



Cardinal View  
SENIOR LIVING  
A Lifespark Community

608-820-8325  
cardinalviewseniorliving.com

# SEPTEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Birthdays</b> 9/3 - Stanley Angell 9/4 - Ron Einerson 9/5 - Earl Volkmann 9/10 - Charlie Nahn 9/12 - Lou Ann Ward 9/13 - Fred Loichinger 9/13 - John Stark 9/17 - Carl Baumann 9/27 - Kenneth "Ken" C. Brunner</p>					<p><b>1</b> EM 1 to 1 8:00 Breakfast PH 9:30 FUN FITNESS AND FLEXIBILITY! 10:00 TRIVIA! SP 11:00 MEMORY GARDEN! 12:00 Oshibori/Lunch IN 1:30 GAME! SO 3:00 SOCIAL HOUR! 5:00 Dinner</p>	<p><b>2</b> 8:00 Breakfast 10:00 SING ALONG WITH FRIENDS! 12:00 Lunch 5:00 Dinner</p>
<p><b>3</b> 8:00 Breakfast 12:00 Lunch SO 2:30 SING ALONG WITH FRIENDS! 5:00 Dinner</p>	<p><b>4</b> Labor Day EM 1 to 1 8:00 Breakfast 12:00 Oshibori/Lunch 5:00 Dinner</p>	<p><b>5</b> EM 1 to 1 8:00 Breakfast PH 9:30 FUN FITNESS AND FLEXIBILITY! 10:00 FUN GAME! IN 11:00 PUZZLES 12:00 Oshibori/Lunch 1:30 BINGO! SO 2:30 SING ALONG WITH SUZIE! 3:30 CREATIVE COLORING! 5:00 Dinner</p>	<p><b>6</b> EM 1 to 1 8:00 Breakfast PH 9:30 FUN FITNESS AND FLEXIBILITY! 10:00 FUN GAME! SP 11:00 ONE SPIRITUAL FAMILY 12:00 Oshibori/Lunch IN 1:30 ACTIVE GAME! 2:30 DOMINOS! 3:30 STORY TELLING! 5:00 Dinner</p>	<p><b>7</b> EM 1 to 1 8:00 Breakfast PH 9:30 STRETCH AND MOVE! 12:00 Oshibori/Lunch 1:30 MOVIE! 5:00 Dinner</p>	<p><b>8</b> EM 1 to 1 8:00 Breakfast PH 9:30 FUN FITNESS AND FLEXIBILITY! 10:00 TRIVIA! SP 11:00 ONE SPIRITUAL FAMILY 12:00 Oshibori/Lunch IN 1:30 ACTIVE GAME! 2:30 SOCIAL HOUR! IN 3:30 PUZZLES! 5:00 Dinner</p>	<p><b>9</b> 8:00 Breakfast 12:00 Lunch IN 2:30 SING ALONG WITH FRIENDS! 5:00 Dinner</p>
<p><b>10</b> Grandparents' Day 8:00 Breakfast 12:00 Lunch SO 2:30 SING ALONG WITH FRIENDS! 3:25 PACKERS VS CHICAGO BEARS 5:00 Dinner</p>	<p><b>11</b> Patriot Day EM 1 to 1 8:00 Breakfast PH 9:30 FUN FITNESS AND FLEXIBILITY! 10:00 FUN GAME! IN 10:30 BRAIN GAMES 12:00 Oshibori/Lunch IN 1:30 ARTS AND CRAFTS SP 3:00 YOGA DVD 5:00 Dinner</p>	<p><b>12</b> EM 1 to 1 8:00 Breakfast PH 9:30 FUN FITNESS AND FLEXIBILITY! 10:00 FUN GAME! IN 11:00 PUZZLES 12:00 Oshibori/Lunch 1:30 BINGO! 1:30 FANCY NAILS! SO 2:30 SING ALONG WITH SUZIE! 3:30 DOMINOS! 5:00 Dinner</p>	<p><b>13</b> EM 1 to 1 8:00 Breakfast PH 9:30 FUN FITNESS AND FLEXIBILITY! 10:00 FUN GAME! SP 11:00 ONE SPIRITUAL FAMILY 12:00 Oshibori/Lunch 1:30 SHUT BOX! 2:30 ARTS AND CRAFTS! 3:30 MATCHING! 5:00 Dinner</p>	<p><b>14</b> EM 1 to 1 8:00 Breakfast PH 9:30 STRETCH AND MOVE! 12:00 Oshibori/Lunch 1:30 MOVIE! 5:00 Dinner</p>	<p><b>15</b> EM 1 to 1 8:00 Breakfast PH 9:30 FUN FITNESS AND FLEXIBILITY! 10:00 TRIVIA! SP 11:00 ONE SPIRITUAL FAMILY 12:00 Oshibori/Lunch IN 1:30 ACTIVE GAME! 2:30 SOCIAL HOUR! IN 3:30 STORY TELLING! 5:00 Dinner</p>	<p><b>16</b> Rosh Hashanah Begins 8:00 Breakfast 12:00 Lunch IN 2:30 SING ALONG WITH FRIENDS! 5:00 Dinner</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>17</b> Citizenship Day 8:00 Breakfast 12:00 PACKERS VS ATLANTA FALCONS 12:00 Lunch <b>SO</b> 2:30 SING ALONG WITH FRIENDS! 5:00 Dinner	<b>18</b> <b>EM</b> 1 to 1 <b>PH</b> 8:00 Breakfast <b>PH</b> 9:30 FUN FITNESS AND FLEXIBILITY! <b>IN</b> 10:00 FUN GAME! <b>IN</b> 10:30 BRAIN GAMES <b>IN</b> 12:00 Oshibori/Lunch <b>IN</b> 1:30 ARTS AND CRAFTS 5:00 Dinner	<b>19</b> <b>EM</b> 1 to 1 <b>PH</b> 8:00 Breakfast <b>PH</b> 9:30 FUN FITNESS AND FLEXIBILITY! <b>IN</b> 10:00 FUN GAME! <b>IN</b> 11:00 BAKING CLUB! <b>IN</b> 12:00 Oshibori/Lunch <b>SO</b> 1:30 BINGO! <b>SO</b> 2:30 SING ALONG WITH SUZIE! 3:30 PUZZLES! 5:00 Dinner	<b>20</b> <b>EM</b> 1 to 1 <b>PH</b> 8:00 Breakfast <b>PH</b> 9:30 FUN FITNESS AND FLEXIBILITY! <b>IN</b> 10:00 FUN GAME! <b>SP</b> 11:00 ONE SPIRITUAL FAMILY 12:00 Oshibori/Lunch 1:30 LCR! 2:30 ACTIVE GAME! 3:30 CREATIVE COLORING! 5:00 Dinner	<b>21</b> <b>EM</b> 1 to 1 <b>PH</b> 8:00 Breakfast <b>PH</b> 9:30 STRETCH AND MOVE! 12:00 Oshibori/Lunch 1:30 MOVIE! 5:00 Dinner	<b>22</b> Native American Day <b>EM</b> 1 to 1 <b>PH</b> 8:00 Breakfast <b>PH</b> 9:30 FUN FITNESS AND FLEXIBILITY! <b>IN</b> 10:00 TRIVIA! <b>SP</b> 11:00 ONE SPIRITUAL FAMILY <b>IN</b> 12:00 Oshibori/Lunch <b>IN</b> 1:30 ACTIVE GAME! <b>IN</b> 2:30 SOCIAL HOUR! <b>IN</b> 3:30 CREATIVE COLORING 5:00 Dinner	<b>23</b> Fall Begins 8:00 Breakfast 12:00 Lunch <b>IN</b> 2:30 SING ALONG WITH FRIENDS! 5:00 Dinner
<b>24</b> 8:00 Breakfast 12:00 PACKERS VS NEW ORLEAN SAINTS 12:00 Lunch <b>SO</b> 2:30 SING ALONG WITH FRIENDS! 5:00 Dinner	<b>25</b> Yom Kippur Begins <b>EM</b> 1 to 1 <b>PH</b> 8:00 Breakfast <b>PH</b> 9:30 FUN FITNESS AND FLEXIBILITY! <b>IN</b> 10:00 FUN GAME! <b>IN</b> 10:30 BRAIN GAMES <b>IN</b> 12:00 Oshibori/Lunch <b>IN</b> 1:30 ARTS AND CRAFTS 5:00 Dinner	<b>26</b> <b>EM</b> 1 to 1 <b>PH</b> 8:00 Breakfast <b>PH</b> 9:30 FUN FITNESS AND FLEXIBILITY! <b>IN</b> 10:00 FUN GAME! <b>IN</b> 11:00 FANCY NAILS! <b>IN</b> 12:00 Oshibori/Lunch <b>SO</b> 1:30 BINGO! <b>SO</b> 2:30 SING ALONG WITH SUZIE! 3:30 MATCHING GAME! 5:00 Dinner	<b>27</b> <b>EM</b> 1 to 1 <b>PH</b> 8:00 Breakfast <b>PH</b> 9:30 FUN FITNESS AND FLEXIBILITY! <b>IN</b> 10:00 FUN GAME! <b>SP</b> 11:00 ONE SPIRITUAL FAMILY 12:00 Oshibori/Lunch 1:30 SHUT BOX! 2:30 ARTS AND CRAFTS! 3:30 STORY TELLING! 5:00 Dinner	<b>28</b> <b>EM</b> 1 to 1 <b>PH</b> 8:00 Breakfast <b>PH</b> 9:30 STRETCH AND MOVE! 12:00 Oshibori/Lunch 1:30 MOVIE! 5:00 Dinner 7:15 PACKERS VS DETROIT LIONS	<b>29</b> <b>EM</b> 1 to 1 <b>PH</b> 8:00 Breakfast <b>PH</b> 9:30 FUN FITNESS AND FLEXIBILITY! <b>IN</b> 10:00 TRIVIA! <b>SP</b> 11:00 ONE SPIRITUAL FAMILY <b>IN</b> 12:00 Oshibori/Lunch <b>IN</b> 1:30 ACTIVE GAME! <b>IN</b> 2:30 BIRTHDAY SOCIAL HOUR! <b>IN</b> 3:30 LCR GAME! 5:00 Dinner	<b>30</b> 8:00 Breakfast 12:00 Lunch <b>IN</b> 2:30 SING ALONG WITH FRIENDS! 5:00 Dinner