

## SHORE UP! Inc. Shady Pines Adult Medical Day Care September 2023

Mon	Tue	Wed	Thu	Fri
<p><b>September Birthdays</b></p> <p>Dianna R. – 9/2</p> <p>Wanda T. – 9/20</p> <p>Dorothy “Marilyn” J. – 9/27</p> <p><b>Birthstone:</b> Sapphire for Wisdom</p> <p><b>Flower:</b> Aster for Memories</p>				<p><b>1 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Shady Pines Cinema</p> <div style="text-align: center; margin-top: 10px;">  </div>
<p><b>4</b></p> <p style="text-align: center; color: #C85130;"><b>CLOSED</b></p> <div style="text-align: center; margin-top: 10px;">  </div>	<p><b>5 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Blood Pressure &amp; Weights</p> <p>Hidden Pictures</p>	<p><b>6 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Match the Author</p> <p>Read a Book Day</p>	<p><b>7 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Football Predictions</p> <p>Bingo</p>	<p><b>8 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Would You Rather</p> <p>Simon Says</p>
<p><b>11 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Remembrance Day Tribute</p> <p>Find the Words</p>	<p><b>12 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Who Was Right? (Football Predictions Review)</p> <p>Bingo</p>	<p><b>13 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Carnival Games</p> <p>Carnival Treats</p>	<p><b>14 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Superstition Search</p> <p>What’s at the Zoo?</p>	<p><b>15 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Picture Dictation</p> <p>Name That Tune</p>

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Mon	Tue	Wed	Thu	Fri
<p><b>18 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Shady Pines Cinema</p> 	<p><b>19 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Pirate Talk</p> <p>Dance Day Line Dancing</p>	<p><b>20 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Bingo</p> <p>Freeze Dance</p>	<p><b>21 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>School Days Reminiscing</p> <p>Marching Band</p>	<p><b>22 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>How Many Words</p> <p>Time Travel</p>
<p><b>25 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Hot Potato</p> <p>Guided Meditation</p>	<p><b>26 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Johnny Appleseed Trivia/Video</p> <p>Apple Grab</p>	<p><b>27 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Fall Jeopardy</p> <p>Fall Crossword</p>	<p><b>28 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Cat Button Art</p> <p>Cat Facts</p>	<p><b>29 Coffee &amp; Tea Club</b></p> <p><b>Exercise to Music</b></p> <p>Birthday Jingo</p>  <p>Balloon Pop Surprise</p>

**After hours (Emergencies Only): 410-603-0013**  
**After hours (Non-Emergency Messages): 443-523-0050**

**\*All activities are subject to change.**

**Schedule of Events:**

8:00-10:40 - Arrival/Breakfast/Bathroom Break

10:40-10:50 - Exercise

11:00-12:15 Outing (Scheduled Days)

10:45 -11:15 AM Activities

11:15-11:30 Bathroom Break

11:45 -12:15 Lunch Set Up & Service

12:30-1:00 Lunch

12-1:45 PM Activities

1:45-2:00 Bathroom Break/Snack Prep & Clean Up

**All American Breakfast Month**  
**Apple Month**  
**Cable TV Month**  
**Cholesterol Education Awareness Month**  
**Classical Music Month**  
**Emergency Care Month**  
**Healthy Aging Month**  
**Life Long Learning Month**  
**National Chicken Month**  
**National Clock Lovers Month**  
**National Coupon Month**  
**National Courtesy Month**  
**National Hispanic Heritage Month**  
**National Honey Month**  
**National Piano Month**  
**National Sewing Month**  
**Newspaper Month**  
**Organic Foods/Harvest Month**

