

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>CLOSED</b>	<b>3</b> 10-11 <b>Head to Toe</b> 11-12 <b>Thankful For?</b> 1-2 <b>Music with David</b> 2-3 <b>Life</b> 3:30 <b>Old Maid</b>	<b>4</b> 10-11 <b>Art 101</b> 11-12 <b>T'ai Chi</b> 1-2 <b>Music Therapy</b> 2-3 <b>Mancala</b> 3:30 <b>Word Scramble</b>	<b>5</b> 10-11 <b>Volleyball</b> 11-12 <b>Yoga Fun</b> 1-2 <b>Music Enrichment</b> 2-3 <b>Parlor Games</b> 3:30 <b>Guess Who?</b>	<b>6</b> 10-11 <b>Craft Surprise</b> 11-12 <b>Anytime Fitness</b> 1-2 <b>Music Fun</b> 2-3 <b>Black Jack</b> 3:30 <b>Puzzle Mania</b>
<b>9</b> 10-11 <b>Hedbanz</b> 11-12 <b>Yoga &amp; Movement</b> 1-2 <b>Music with David</b> 2-3 <b>Getting to Know You</b> 3:30 <b>Chess &amp; Checkers</b>	<b>10</b> 10-11 <b>Resistance Bands</b> 11-12 <b>Thankful For?</b> 1-2 <b>Music with David</b> 2-3 <b>Scrabble</b> 3:30 <b>Monopoly</b>	<b>11</b> 10-11 <b>Autumn Paints</b> 11-12 <b>T'ai Chi</b> 1-2 <b>Music Therapy</b> 2-3 <b>Ask a Mayor</b> 3:30 <b>Members' Choice</b>	<b>12 Chocolate Milk Shake Day</b> 10-11 <b>Last Man Standing</b> 11-12 <b>Yoga Fun</b> 1-2 <b>Music Enrichment</b> 2-3 <b>The Legend Series</b> 3:30 <b>Hangman</b>	<b>13 Fortune Cookie Day</b> 10-11 <b>Reminiscing</b> 11-12 <b>Anytime Fitness</b> 1-2 <b>Music Therapy</b> 2-3 <b>In Between</b> 3:30 <b>Book Club</b>
<b>16 Butterscotch Pudding Day</b> 10-11 <b>On Your Plate?</b> 11-12 <b>Yoga &amp; Movement</b> 1-2 <b>Music with David</b> 2-3 <b>Games with Kristin</b> 3:30 <b>Chess &amp; Cards</b>	<b>17</b> 10-11 <b>Walk About</b> 11-12 <b>Thankful For?</b> 1-2 <b>Music with David</b> 2-3 <b>Connect Four</b> 3:30 <b>Jenga</b>	<b>18 Hamburger Day</b> 10-11 <b>Fun with Clay</b> 11-12 <b>T'ai Chi</b> 1-2 <b>Music Therapy</b> 2-3 <b>Don't Spill the Beans</b> 3-4:30 <b>Memory &amp; Music Cafe</b>	<b>19 Pizza Day</b> 10-11 <b>Balloon Painting</b> 11-12 <b>Yoga Fun</b> 1-2 <b>Music Enrichment</b> 2-3 <b>Firehouse Bingo</b> 3:30 <b>Charades</b>	<b>20</b> 10-11 <b>Word Search</b> 11-12 <b>Anytime Fitness</b> 1-2 <b>Music Fun</b> 2-3 <b>War</b> 3:30 <b>Puzzle Mania</b>
<b>23</b> 10-11 <b>Cooking with Kim</b> 11-12 <b>Yoga &amp; Movement</b> 1-2 <b>Music with David</b> 2-3 <b>Spotlight on Health</b> 3:30 <b>Chess &amp; Checkers</b>	<b>24</b> 10-11 <b>Handball</b> 11-12 <b>Thankful For?</b> 1-2 <b>Music with David</b> 2-3 <b>Ring Toss</b> 3:30 <b>Fall Planting</b>	<b>25</b> 10-11 <b>Pottery Wheel</b> 11-12 <b>T'ai Chi</b> 1-2 <b>Music Therapy</b> 2-3 <b>Karen's Korner</b> 3:30 <b>Finish the Word</b>	<b>26 Johnny Appleseed Day</b> 10-11 <b>Fall Craft</b> 11-12 <b>Yoga Fun</b> 1-2 <b>Music Enrichment</b> 2-3 <b>Photographer D Powers</b> 3:30 <b>Yahtzee</b>	<b>27</b> 10-11 <b>Bingo</b> 11-12 <b>Anytime Fitness</b> 1-2 <b>Music Therapy</b> 2-3 <b>Movie Classic</b> 3:30 <b>Book Club</b>
<b>30</b> 10-11 <b>Mums the Word</b> 11-12 <b>Yoga &amp; Movement</b> 1-2 <b>Music with David</b> 2-3 <b>Tour of England w/Vikki</b> 3:30 <b>Chess &amp; Cards</b>	<b>Wellness Key</b> <b>Cognitive</b> <b>Psychosocial</b> <b>Spiritual</b> <b>Physical</b> <b>Special Event</b>			



# HIGHLIGHTS & NEWS

## Important Dates

**Special Features**– Mayor Robbie Farrell visits for “Ask a Mayor” on Wednesday the 11th at 2 PM

Judy Kronin presents “The Legend Series” doll collection on Thursday the 12th at 2 PM

Memory and Music café, featuring the incomparable Flint Long, will be held on Wednesday the 18th from 3 to 4 PM

David Powers, Photographer, presents a fall collection of photographs

**Health Education**– Monday the 23rd at 2 PM

## Daily Schedule

8:00-8:30 Welcome!

8:30-9:30 Coffee with Friends

9:30-10:00 Orientation & Snack

10:00-11:00 Social Activity

11:00-12:00 Exercise Group

12:00-1:00 Lunch / Relaxation

1:00-2:00 Spiritual Growth

2:00-3:00 Cognitive Health

3:00-3:30 Break-We say goodbye to our 1/2 day friends.

3:30-5:00 Games and Relaxation ~ See you Soon!

## September Birthdays

9/7 Queen Elizabeth I

9/9 Colonel Sanders

9/16 Lauren Bacall

9/18 Greta Garbo

## The Retreat Team

Kathryn Doddridge, Executive Director  
Montana McKeown, Administrative Assistant  
Lois Thompson, Activities Director  
Kim Bronson, Cook  
Rachel Shell, Music Therapist  
Georgene Fayssoux, Music Therapist  
Cindy Boals, Yoga & Movement  
Lauren Von Canon, Anytime Fitness  
Martin Locklear, T'ai Chi Instructor  
Kristen Mueller, Volunteer  
Marian Murphy, Volunteer  
Patricia McDermott, Volunteer

Heidi Whitescarver RN, Nurse Manager  
Karen Koenig RN, Healthcare Coordinator  
Victoria Willcox, Certified Nurse Aide  
Wendy Chavis, Certified Nurse Aide  
Michelle Yeshulas, Licensed Practical Nurse  
Jeanne Davis, Pianist  
Terri Russell, Pianist  
David McKee, Musician  
Sam Walker and Friends, Spiritual Program

## A Look Ahead

**Thursday, October 3  
11 AM**

**Community Cookout** with  
Aberdeen Fire & Rescue,  
EMS, and other Moore  
County Services

**ACTIVITIES ARE SUBJECT TO CHANGE:** Activities at The Retreat are purposefully designed with the interests and needs of each of our members in mind. The schedule is predictable to assist with memory retention, but content varies to keep it interesting and stimulating. Everyday living activities are incorporated throughout the day to feel more like home.