







# September 2019 – Shelby Terrace

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b>  <b>8:30am Walk with a Friend</b>            11am Catholic Services @BSJ            1:30pm Lutheran Services @ BSJ</p> <p>2pm Ice Cream Sunday's</p>	<p><b>2</b>  <b>8:30am Walk with a Friend</b>  <b>Happy Labor Day</b>            2pm Exercise</p> <p>6pm Bingo</p>	<p><b>3</b>  <b>8:30am Walk with a Friend</b></p>  <p>6pm Bingo</p>	<p><b>4</b>  <b>8:30am Walk with a Friend</b>  <b>9:30 Weights and BP. Cheryl will come to your room.</b>            2pm Exercise</p> <p>6pm Movie &amp; Popcorn</p>	<p><b>5</b>  <b>8:30am Walk with a Friend</b></p> <p>6pm Wii Bowling</p>	<p><b>6</b>  <b>8:30am Walk with a Friend</b></p> <p>2pm Cheese and Crackers</p> <p>6pm Bingo</p>	<p><b>7</b>  <b>8:30am Walk with a Friend</b></p> <p>2pm Exercise</p> <p>6pm Movie &amp; Popcorn</p>
<p><b>8</b>  <b>8:30am Walk with a Friend</b>            11am Catholic Services @BSJ            1:30pm Lutheran Services @ BSJ</p> <p>2pm Ice Cream Sunday's</p> <p>6pm Wii Bowling</p>	<p><b>9</b>  <b>8:30am Walk with a Friend</b>  <b>9:30 Grumpy Old Men at La Crosse Main Library</b>            2pm Exercise</p>  <p>6pm Bingo</p>	<p><b>10</b>  <b>8:30am Walk with a Friend</b>            9am Devotions with Mike</p> <p>2pm Manicures and hand massages</p> <p>6pm Bingo</p>	<p><b>11</b>  <b>8:30am Walk with a Friend</b></p> <p>2pm Musician Kevin Mattson &amp; his 12 string guitar</p> <p>6pm Movie &amp; Popcorn</p>	<p><b>12</b>  <b>8:30am Walk with a Friend</b></p> <p>2pm Root Beer Floats on the Patio</p> <p>6pm Wii Bowling</p>	<p><b>13</b>  <b>8:30am Walk with a Friend</b></p> <p>2pm Cheese and Crackers</p> <p>6pm Bingo</p>	<p><b>14</b>  <b>8:30am Walk with a Friend</b></p> <p>2pm Exercise</p>  <p>6pm Movie &amp; Popcorn</p>

<p><b>15</b>  <b>8:30am Walk with a Friend</b>  11am Catholic Services @BSJ  1:30pm Lutheran Services @ BSJ</p> <p><b>2pm Ice Cream Sunday's</b></p>	<p><b>16</b>  <b>8:30am Walk with a Friend</b></p> <p>2pm Exercise</p> <p>6pm Bingo</p>	<p><b>17</b>  <b>8:30am Walk with a Friend</b>  9am Devotions with Mike  <b>10am Tenant Meeting</b></p> <p>2pm Manicures and hand massages</p>	<p><b>18</b>  <b>8:30am Walk with a Friend</b></p> <p><b>2pm Apple Pie Bar soap with Nancy</b></p> <p>6pm Movie &amp; Popcorn</p>	<p><b>19</b>  <b>8:30am Walk with a Friend</b></p>  <p><b>2pm Chex mix and Hot Cider</b></p> <p>6pm Wii Bowling</p>	<p><b>20</b>  <b>8:30am Walk with a Friend</b></p> <p>2pm Cheese and Crackers</p> <p>6pm Bingo</p>	<p><b>21</b>  <b>8:30am Walk with a Friend</b></p> <p>2pm Exercise</p> <p>6pm Movie &amp; Popcorn</p>
<p><b>22</b>  <b>8:30am Walk with a Friend</b>  11am Catholic Services @BSJ  1:30pm Lutheran Services @ BSJ</p> <p><b>2pm Ice Cream Sunday's</b></p>	<p><b>23</b>  <b>8:30am Walk with a Friend</b></p>  <p>2pm Exercise</p> <p>6pm Bingo</p>	<p><b>24</b>  <b>8:30am Walk with a Friend</b>  9am Devotions with Mike</p> <p>2pm Manicures and hand massages</p> <p>6pm Bingo</p>	<p><b>25</b>  <b>8:30am Walk with a Friend</b></p> <p><b>2pm Welcome new tenants with Cookies and Coffee</b></p> <p>6pm Movie &amp; Popcorn</p>	<p><b>26</b>  <b>8:30am Walk with a Friend</b></p> <p>2pm Cookies and Hot Chocolate</p> <p>6pm Wii Bowling</p>	<p><b>27</b>  <b>8:30am Walk with a Friend</b></p> <p>2pm Cheese and Crackers</p> <p>6pm Bingo</p>	<p><b>28</b>  <b>8:30am Walk with a Friend</b></p> <p>2pm Exercise</p> <p>6pm Movie &amp; Popcorn</p>

<p><b>29</b>  <b>8:30am Walk with a Friend</b>  11am Catholic Services @BSJ  1:30pm Lutheran Services @ BSJ</p> <p>2pm Ice Cream Sunday's</p> <p>6pm Wii Bowling</p>	<p><b>30</b>  <b>8:30am Walk with a Friend</b>  <b>9:30am "Cheeseheads" Documentary at La Crosse Main Library</b>  2pm Exercise</p> <p>6pm Bingo</p>				<p><i>The creation of a thousand forests is in one acorn</i></p>	

## Notes:

Thursday's 9/9/19 music, "Grumpy Old Men" at the La Crosse Main Library & on 9/30/19 documentary "Cheeseheads" at La Crosse Main Library.

Pick up for both will be in the Cola Room at 8:30am. They start at 9:30am.