

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023

					10am Chair Yoga w/ Ryan 1pm CC Check-ins 5pm ZOOM	2 ZOOM meetings ONLY 10 am CC Check-in 1 pm Scattergories
3	4 LIFE CENTER CLOSED TODAY HAPPY LABOR DAY! Labor Day	5 September Birthday CELEBRATIONS 10am Weekly Meal Preparations 2pm Birthday Karaoke 6 pm: ZOOM	6 *LUAU POTLUCK PARTY* NO ZOOM GROUPS TODAY* LC Closing @2:30pm 6 pm ZOOM	7 10am CC Check-ins Art Therapy 12:20-2:30pm 6 pm ZOOM	8 Leave to go to the Y 9:30 am & return around 12 noon 1pm CC Check ins 5 pm ZOOM	9 Mental Health Walk & Fair 11am-1pm
10 Grandparents Day	11 10 am Orientation Mtg TX plan review & or Meal Prep for the week Church Grp bringing Lunch 2pm Music Therapy w/ Laura 5:30 pm Road Trip to Freedom Park to see Tomb of unknown soldier	12 10am CC Check-Ins 11am-1:30pm Lunch @ Am Legion ? time to leave to go to movie in SooCity No 2pm zoom group 6 pm ZOOM	13 10am M&M+ Meeting 1pm CC Check ins LC Closing @2:30pm 6 pm ZOOM	14 10am CC Check-Ins 2 pm Memorial Balloon Release w/Shawn 6 pm ZOOM	15 10am Chair Yoga w/ Ryan 1pm Brenda, Guest Speaker 5 pm ZOOM Rosh Hashanah Begins	16 10am CC Check-Ins 1pm TBA... Guest Speaker? Or Road Trip??? FYI Chello's FR event starts at 6 pm Oktoberfest Begins
17	18 10am Weekly Meal Preparations 2 pm CC Check ins 6 pm ZOOM with Sadie	19 9:45 am Bus Trip to the Mall; Lunch & a movie NO 10 am or 2 pm zoom groups 6 pm ZOOM	20 10am Casey, Dietician 1pm CC Check ins LC Closing @2:30pm 6 pm ZOOM	21 10am CC Check-Ins 2 pm LC Calendar planning for October 6 pm ZOOM	22 Leave to go to the Y 9:30 am & return around 12 noon 1pm CC Check ins 5pm ZOOM	23 10am CC Check-Ins Alley Art Event 12 – 2:30 pm Autumn Begins
24 Yom Kippur Begins	25 10am Meal Prep for the week Church Grp bringing Lunch 2pm Music Therapy w/ Laura 6 pm ZOOM with Sadie	26 10 am CC Check-In 2 pm Audio Book Club with Dan, SSC Public Library 6 pm ZOOM	27 10am M&M+ Meeting 1pm CC Check ins LC Closing @2:30pm 6 pm ZOOM	28 10am CC Check-Ins 2 pm Thursday Trivia – Topic to be determined 6 pm ZOOM	29 10am CC Check-Ins 1pm TBA... Guest Speaker? Or Road Trip??? 5pm ZOOM Sukkot Begins	30 10am CC Check-Ins 1pm BINGO

HCS – The Life Center

1201 Arbor Drive

Entrance B

South Sioux City, NE

68776

402-494-3337 EXT. 144