

## cardinalviewseniorliving.com

## SEPTEMBER 2023 Inspire Wellness for Life



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EM - Emotional IN - Intellectual PH - Physical SO - Social SP - Spritual VO - Vocational					1 11:00 Group Exercise - Strength and Conditioning 1:00 Really Big Show - Grip Games Results - Cardinal Room 2:00 Cardinal View - Bags (Corn Hole) - Good Neighbor Community Room 3:30 Happy Hour at the Bistro! - BRANDY OLD FASHIONS	1:00 Bingo - Arts and Craft Room! 2:00 I Love Euchre (Saturday) - Bistro Pub
9:00 Salem United Church of Christ (Verona) - Live Streaming - 1st Floor Good	4 Labor Day  10:00 Cancelled Catholic Communion - Labor Day  11:00 Group Exercise - Strength	11:00 Group Exercise - Stretching and Flexibility 1:00 LifeSpark - Grip Games	11:00 Group Exercise - Strength and Conditioning 1:00 Cardinal View Music Club -	7 11:00 Group Exercise - Stretching and Flexibility 1:00 Marvelous Mrs. Maisel -	11:00 NO EXERCISE CLASS FRIDAY SEPTEMBER 8TH 1:00 Really Big Show - Grip	1:00 Bingo - Arts and Craft Room! 2:00   Love Euchre (Saturday) -
Neighbor Room  10:00 St Bernards Catholic Mass - Live Streaming-1st Floor Good Neighbor Room  11:00 St Luke's Lutheran Service - Live Streaming - 1st Floor Good Neighbor Room  2:00 I Love Euchre (Sunday) - Bistro Pub	and Conditioning  1:30 Mixed Media Art with Sue!  2:00 Hove Euchre - Bistro	Week 6 3:30 Cribbage at the Bistro 7:00 Classic Games at the Bistro!	Bistro Pub!  2:00 Bridge Club - 4th Floor Community Room  2:00 Hove Euchre  2:30 Red Bird Knitters - Knitting Club - Pub Bistro  7:00 Mid-Week Movie - Good Neighbor Community Room	Good Neighbor Community Room 1st Floor 3:00 Sip and Chat - Women's Group- 4th Floor Morey Community Room 3:30 1st Thursday of the Month with Al Dominie (Happy Hour and Music) 7:00 Classic Games at the Bistro!	Games Results - Cardinal Room  2:00 Cardinal View - Bags (Corn Hole) - Good Neighbor Community Room	Bistro Pub
10 Grandparents' Day	11 Patriot Day	12	13	14	15	16 Rosh Hashanah Begins
9:00 Salem United Church of Christ (Verona) - Live Streaming - 1st Floor Good Neighbor Room	11:00 Group Exercise - Strength and Conditioning 1:30 Cardinal View Bus Trip - Metro Market and Dollar	11:00 Group Exercise - Stretching and Flexibility 1:00 LifeSpark - Grip Games Week 7 3:30 Cribbage at the Bistro	11:00 Group Exercise - Strength and Conditioning 1:00 Cardinal View Music Club - Bistro Pub!	9:00 Veteran's Coffee Connection - Bistro Pub 11:00 Group Exercise - Stretching and Flexibility	10:30 Bloody Marys at the Bistro - 9:00AM-10:30AM 11:00 Group Exercise - Strength and Conditioning	9:30 Book Club Group - Bistro Pub 10:30 Men's Coffee Hour and Reminisce! 1:00 Bingo - Arts and Craft
10:00 St Bernards Catholic Mass - Live Streaming-1st Floor Good Neighbor Room  11:00 St Luke's Lutheran Service - Live Streaming - 1st Floor Good Neighbor Room  2:00 I Love Euchre (Sunday) - Bistro Pub	Tree  2:00   I love Euchre - Bistro  2:00   Arts And Crafts - Fall Decor!	7:00 Classic Games at the Bistro!	2:00 Bridge Club - 4th Floor Community Room 2:00 I love Euchre 7:00 Mid-Week Movie - Good Neighbor Community Room	1:00 Marvelous Mrs. Maisel - Good Neighbor Community Room 1st Floor 3:00 Sip and Chat - Women's Group- 4th Floor Morey Community Room 7:00 Classic Games at the Bistro!	1:00 Really Big Show - Grip Games Results - Cardinal Room 2:00 Cardinal View - Bags (Corn Hole) - Good Neighbor Community Room	Room!  2:00   Love Euchre (Saturday) - Bistro Pub
				7.00 Classic Games actic bisate:		



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 Citizenship Day	18	19	20	21	22 Native American Day	23 Fall Begins
9:00 Salem United Church of Christ (Verona) - Live Streaming - 1st Floor Good Neighbor Room  10:00 St Bernards Catholic Mass - Live Streaming-1st Floor Good Neighbor Room  11:00 St Luke's Lutheran Service - Live Streaming - 1st Floor Good Neighbor Room  12:00 Green Bay Packers at Atlanta Falcons - Pub Bistro (Fox)  2:00 I Love Euchre (Sunday) - Bistro Pub	11:00 Group Exercise - Strength and Conditioning 1:30 Mixed Media Art with Sue! 2:00 I love Euchre - Bistro 2:00 I love Euchre Tournament (Progressive) - Cardinal Room 3:00 Bereavement and Anticipatory Grief Support Group - GN Community Room	11:00 Group Exercise - Stretching and Flexibility  1:00 LifeSpark - Grip Games Week 8  1:00 Pheasant Branch - Cardinal View Senior Living - Bus Trip  3:30 Cribbage at the Bistro  7:00 Classic Games at the Bistro!	11:00 Group Exercise - Strength and Conditioning 1:00 Cardinal View Music Club - Bistro Pub! 2:00 Bridge Club - 4th Floor Community Room 2:00 I love Euchre 2:30 Red Bird Knitters - Knitting Club - Pub Bistro 7:00 Mid-Week Movie - Good Neighbor Community Room	11:00 Group Exercise - Stretching and Flexibility 1:00 Marvelous Mrs. Maisel - Good Neighbor Community Room 1st Floor 3:00 Sip and Chat - Women's Group- 4th Floor Morey Community Room 7:00 Classic Games at the Bistro!	11:00 Group Exercise - Strength and Conditioning 1:00 Really Big Show - Grip Games Results - Cardinal Room 2:00 Cardinal View - Bags (Corn Hole) - Good Neighbor Community Room 4:00 Friday Happy Hour - Country and Western with Kevin Murphy!	10:00 Saturday Fitness with Lisa 1:00 Bingo - Arts and Craft Room! 2:00 I Love Euchre (Saturday) - Bistro Pub 3:00 "Guess in 10" Trivia - Pub Bistro
24	25 Yom Kippur Begins	26	27	28	29	30
9:00 Salem United Church of Christ (Verona) - Live Streaming - 1st Floor Good Neighbor Room  10:00 Sunday Fitness with Lisa 10:00 St Bernards Catholic Mass - Live Streaming-1st Floor Good Neighbor Room  11:00 St Luke's Lutheran Service - Live Streaming - 1st Floor Good Neighbor Room  12:00 New Orleans Saints at Green Bay Packers - Pub Bistro (FOX)  2:00 I Love Euchre (Sunday) - Bistro	11:00 Group Exercise - Strength and Conditioning 2:00 I love Euchre - Bistro 2:00 Chef Talk - Cardinal Room 3:00 Arts and Crafts with Kathy	11:00 Group Exercise - Stretching and Flexibility 12:30 Middleton Library Lobby Stop 1:30 Cardinal View Bus Trip - Metro Market 3:30 Cribbage at the Bistro 7:00 Classic Games at the Bistro!	10:00 Resident Council Meeting - Cardinal Room  11:00 Group Exercise - Strength and Conditioning  11:15 Group Exercise - Strength and Conditioning (Special Time Resident Council)  1:00 Cardinal View Music Club - Bistro Pub!  2:00 Bridge Club - 4th Floor Community Room  2:00 Ilove Euchre  2:00 Cardinal View Bus Trip - Bruce Company &	11:00 Group Exercise - Stretching and Flexibility 1:00 Marvelous Mrs. Maisel - Good Neighbor Community Room 1st Floor 3:00 Sip and Chat - Women's Group- 4th Floor Morey Community Room 7:00 Classic Games at the Bistro! 7:15 Thursday Night Football - Detroit Lions at Green Bay Packers- PRIME - Pub Bistro 8:00 Golden Bachelor (ABC) - Good Neighbor Community	11:00 Group Exercise - Strength and Conditioning 1:00 Really Big Show - Grip Games Results - Cardinal Room 2:00 Cardinal View - Bags (Corn Hole) - Good Neighbor Community Room 3:00 Friday Happy Hour! Nostalgic Groove - Happy Anniversary Cardinal View!	10:30 Men's Coffee Hour and Reminisce! 1:00 Bingo - Arts and Craft Room! 2:00 I Love Euchre (Saturday) - Bistro Pub 3:00 "Guess in 10" Trivia - Pub Bistro