

September 2024

TLC ADULT DAY CARE AND RECREATION CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1</p> <p>HAPPY LABOR DAY</p>	<p>2</p> <p>8:00 Breakfast, Brew & Social 9:30 Welcome September! LIVE MUSIC 10:00 Noodle Exercise 11:00 Labor Day Celebration 1:00 Bingo \$\$ 2:00 LIVE MUSIC(Steve Piano) 3:00 Snack/Labor Day Trivia 4:00 Relaxation/Table Games</p>	<p>3</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Yoga Tuesday Exercise 11:00 Parachute Fun 1:00 Bingo \$\$ 2:00 Bean Bag Toss 3:00 Snack/Hang Man 4:00 Relaxation/Table Games</p>	<p>4</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Zumba Fun Exercise 11:00 Target Golf 1:00 Bingo \$\$ 2:00 Hula Hoop Toss Game 3:00 Ice Cream Social 4:00 Relaxation/Table Games</p>	<p>5</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Stretching & Chair Exercise 11:00 Arts & Crafts Time 1:00 Bingo \$\$ 2:00 Bowl O' Fun Challenge 3:00 Snack/Riddle Me This? 4:00 Relaxation/Table Games</p>	<p>6</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Tai Chi Exercise 11:00 Football Jersey Craft 1:00 Football Bingo \$\$ 2:00 Football Toss Challenge 3:00 Snack/Tailgate & Nachos 4:00 Relaxation/Cinema Shorts</p>	<p>7</p> <p>Gators U UCF W</p>	
<p>8</p> <p>Happy Grandparent's Day</p>	<p>9</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Exercise with Paul 11:00 Grandparent's Day Fun 1:00 Bingo \$\$ 2:00 Carnival Games Afternoon 3:00 Snack/Music Therapy 4:00 Relaxation/Table Games</p>	<p>10</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Polka Chair Yoga Dance 11:00 Basketball Hoops 1:00 Bingo \$\$ 2:00 Chuck the Duck Game 3:00 Snack/Hang Man Game 4:00 Relaxation/Table Games</p>	<p>11</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Stretching & Chair Exercise 11:00 Scavenger Hunt LIVE MUSIC 1:00 Bingo \$\$ 2:00 LIVE MUSIC Nolan 3:00 Snack/Name That Tune 4:00 Relaxation/Table Games</p>	<p>12</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Noodle Exercise 11:00 Volleyball 1:00 Bingo \$\$ 2:00 Musical Chairs 3:00 Chocolate Milkshake Day 4:00 Relaxation/Table Games</p>	<p>13</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Grow Young Fitness 11:00 Painting with a Twist 1:00 Bingo \$\$ 2:00 Chair Hockey 3:00 Snack/Time to Laugh 4:00 Relaxation/Cinema Shorts</p>	<p>14</p> <p>Football</p>	
<p>15</p>	<p>16</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Drum Circle Exercise 11:00 Ping Pong Game 1:00 Bingo \$\$ 2:00 Parachute Fun 3:00 Snack/No Bake Cookies Demo 4:00 Relaxation/Table Games</p>	<p>17</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Grow Young Fitness 11:00 Travelogue: Mexico City 1:00 Bingo \$\$ 2:00 Indoor Bocce Game 3:00 Ice Cream Social 4:00 Relaxation/Table Games</p>	<p>18</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Gentle Chair Yoga Exercise 11:00 Arts & Crafts Time 1:00 Bingo \$\$ 2:00 Bowling Challenge 3:00 Snack/Game Show Fun 4:00 Relaxation/Table Games</p>	<p>19</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Tai Chi Exercise 11:00 Target Golf 1:00 Bingo \$\$ 2:00 Carnival Games Afternoon 3:00 Snack/50's Music Trivia 4:00 Relaxation/Table Games</p>	<p>20</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Salsa Dance Exercise 11:00 Hispanic Heritage Party! 1:00 Loteria Bingo \$\$ LIVE MUSIC 2:00 Soccer Tournament 3:00 Snack/Hispanic Trivia 4:00 Relaxation/Cinema Shorts</p>	<p>21</p> <p>HISPANIC HERITAGE</p>	
<p>22</p> <p>Hello Autumn</p>	<p>23</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Stretching & Chair Exercise 11:00 Autumn Arts & Crafts 1:00 Bingo \$\$ 2:00 Chuck the Duck Game 3:00 Snack/Autumn Trivia 4:00 Relaxation/Table Games</p>	<p>24</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Drum Circle Exercise 11:00 TLC Shopping Market 1:00 Bingo \$\$ 2:00 Football Toss Challenge 3:00 Snack/Music Therapy 4:00 Relaxation/Table Games</p>	<p>25</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Noodle Exercise 11:00 Travelogue: Mexico City 1:00 Bingo \$\$ 2:00 Beach Ball Volleyball 3:00 Snack/Who Am I? 4:00 Relaxation/Table Games</p>	<p>26</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Zumba Fun Exercise 11:00 Ball in the Bucket LIVE MUSIC 1:00 Bingo \$\$ 2:00 LIVE MUSIC (UKELELE) 3:00 Snack/Healthy Trivia 4:00 Relaxation/Table Games</p>	<p>27</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Polka Chair Yoga Dance 11:00 TLC Shopping Market 1:00 Bingo \$\$ 2:00 Frisbee Challenge 3:00 Snack/JUMBO Jenga 4:00 Relaxation/Cinema Shorts</p>	<p>28</p> <p>Mariachi</p>	
<p>29</p>	<p>30</p> <p>8:00 Breakfast, Brew & Social 9:30 Daily Chronicles 10:00 Grow Young Fitness 11:00 Balloon Bash Fun 1:00 Bingo \$\$ 2:00 September Birthdays 3:00 Snack/Sing Along 4:00 Relaxation/Table Games</p>	<p>www.tlc-adultdaycare.com 813-510-4000</p>					<p>September Birthdays</p> <p>Jordan H. - 09/06 Peter S. - 09/16 Juanita V. - 09/13 Bill B. - 09/26</p>

Happy Birthday

September Birthdays

Jordan H. - 09/06 Peter S. - 09/16
 Juanita V. - 09/13 Bill B. - 09/26