramics with Lindy, 9/21 - Join our talented Clinical Director, Lindy, for a special step-by-step ceramics painting class! No experience needed—just come ready to have fun, get creative, and enjoy a relaxing time with fellow residents. All supplies provided. Let's paint something beautiful together!

Chair Sailing Exercises/Lighthouses Walk, 9/3 - Themed seated exercise program promoting strength, flexibility, and fun through nautical movements.

Chinese Checkers (Resident Led), 9/3 & 9/17 - Navigate your pieces across the board and try to

outsmart your opponents in this engaging and classic game. A great way to connect and enjoy some friendly competition!

Chips & Salsa Tasting Session, 9/11 - Spice up your day with our Chips and Salsa Tasting session! Join us for a flavorful adventure as we sample a variety of salsas—from mild and tangy to bold and spicy—paired with crunchy, fresh chips. This interactive program is perfect for those who love trying new flavors, sharing opinions, and discovering favorite combinations. Participants will have the opportunity to vote for their favorite salsa and discuss flavor profiles, textures, and ingredients.

Coffee & Snack, Daily - Daily social gathering with coffee and individually wrapped snacks in the dining room.

Communion with Pastor Paul – Peace Lutheran, 9/19 - Pastor Paul from Peace Lutheran will be here to provide communion.

Concession Stand, 9/26 – Stop by the Concession Stand for a classic treat! Enjoy free popcorn, candy, and soda while you mingle with friends or grab a snack to go. Whether you're staying to chat or just picking up a favorite treat, this is a perfect way to add a little fun to your day!

Conversation Topics on the Digital Signs, 9/15-9/17 - Step into the excitement of Las Vegas from the comfort of your community! Join Melanie in Vegas features engaging discussion topics displayed on our digital signs, encouraging residents to share thoughts, stories, and opinions while connecting with others. This program invites participants to explore fun, thought-provoking, and lighthearted topics inspired by the energy of Las Vegas—from travel adventures and favorite shows to personal stories and quirky “what if” scenarios.

Craft: Barn Quilt Square, 9/10 - Unleash your creativity with our Barn Quilt Square Craft program! Participants will design and paint their own colorful barn quilt squares—geometric patterns traditionally displayed on barns as a form of folk art. This hands-on activity allows residents to explore artistic expression, experiment with colors and shapes, and create a keepsake to take home or display. No prior crafting experience is needed—just bring your imagination and a sense of fun!

Craft: Lavender Sachets, 9/8 - Relax and unwind with our Lavender Sachets Craft program! Participants will create their own fragrant sachets using dried lavender and fabric, perfect for freshening drawers,

closets, or bedside tables. This hands-on activity encourages creativity while offering a soothing sensory experience, allowing residents to explore the calming scent of lavender and enjoy a simple, rewarding craft.

Dining Menu Committee, 9/4 – Pull up a chair and let your voice be heard! In this new program, residents are invited to meet with our Dining Manager to discuss upcoming menus, share ideas, and offer feedback. Help create a dining experience everyone can enjoy!

Ecumen Wellness, Monday/Wednesday/Fridays – Join us for our signature exercise program!

Evening Bingo, 9/10 – Come see if luck is on your side at a community favorite!

Farkle (Resident-Led), Saturdays – By popular resident request, join us for a game of Farkle led by one of our own! This exciting dice game blends strategy and chance, making for a lively and friendly competition. Whether you're a seasoned player or new to the game, come enjoy great company and some resident-led fun!

Hearing Aid Clinic, 9/18 - Join Karl from Hutch Hearing Aid for a personalized hearing aid clinic. Get expert advice, adjustments, and learn about the latest in hearing technology to improve your sound experience.

Hearts (Resident-Led), Thursdays - Join fellow residents for a fun game of Hearts! This classic card game is easy to learn and offers plenty of opportunities for friendly competition and strategy.

Hey Dude! Bingo, 9/12 – Surf's up, dudes! Hey Dude Bingo takes the classic game of bingo and gives it a totally rad West Coast surfer twist. Residents will play traditional bingo, but instead of shouting “Bingo!” when they win, they'll call out “Hey Dude!”.

Ice Cream Social, 9/19- Indulge in sweet treats and delightful company at our Ice Cream Social! Enjoy an ice cream treat while connecting with friends and creating cherished moments. A simple way to brighten your day!

Independent Board Games, 9/3 - Residents are welcome to gather upstairs for independent board game play. A selection of classic and modern board games is available on the tables, offering opportunities for friendly competition, teamwork, and laughter. This open activity is perfect for sparking conversation, building connections, and enjoying time together in a relaxed setting.

Grief Group with Jim Heymans, 9/22 – Grief isn't just about death—it can follow any major life change that reshapes your entire world. Join us for support, education and a time to heal and connect with others who are navigating life's transitions. Led by Ecumen Hospice staff, our time together will allow us to learn and grow. (Pines Dining Room)

Play 9 (Resident-Led), Fridays - Gather for a fun, resident-led introduction to this easy-to-learn card game! All skill levels welcome!

Manicures, Tuesdays – Relax as we clip, file, and paint your nails each week.

Mass/Communion with Father Paul, 9/5 - Catholic - Communion with Father Paul from St. A's

Mexican Train Dominoes (Resident Led), Mondays - Strategy and luck come together! Players build their trains with dominoes, aiming to be the first to finish. It's a fun, social game that's easy to learn and perfect for friendly competition. All are welcome to play!

Morning Coffee (Resident Led), Thursdays - Join us for a relaxed and social gathering, enjoy a hot cup of coffee, and connect with friends. It's a perfect way to kick off the morning with conversation and good company!

Movie Night, Tuesdays - See separate handout for individual movie synopsis. Tuesday/Wednesday Movie Night movies are played on the common area TV's upstairs.

Music: Down South with Jim Nelson, 9/9 - Kick back and enjoy the soulful sounds of the South with Down South with Jim Nelson! In celebration of our Southeast Theme Day, Jim Nelson brings live music that captures the heart and spirit of southern culture, featuring classics from country, blues, folk, and southern rock. This lively performance offers residents the chance to listen, sing along, and even tap their toes to familiar tunes, creating a warm and engaging atmosphere.

Occupational Riddles, 9/4 - This engaging activity features 45 rhyming riddles that describe traditional and memorable occupations. Each riddle gives playful clues about a career—some will be familiar from residents' own work histories, while others may spark memories of neighbors, parents, or community members. Residents listen to the riddle, then guess the occupation being described.

Oktoberfest @ Lunch, 9/30 – Join us for a midday celebration of all things gemütlich! We're bringing the spirit of Oktoberfest to your lunch hour with a delicious German-inspired meal prepared by our talented

dining team. And what's Oktoberfest without a little beer? Enjoy a refreshing brew (or two!) as we toast to good times, hearty food, and community cheer.

Out to Eat: Molly’s Café, 9/19 - Join us for a delightful outing to Molly's Café in Silver Lake, a cozy local favorite known for its homestyle cooking and welcoming atmosphere. This trip was specially requested by residents, and we're excited to enjoy good food and great company together. Whether you're craving comfort food or just looking forward to a change of scenery, this outing promises a warm and enjoyable experience.

Outing: Sanctuary to Feed the Deer & Dairy Queen, 9/30 - Join us for a heartwarming outing that combines the peaceful beauty of nature with a classic treat! We'll start our adventure at the local sanctuary, where you'll have the chance to feed the deer and enjoy the serenity of the outdoors. After connecting with our gentle four-legged friends, we'll head to Dairy Queen for a cool and tasty treat to top off the day.

Outing: Shopping Around Hutch, Mondays - Weekly shopping trip to the store of your choice! Sign up on the bulletin board.

Pacific Coast Highway Tour, 9/12 – Take a virtual journey down the Pacific Coast Highway (Highway 1), one of America's most iconic scenic drives. Together we'll “travel” from Washington to California, stopping at famous landmarks, seaside towns, and natural wonders along the way. This program blends storytelling, visuals, music, and group discussion to recreate the magic of a coastal road trip.

Random Trivia, 9/13 – This activity includes 30 questions on a variety of topics. The questions are accompanied by the answers and additional information for discussion.

Resident Council (Resident Led), 9/2 – This resident-led council provides a space for open discussion on community life, concerns, and ideas. Created at the request of residents, the group meets independently to share thoughts and work together on topics they wish to bring forward to community leadership. A meaningful way to promote communication, collaboration, and resident voice.

Resident Meeting, 9/9 – Held monthly. Please contact Melanie Z. with any agenda items you may have.

Route 66 Road Trivia, 9/11 – Hit the open road and test your knowledge with *Route 66 Road Trivia*! This fun, interactive trivia program takes you on a journey

along the historic “Main Street of America.” Participants will explore fascinating facts about the towns, landmarks, culture, and history of Route 66, from Chicago to Santa Monica. Whether you're a history buff, a travel enthusiast, or just love fun facts, this program offers laughs, friendly competition, and a chance to share stories from the road.

Skip-Bo, 9/17 – Come join us for a friendly round (or two!) of Skip-Bo—a fun and easy-to-learn card game full of strategy and surprises. Whether you're a longtime fan or a first-time player, all are welcome to play, laugh, and enjoy some great company!

SomeTimes FunTimes Committee, 9/10 - Share your ideas and help shape June's activities! This empowering session gives you the opportunity to suggest and plan programs that interest you most. Let your voice inspire our calendar!

St. A's Communion, Sundays - Catholic communion from St. A's parish. Every Sunday morning.

State Plate Game - Southeast Edition, 9/9 - Land a beanbag on a state, answer a question and win points

Tenzi Dice Game, 9/3 – Tenzi is a fast-paced, easy-to-learn dice game perfect for groups of all sizes. Each player receives 10 dice of the same color. When the signal to start is given, everyone rolls their dice at the same time. The goal is to be the first player to get all 10 dice showing the same number. Players keep rolling, setting aside the dice that match their chosen number, and re-rolling the rest until all 10 dice match.

The Great Lakes Workout, 9/10 – Imagine yourself visiting the Great Lakes. You can get an amazing workout as you swim, paddle, hike, and fish. The following exercises are designed to be done while seated.

The Write Word Game - Oktoberfest Edition, 9/30– Teams guess letters to answer trivia questions about Oktoberfest.

Travelogue – Destination: Sojourn to Sweden, 9/18 - This month, we are traveling to Sweden

Universal Yums: Indonesia, 9/24 - Explore a box of snacks and candies from a different country every month. The products are delicious, unique, and often extremely difficult (or even impossible) to find in the United States. But there's more than incredible Yums. Each month we'll also discover an interactive guidebook to steer your adventure – including trivia, games, recipes, culture, and more!

Vegas Strip Exercise Stations, 9/17 – While Melanie's off exploring the bright lights of Las Vegas, residents can take a wellness journey of their own—right down the Vegas Strip! Using the binder provided upstairs, follow along with themed exercise stations inspired by iconic Las Vegas landmarks. Whether you prefer to stand or sit, each station offers fun, accessible movements to keep you energized and engaged.

Visits with Carrie, Tuesdays – Social interaction in your apartment with Carrie.

VNTY PL8 Game, 9/24 – Buckle up, word sleuths! Today, we're cruising down the highway with a game that's all about decoding those little messages we see on vanity license plates! Some make perfect sense, while others are head-scratchers. Let's see who's the fastest to figure out what these personalized plates are trying to say.

Walk the Vegas Strip Award Ceremony, 9/18 – Let's celebrate your achievement with special recognition. All finishers will receive a certificate and a Vegas-themed prize to honor their commitment to health and fun.

Walk the Vegas Strip Challenge, 9/14-9/17 - Take a stroll down the iconic Las Vegas Strip without leaving the community! The *Walk the Vegas Strip Challenge* is a fun, active program that encourages residents to “walk” the length of the famous Strip through a series of indoor or outdoor steps. Along the way, participants can learn interesting facts about Las Vegas landmarks, enjoy themed stations, and track their progress as they work toward completing the full Strip. This program combines movement, friendly competition, and a little Vegas flair for an engaging wellness activity.

Walking Club, 9/16 - Step into wellness with us! Residents are invited to meet Elsie by the gazebo for a refreshing group walk. Walking together not only promotes physical health, but also boosts mood, motivation, and social connection. Whether you're out for exercise or good conversation, every step counts when we walk as a group!

Weekend Bingo, 9/27 – Come see if luck is on your side at a community favorite!

What's the Sound, 9/13 – Can you name some of these well-known sounds?

Where is Melanie Trivia?, 9/16 - Join us on the digital signs for a fun-filled journey through the dazzling city of Las Vegas as we play “Where is Melanie?”—a

picture-based trivia game that blends memory, curiosity, and a touch of mystery!

Who Am I? Trivia, 9/25 – Put your thinking cap on! Listen to the clues and try to guess the mystery person. A fun and engaging way to challenge your mind and enjoy some friendly competition!

Worship with Faith Lutheran, 9/11 - Lutheran - Faith Lutheran/Christ the King service and communion rotation.