

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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# SEPTEMBER

## Memory Cottages



**iN2L : It's Never Too Late**

<p>1 Morning: News, Coffee, September Monthly Gazette 12:30pm Chat w/ Paris <b>1:30pm Exercise: Northern Walkers</b> 2:30pm Back to School Do-A-Dot Art and Fall Fun w/ iN2L</p>	<p>2 <b>Anniversary of V-J Day Full Corn Moon</b> Morning: News and Coffee, Reminisce About V-J Day 12:30pm Visit w/ Denise <b>1:30pm Exercise: Bean Bag Toss</b> 2:00pm September IQ Quiz and How Did We Ever Live Without??</p>	<p>3 <b>Female Reporter Day</b> Morning: News and Coffee <b>MPR News Article on Betty Ryan</b> 12:30pm Visit w/ Denise <b>1:30pm Exercise: Whoga</b> <b>3:00pm Music w/ Jim, Ed, and Lynn (Front Parking Lot)</b></p>	<p>4 Morning: News and Coffee, EZ Does It Random Trivia 12:30pm Chat w/ Denise <b>1:30pm Exercise: Northern Walkers</b> <b>2:00pm Short Story: Harvest Festival Debut and Autumn Pictionary</b></p>	<p>5 Morning: News and Coffee, History and Traditions of the Kentucky Derby 12:30pm Chats w/ Sonja <b>1:00pm Exercise: Golf Bean Bag Toss</b> 1:30pm Growing Sea Creatures 2:30pm Kentucky Derby Coverage on NBC</p>		
<p>6 Morning: News and Coffee, <b>Labor Day Trivia, History, and Slide Show on iN2L</b> 12:30pm Chats w/ Sonja <b>1:00pm Exercise: People's Choice!</b> <b>1:30pm Sunday Science w/ Sonja: Rainbow Rain Science Experiment</b></p>	<p>7 <b>Grandma Moses Day</b> Morning: News and Coffee, About Labor Day and "Punny Job History" 12:30pm Visits <b>1:30pm Exercise: Northern Walkers</b> <b>2:00pm What's My Job Game</b></p>	<p>8 Morning: News and Coffee. Feel Good Stories 12:30pm Chat w/ Denise <b>1:30pm Exercise: Music and Movement</b> 2:00pm EZ Music: Finish the Song Lyrics</p>	<p>9 <b>Golden State Day</b> Morning: News and Coffee, <b>All About California and Redwood Trees, Redwood National Park Virtual Tour</b> 12:30pm Chat w/ Paris <b>1:30pm Northern Walkers</b> 2:00pm Penny Ante</p>	<p>10 Morning: News and Coffee, Harvest Trivia <b>1:30pm Exercise: Stretch and Balance w/ Sandy</b> <b>2:00pm Music Therapy w/ Sandy: School Days</b></p>	<p>11 <b>Patriot Day</b> Morning: Coffee and News Book Club: <b>Heroes</b> 12:30pm Chat w/ Sonja <b>1:30pm Exercise: Northern Walkers</b> <b>2:00pm The Art of Reminiscing: Prairie Coneflowers</b></p>	<p>12 <b>Chocolate Milkshake Day!</b> Morning: News, Coffee, and Who Am I? 12:30pm Chat w/ Denise <b>1:30pm Exercise: Northern Walkers</b> 2:00pm Jesse Owens Tribute and Chocolate Milkshakes</p>
<p>13 <b>Grandparents Day</b> All Day: Create a Northern Lakes Community Tree in Cardinal for National Assisted Living Week Morning: News and Coffee Afternoon: That Special Bond: Stories and Humor</p>	<p>14 Morning: Coffee and News, and Mind Joggers 12:30pm Chat w/ Paris <b>1:30pm Exercise: Northern Walkers</b> 2:00pm Book Club: <b>The Cat in the Window</b></p>	<p>15 <b>Agatha Christie Day!</b> Morning: Coffee and News, All About Agatha 12:30pm Chats w/ Denise <b>1:30pm Exercise: Whoga</b> <b>2:00pm Agatha Christie's Favorite Fig Treat and Begin an Agatha Christie Novel</b></p>	<p>16 Morning: News and Coffee. Daily Life of a Farmer and Farm Humor <b>1:30pm Exercise: Stretch and Balance w/ Sandy</b> <b>2:00pm Music Therapy w Sandy: Farm Life and Google Duo with Dennis McCoy, Farmer in Larimore ND and See His Antique Tractors</b></p>	<p>17 <b>Poem Day</b> Morning: News and Coffee, Share a Favorite Poem, Book Club: <b>Sparkling Memories</b> 12:30pm Chats w/ Denise 1:30pm Exercise: Bean Bag Toss <b>3:00pm Oak Street Chapel Band (Front Parking Lot)</b></p>	<p>18 <b>National Tradesman Day</b> Morning: News and Coffee <b>Bake Pumpkin Bread</b> <b>1:30pm Exercise: Northern Walkers</b> <b>2:00pm Pumpkin Bread and Movie: Apple Dumpling Gang</b></p>	<p>19 <b>Assisted Living Week Celebration:</b> <b>2:00pm Horses featured by Dan Barto (Front Parking Lot) and Root Beer Floats</b> 7:15pm Twins vs. Cubs</p>
<p>20 Morning: News, Coffee, and Hymn Sing 12:30pm Chat w/ Sonja <b>1:00pm Exercise: People's Choice!</b> <b>1:30pm Alphabet Soup and Book Club: FDR's Alphabet Soup</b></p>	<p>21 <b>Biscuit Day!</b> Morning: News, Coffee, <b>Bake Little Apple Biscuit Pies</b> <b>1:30pm Exercise: Northern Walkers and Gather Leaves</b> <b>2:00pm: Apple Biscuit Pie Treats</b></p>	<p>22 Morning: News and Coffee 12:30pm Chat w/ Denise <b>1:30pm Exercise: Bubble Music and Bubbles</b> <b>2:00pm Chalk Art - Autumn Leaves and Pumpkin Spice Lattes</b></p>	<p>23 Morning: News, Coffee and Lewis and Clark Return <b>1:30pm Stretch and Balance w/ Sandy</b> <b>2:00pm Music Therapy w/ Sandy: Autumn</b></p>	<p>24 Morning: Coffee and News, Book Club: <b>The Cat in the Window</b> 12:30pm Chat w/ Paris <b>1:30pm Exercise: Northern Walkers</b> 2:00pm Shake Loose a Memory</p>	<p>25 Morning: News, Coffee, and Everyday Life Trivia 12:30pm Chat w/ Sonja &amp; Elizabeth <b>1:30pm Exercise: Northern Walkers</b> <b>2:00pm Salt Writing</b></p>	<p>26 <b>10:00am: Walk to End Alzheimer's - Paul Bunyan Trail</b> <b>1:30pm Make Suet Cakes, Birds in Our Backyard, What Do We Do for Fall?</b></p>
<p>27 Morning: News and Coffee 12:30pm Chat w/ Denise <b>1:30pm Exercise: Denise's Choice</b> <b>2:00pm Make Applesauce</b></p>	<p>28 <b>Strawberry Cream Pie Day</b> Morning: News, Coffee, Mind Joggers 12:30pm Chat w/ Elizabeth <b>1:30pm Exercise: Elizabeth's Choice</b> <b>2:00pm Individual Strawberry Whipped Cream Pies</b></p>	<p>29 <b>International Coffee Day</b> Morning: News and Coffee 12:30pm Chats w/ Denise <b>1:30pm Exercise: iN2L</b> <b>2:00pm Autumn Craft: Handprint Tree</b></p>	<p>30 Morning: News and Coffee <b>1:30pm Exercise: Stretch and Balance w/ Sandy</b> <b>2:00pm Hodge Podge: Easy Listening Sing-Along w/ Sandy and Autumn Forest Walk on iN2L</b></p>	<p><b>September Is:</b> Honey Month Newspaper Month Hat Month National Cat Month Squaredancing Month Ketchup Month World Alzheimer's Month</p>	<p><b>Event Location Key</b></p> <ul style="list-style-type: none"> <li>CR = Red Pine Community Room, 2nd Floor</li> <li>FC = Northern Fitness Center, 1st Floor</li> <li>DR = Brainerd Dining Room, 1st Floor</li> <li>TC = Crow Wing Theater and Chapel, 2nd Floor</li> <li>ML = Maple Library, 1st Floor</li> <li>OLA = Oriole Living Area, 1st Floor</li> <li>3F = 3rd Floor Sitting Area</li> </ul>	