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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| *Activity Color Key:*  Arts and Crafts, Cognitive Activities, Community  Service, Community Trips, Cooking/Snack  Groups, Discussion Groups, Health/Beauty,  Holidays, Intergenerational, Fitness, Music/  Entertainers, Nature, Special Events, Sports/  Games, Therapeutic Programs & More!  ☺ Activities That Are Underlined Will Be  Facilitated On Our SMARTBoard or Our New Video Conferencing Cart! ☺ | *Additional Leisure Choices offered from*  *7:00- 9:50 a.m. & 4:00-5:30 p.m.*  http://www.2ndwindcommercial.com/images/nuSTEP.jpg  *(Table games, Music, Books,*  *Puzzles, NuStep, T.V., etc.)*  *Breakfast: 8:00-9:00 a.m.*  *Lunch: 12:00-1:00 p.m.*  *Snack: 3:00-3:30 p.m.*  *9:30- 9:50 a.m.- Morning Update*  *4:30-5:30 p.m.- Afternoon Wrap* | [Cactus cowboy](http://www.leehansen.com/clipart/Themes/Rodeo/images/cactus-lawman.gif) scalloped-youre-invited Picnic%2009  ☺ We will be hosting our Wild West  Outdoor Event on 9/18 from 10:30-  12:00 with our Grandparent’s Day  Outdoor/ADHC Week Picnic at 12:00.  We hope you can join us! ☺ | fall-border1fall-border1fall-border1  **“Fall Family Fiesta” Annual Picnic**  ☺ Please mark your calendars for our “Fall Family Fiesta” Annual LADC Picnic which will be held on **Friday, October 12th from 4:00-6:00**. We are planning an autumn theme for this special occasion. We hope that you can join us for food, fun and music provided by D.J. “Mr. Pink”! Please see the newsletter for more details! ☺ | Auntie m cupcake clipart borderAuntie m cupcake clipart border  Calling All Bakers & Volunteers…  ☺ Lewinsville ADHC will be having its Annual Bake Sale on  **Tuesday, November 6th (Election Day) from 7:00-5:30**.  All proceeds will help fund our therapeutic programming.  In order to make this event a success, we are asking for  everyone to donate a variety of baked goods. We truly  appreciate everyone’s help in making this a successful and  profitable event! Please contact Mariellen if you’d like to  volunteer to help the day of the event! ☺ |
| Labor Day 3  Happy Labor Day  Lewinsville ADHC Is Closed Today | 9:50 Exercise/NuStep/Strength Training 4  10:20 Walk/Labor Day Bean Bag Toss with Marybelle  [http://www.activityconnection.com/uc/subscriber/Sept12/IMAGES/ClipArt/Thumbnails/Labor-Clipboard.jpg](http://www.activityconnection.com/uc/subscriber/Sept12/IMAGES/ClipArt/Labor-Clipboard.jpg)11:00 Creative Writing with Art  11:30 Rosary/Month of September & Labor Day Trivia  1:00 Occupations Game with Arlene  1:45 Sing-a-long with Bob/Watercolors with Jan/Walk  3:00 Special Snack: Occupational  Taste Buds Test with Mariellen  3:30 Individual/Small Group Leisure Games/  Labor Day Crossword Puzzle &  Occupation Word Puzzles with Yared | 9:50 Exercise/NuStep/Strength Training 5  Description: http://students.cis.uab.edu/mmlogan2/1.jpg10:20 Walk/Pet Therapy with Jon & Baxter &  Famous Fix-Its with Jon  11:15 Cheese Pizza Day Skor Game  1:00 Movie Matinee: Maverick (Outlaw Day)/  Wacky Wii Wednesday with Yared  1:45 Bingo/Walk  3:30 Individual/Small Group Leisure Games/  Mixed Up School Supply  Word Games with Arlene | 9:50 Exercise/NuStep/ 6  Creative Movement with Joan Fraser (AFTA)  10:20 Walk/Back To School Backpack Relay  with Marybelle & Mariellen  Description: http://www.wholesaleboardgames.com/images/product_images/scattergories_1L.jpg11:00 Creative Writing with Joan Fraser (AFTA)/  International Literacy Day Ring Toss Game  1:00 Pet Therapy with Trudy & Paddy  1:30 Walk/Scattergories Challenge  with Ophelia & Yared  3:30 Individual/Small Group Leisure Games/  Careers Jeopardy with Genevieve | 9:50 Exercise/NuStep/Physical Therapy Program 7  10:20 Walk/Color Us Happy with Crayola Crayons w/Arlene  [http://2.bp.blogspot.com/_6B8tPuW7TwQ/Sc78a-Aue5I/AAAAAAAALuE/l1CoE-41uPY/s400/craycolors.jpg](http://2.bp.blogspot.com/_6B8tPuW7TwQ/Sc78a-Aue5I/AAAAAAAALuE/l1CoE-41uPY/s1600-h/craycolors.jpg)11:00 Hide The Salami (Salami Day)  11:30 Newspaper Carrier Day Toss  1:00 Singspiration with Pastor Bill/  Card & Dice Games  2:00 Music Therapy with Barbara/  Nail Care with Genevieve/Walk  3:00 Special Snack: Monkey Bread with Ophelia  3:30 Individual/Small Group Leisure Games/Places To  Visit: California (Its Admission Day) with Jan |
| 9:50 Exercise/NuStep/Physical Therapy Program 10  http://graphics.comments.funmunch.com/holidays/grandparents-day/grand-parents-day-comment-003.gif10:20 Walk/Intergenerational  Games- “Grandpa & Grandma Says”  11:00 Things From A-Z To Do With Grandkids  with Arlene/Balance Program  1:00 Ethiopian New Year Celebration with Yared &  Floral Ethiopian New Year’s Wish with Jan  2:00 Walk/My Favorites (Celebrating Grandparents Day)  with Arlene & Yared  3:30 Individual/Small Group Leisure Games/  “Who Am I?” September Celebrity  Birthday Trivia Game  5:00 Caregiver Support Group with The Associates-  LADC Redevelopment Project Meeting & Dinner | Patriot Day Celebration 11  9:50 Exercise/NuStep/Strength Training  10:20 Walk/Art Mobile with Kim Stein- Autumn Harvest  Project/Military Bean Bag Toss Game  [Description: Patriot Day in front of the American Flag](http://image.fg-a.com/patriot--5.jpg)11:30 Rosary/Chicken Soup for the  Veteran’s Soul with Yared  1:00 Your Home Towns: Celebrating  September LADC Birthdays with Marybelle  1:45 Birthday Sing-a-long with Bob/  Nail Care with Genevieve/Walk  3:00 Special Snack: September Birthday Cake  3:30 Individual/Small Group Leisure Games/  Famous Patriots Trivia & Sing-a-long with Yared | 9:50 Exercise/NuStep/Strength Training 12  Description: http://blogs.monashores.net/johnsonk/files/2009/11/HersheyKiss.jpg10:20 Walk/Grandparents Advice Golf Game  with Marybelle  11:00 Balance Program/  International Chocolate Day Sharing  Event (Milton Hershey’s Birthday)  1:00 Birthday Celebration Word Search with Jan/  Wacky Wii Wednesday with Mariellen  1:20 Movie Matinee: Sister Act  1:45 Bingo/Walk  3:30 Individual/Small Group Leisure Games/  Chocolate Day Trivia &  Matching Game with Arlene | 8:00 Making Elephant Cakes with Mariellen 13  9:50 Exercise/NuStep/Strength Training 10:20  Walk/Field Trip to The U.S. Botanical  Gardens in D.C. For Tour and Picnic Lunch/  Fact or Fiction (Big Whopper Liar Day)  11:00 Name That Tune Concentration Game with Jan  11:30 Hats Off To You Game (Hat Day)  1:00 Bible Study with Pastor Bill/Oodles Of Doodles  1:30 Fortune Cookie Day with Arlene  2:00 Volleyball/Walk  3:30 Individual/Small Group Leisure Games/  Karaoke Hour & Dancing with  Genevieve (National Sing Out Day) | Elephantastic Special Event with Mariellen 14  Description: http://www.clker.com/cliparts/x/v/d/y/N/3/baby-elephant-hi.png 9:50 Exercise/NuStep/Physical Therapy Program  10:20 Walk/Baby Elephant Walk Scavenger Hunt  11:00 Elephant Bean Bag Toss Game  1:00 Elephantastic Collection with  Mariellen (Elephant Appreciation Day)  1:45 Elephant Never Forgets Facts with Mariellen  2:30 Guess The Covered Word with Ophelia/Walk  3:00 Special Snack: Elephant Cakes with Mariellen  3:30 Individual/Small Group Leisure Games/  Nautical Word Search with Jan |
| Rosh Hashanah 17  9:50 Exercise/NuStep/Physical Therapy Program  10:20 Walk/Intergenerational Games- Elefun Game  Description: http://adathshalom.net/wp-content/uploads/2011/03/clip_art_rosh_hashanah.jpg11:00 Football Games (National Football League  Birthday)/Balance Program  1:00 Anniversary of Antietam with Yared  1:30 Manic Mathematics Monday with Genevieve  2:00 Rosh Hashanah Presentation with Arlene/Walk  3:00 Special Snack: Challah Bread, Apples  & Honey with Arlene (Rosh Hashanah)  3:30 Individual/Small Group Leisure Games/  Inventors Matching Game with Jan | Outdoor Wild West Event & Grandparent’s Day Picnic 18  http://www.horseclipart.com/horse_clipart_images/sheriffs_star_or_badge_with_a_horsemounted_sheriff_from_the_wild_wild_west_0521-1002-2713-4436_SMU.jpg 9:50 Exercise/NuStep  10:20 Walk/Wild West Outdoor Event  12:00 Grandparent’s Day/  ADHC Week Picnic Outside  1:00 Lend-a-Paw Pet Therapy  with Sarah and Liza/Walk  1:45 Sing-a-long with Bob/  Nail Care with Genevieve  3:30 Individual/Small Group Leisure Games/  Country Sing-a-long with Yared | 9:50 Exercise/NuStep/Strength Training 19  http://www.clker.com/cliparts/I/p/k/4/U/z/mr-rock-md.png10:20 Walk/Collect Rocks Day Trivia  & Out Of The Rock Video  11:00 Balance Program/  Gemstones Ring Toss Game  1:00 Wacky Wii Wednesday with Mariellen  1:20 Movie Matinee: Sister Act 2: Back in the Habit  1:45 Bingo/Walk  3:30 Individual/Small Group Leisure Games/  Cone Collapse Game  (Ice Cream Cone’s Birthday) | Flu Clinic From 9:30-10:30 20  http://t3.gstatic.com/images?q=tbn:ANd9GcRiPZFgqgzNwDE41iwpCrKPx0tkupzFFKhs2cWLxFLqk5k7P9xuqo5TnOD_7A 9:50 Exercise/NuStep/Flu Clinic  10:30 Walk/Madlibs  11:00 The Wild West with Rosa Weinstein  1:00 MBC Bible Study with Doris Ruggera/  / The Price Is Right DVD Game  2:00 Top Ten Lists Of Summer  (Last Day Of Summer) with Marybelle  2:30 End of Summer Dance-a-thon w/ Genevieve/Walk  3:00 Special Snack: Fried Plantains w/ Vegetable Stew  with Marybelle (International Banana Festival)  3:30 Individual/Small Group Leisure Games/  Coupon Month Matching Game with Arlene | PA Direct Support Professionals Event/1st Day Of Autumn 21  9:50 Exercise/NuStep/Physical Therapy Program  10:20 Walk/Autumn Event, Change, Crop & Fire Game  Description: http://www.polkadottery.co.uk/userimages/party_clipart_4.gif with Marybelle  11:15 Golf (Miniature Golf Day)  1:00 Music with Anthony Hyatt (AFTA)  2:00 Board of Supervisors Proclamation Reading,  Speeches & Picture Presentation Honoring  Our Program Assistants  3:00 Special Snack: Cookies, Fruit Salad and Punch  4:00 Individual/Small Group Leisure Games/  Twenty Questions with Marybelle |
| 9:50 Exercise/NuStep/Physical Therapy Program 24  10:30 Intergenerational Games-Shamu The Whale Day  http://0.tqn.com/d/webclipart/1/0/W/g/1/autm9.gif11:00 Walk/Balance Program/Shuffleboard  12:00 Music with Bea  1:00 National One-Hit Wonder Day with  Ophelia & Dance-a-thon with Genevieve  2:00 Walk/Ladies Lounge: Fall Pocket Notebooks  with Arlene/Gentleman’s Gathering: Fall Color  Craft & Poetry with Yared  3:30 Individual/Small Group Leisure Games/  Awesome Autumn Crossword Puzzle with Jan/  UNO (UNO’s Birthday) | 9:50 Exercise/NuStep/Strength Training 25  [http://t3.gstatic.com/images?q=tbn:ANd9GcQqmRGmvRyBbwB9RdXUvZOcEn93_V1CQ01T6kDYH6R_YcDsCMCYxqH3tr1RHQ](http://www.google.com/imgres?q=watercolour+paint+clipart&hl=en&safe=active&sa=X&biw=1120&bih=589&tbm=isch&tbnid=ESR3WNZii-k69M:&imgrefurl=http://www.123rf.com/photo_964429_an-artist-s-box-of-watercolor-paints-and-a-brush.html&imgurl=http://us.123rf.com/400wm/400/400/mkoudis/mkoudis0706/mkoudis070600005/964429-an-artist-s-box-of-watercolor-paints-and-a-brush.jpg&w=400&h=309&ei=x2M7UJKQCuim6AHli4GIBg&zoom=1)10:20 Walk/Horoscope Focus: Libra  10:45 National Food Service Employees  Day Storyline for Al  11:00 Creative Writing with Art/  Crush A Can Day Games with Ophelia  11:30 Rosary  1:00 “Celebrating September” Spelling Bee  1:45 Sing-a-long with Bob/Watercolors with Jan/Walk  3:30 Individual/Small Group Leisure Games/  Food Allergy Awareness Month with Elizabeth | Yom Kippur 26  http://graphics8.nytimes.com/images/2008/09/21/arts/21barn01_600.jpg 9:50 Exercise/NuStep/Strength Training  10:20 Walk/Cranium  11:00 Balance Program/  Barbeque Bowling with Jan  1:00 Talking Health with Robin the Dietician  1:30 Movie Matinee: Men In Black  1:45 Bingo/Walk  3:30 Individual/Small Group Leisure Games/  Biography Focus: Jim Henson’s Birthday  & A Look At The Muppets with Marybelle | 9:50 Exercise/NuStep/Strength Training 27  10:20 Walk/National Chewing Gum Day  Trivia with Arlene  11:00 Creative Writing with Art/  Hug A Vegetarian Day Ring Toss Game  http://www.clipartmojo.com/plugins/Clipart/ClipartStock1/broadway.png 1:00 Bible Study with Pastor Bill/  Broadway Musicals Day  Celebration with Ophelia  2:00 Music in Motion with Genevieve/Walk  3:30 Individual/Small Group Leisure Games/  To Tell The Truth (Blasphemy Day) | 9:50 Exercise/NuStep/Physical Therapy Program 28  10:20 Walk/Skor (Frisbee Patent Anniversary)  11:00 Sign Language with Mariellen & Ophelia: Autumn  http://systemaxonline.com/clipart/seasons/september1.gif11:30 Participant Council with Mariellen  1:00 September Poetry with Genevieve  1:30 September Jeopardy with Yared  2:00 Music Therapy with Barbara/  Nail Care with Genevieve/Walk  3:30 Individual/Small Group Leisure Games/  It Happened In September/  Help Your Neighbor Dice  Game (National Good Neighbor Day) |

☺ Tours of our center are available. Please call (703) 734-1718 to schedule a visit and tour! ☺