


|  | Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--|--|--|--|--|---|--|---|
| <p>Resident Birthdays</p> <p>Bruce B. 9/3<br/>Natalie B. 9/4<br/>Katharine M. 9/5<br/>Polly H. 9/8<br/>Irvin G. 9/9<br/>Sherrell P. 9/11<br/>Angela W. 9/12<br/>Kevork A. 9/14<br/>Dennis C. 9/18<br/>Jane H. 9/21<br/>Darlene S. 9/23<br/>Eva K. 9/30</p> |  <p><b>CANYON TRAILS</b><br/>AT TOPANGA SENIOR LIVING<br/>ASSISTED LIVING &amp; MEMORY CARE</p>   | <p><b>Be Adventurous</b><br/><b>Be Challenged</b><br/><b>Be Connected</b><br/><b>Be Family</b><br/><b>Be Inspired</b><br/><b>Be Social</b><br/><b>Be Well</b></p>  | <p><b>Location Keys</b></p> <p>Activity Room AR<br/>Bistro B<br/>Courtyard C<br/>Dining Room DR<br/>Theatre T</p>  | <p>“When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow.”<br/>— Shauna Niequist</p>   |   |  |   |
|  | <p>9:30 ★ Catholic Communion <b>3</b></p> <p>9:30 ♥ Stretch Band Exercise [C]</p> <p>10:00 🟩 Bingo [B]</p> <p>2:00 ★ Arts and Crafts Project [B]</p> <p>3:00 🟩 Wine Cheese and Trivia [B]</p>  | <p><b>Labor Day 4</b></p> <p>9:30 ♥ Chair yoga for Seniors [T]</p> <p>9:30 ♥ Yoga Stretch [T]</p> <p>10:00 🟩 Bingo [B]</p> <p>12:45 🦋 Knitting Club with Judy [B]</p> <p>1:45 🟩 Labor day Trivia [B]</p> <p>2:45 ★ Artist in the making [B]</p>  | <p>9:30 ♥ Stretch Band Exercise [C] <b>5</b></p> <p>10:00 🟩 Bingo [B]</p> <p>12:45 🦋 Knitting Club with Judy [B]</p> <p>2:00 🟩 Poker Club [AR]</p> <p>5:00 🟩 Puzzle Challenge [B]</p>  | <p>9:00 ♥ Morning Walk <b>6</b></p> <p>9:30 ♥ Chair yoga for Seniors [T]</p> <p>10:00 🟩 Bingo [B]</p> <p>12:30 🛒 Shopping Trip @ Walmart</p> <p>12:45 🦋 Knitting Club with Judy [B]</p> <p>2:00 🦋 Life story Writing group [B]</p> <p>3:30 ★ Bible Study with Lucas &amp; Fred [T]</p>   | <p>9:30 ♥ Stretch Band Exercise [C] <b>7</b></p> <p>10:00 🟩 Bingo [B]</p> <p>1:00 ♥ Indoor Volleyball Match [B]</p> <p>2:15 🟩 Poker Club [B]</p> <p>3:00 🦋 Happy Hour / Karaoke [B]</p>   | <p>9:00 ♥ Walk &amp; Chat to Starbucks <b>8</b></p> <p>10:00 🟩 Bingo [B]</p> <p>11:30 🛒 Lunch Outing @ D'amores Pizza</p> <p>1:30 ★ Entertainment By David Adelstein [DR]</p> <p>2:00 ★ Shabbat with Rabbi Levy [T]</p> <p>4:15 ★ Shabbat With Jerry [B]</p> <p>5:15 🦋 Movie Encore [T]</p>  | <p>9:30 ♥ Chair yoga for Seniors [T] <b>9</b></p> <p>10:00 🟩 Bingo [B]</p> <p>12:45 ★ Resident Pick Movie and Popcorn [T]</p> <p>2:00 🟩 Google my Favorite Artist [B]</p> <p>3:00 🟩 Poker Club [AR]</p>   |
|  | <p><b>Grandparents Day 10</b></p> <p><b>National Assisted Living Week "Family is Forever"</b></p> <p>9:30 ★ Catholic Communion</p> <p>9:30 ♥ Stretch Band Exercise [C]</p> <p>10:00 🟩 Bingo [B]</p> <p>2:00 ★ Arts and Crafts Project [B]</p> <p>3:00 🟩 Wine Cheese and Trivia [B]</p> | <p><b>National Assisted Living Week "Family is Forever" 11</b></p> <p>9:30 ♥ Chair yoga for Seniors [T]</p> <p>9:30 ♥ Yoga Stretch [T]</p> <p>10:00 🟩 Bingo [B]</p> <p>12:45 🦋 Knitting Club with Judy [B]</p> <p>1:00 🟩 Picture Photomontage [B]</p> <p>2:00 ★ Artist in the making [B]</p> | <p><b>National Assisted Living Week "Family is Forever" 12</b></p> <p>9:30 ♥ Stretch Band Exercise [C]</p> <p>10:00 🟩 Bingo [B]</p> <p>12:30 🛒 Outing to Japanese Garden</p> <p>12:45 🦋 Knitting Club with Judy [B]</p> <p>2:00 🟩 Poker Club [AR]</p> <p>5:00 🟩 Puzzle Challenge [B]</p> | <p><b>International Chocolate Day 13</b></p> <p><b>National Assisted Living Week "Family is Forever"</b></p> <p>9:00 ♥ Morning Walk</p> <p>9:30 ♥ Chair yoga for Seniors [T]</p> <p>10:00 🟩 Bingo [B]</p> <p>12:45 🎲 Dominoes Match [B]</p> <p>12:45 🦋 Knitting Club with Judy [B]</p> <p>3:30 ★ Bible Study with Lucas &amp; Fred [T]</p> | <p><b>National Assisted Living Week "Family is Forever" 14</b></p> <p>9:30 ♥ Stretch Band Exercise [C]</p> <p>10:00 🟩 Bingo [B]</p> <p>1:00 ♥ Indoor Volleyball Match [B]</p> <p>2:15 🟩 Poker Club [B]</p> <p>3:00 🦋 Happy Hour / Karaoke [B]</p> | <p><b>National Assisted Living Week "Family is Forever" 15</b></p> <p>9:00 ♥ Walk &amp; Chat to Starbucks</p> <p>9:30 ♥ Chair yoga for Seniors [T]</p> <p>10:00 🟩 Bingo [B]</p> <p>11:30 🛒 Lunch Outing @ Calabasas Country club</p> <p>1:30 🟩 New Release Movie [T]</p> <p>2:00 ★ Entertainment by Matt [B]</p> <p>4:15 ★ Shabbat With Jerry [B]</p> <p>5:15 🦋 Movie Encore [T]</p> | <p><b>National Assisted Living Week "Family is Forever" 16</b></p> <p>9:30 ♥ Chair yoga for Seniors [T]</p> <p>10:00 🟩 Bingo [B]</p> <p>12:45 ★ Resident Pick Movie and Popcorn [T]</p> <p>2:00 🟩 Google my Favorite Artist [B]</p> <p>3:00 🟩 Poker Club [AR]</p> |
|  | <p>9:30 ★ Catholic Communion <b>17</b></p> <p>9:30 ♥ Stretch Band Exercise [C]</p> <p>10:00 🟩 Bingo [B]</p> <p>2:00 ★ Arts and Crafts Project [B]</p> <p>3:00 🟩 Wine Cheese and Trivia [B]</p>   | <p><b>18</b></p> <p>9:30 ♥ Chair yoga for Seniors [T]</p> <p>9:30 ♥ Yoga Stretch [T]</p> <p>10:00 🟩 Bingo [B]</p> <p>12:45 🦋 Knitting Club with Judy [B]</p> <p>1:00 🟩 Picture Photomontage [B]</p> <p>2:00 ★ Artist in the making [B]</p>   | <p><b>19</b></p> <p>9:30 ♥ Stretch Band Exercise [C]</p> <p>10:00 🟩 Bingo [B]</p> <p>12:45 🦋 Knitting Club with Judy [B]</p> <p>2:00 🟩 Poker Club [AR]</p> <p>5:00 🦋 Canyon Trails Western Round up [C]</p> <p>5:00 🟩 Puzzle Challenge [B]</p>   | <p><b>20</b></p> <p>9:00 ♥ Morning Walk</p> <p>9:30 ♥ Chair yoga for Seniors [T]</p> <p>10:00 🟩 Bingo [B]</p> <p>12:30 🛒 Shopping trip @ Walgreens</p> <p>12:45 🦋 Knitting Club with Judy [B]</p> <p>2:00 🦋 Life story Writing group [B]</p> <p>3:30 ★ Bible Study with Lucas &amp; Fred [T]</p>   | <p><b>Jewish: Rosh Hashanah (21-22) 21</b></p> <p>9:30 ♥ Stretch Band Exercise [C]</p> <p>10:00 🟩 Bingo [B]</p> <p>1:00 ♥ Indoor Volleyball Match [B]</p> <p>2:15 🟩 Poker Club [B]</p> <p>3:00 🦋 Happy Hour / Karaoke [B]</p>                     | <p><b>Autumn Begins 22</b></p> <p>9:00 ♥ Walk &amp; Chat to Starbucks</p> <p>9:30 ♥ Chair yoga for Seniors [T]</p> <p>10:00 🟩 Bingo [B]</p> <p>11:30 🛒 Lunch Outing @ Sizzlers</p> <p>1:30 🟩 New Release Movie [T]</p> <p>4:15 ★ Shabbat With Jerry [B]</p> <p>5:15 🦋 Movie Encore [T]</p>   | <p>9:30 ♥ Chair yoga for Seniors [T] <b>23</b></p> <p>10:00 🟩 Bingo [B]</p> <p>12:45 ★ Resident Pick Movie and Popcorn [T]</p> <p>2:00 🟩 Google my Favorite Artist [B]</p> <p>3:00 🟩 Poker Club [AR]</p>  |
|  | <p>9:30 ★ Catholic Communion <b>24</b></p> <p>9:30 ♥ Stretch Band Exercise [C]</p> <p>10:00 🟩 Bingo [B]</p> <p>2:00 ★ Arts and Crafts Project [B]</p> <p>3:00 🟩 Wine Cheese and Trivia [B]</p>   | <p><b>25</b></p> <p>9:30 ♥ Chair yoga for Seniors [T]</p> <p>9:30 ♥ Yoga Stretch [T]</p> <p>10:00 🟩 Bingo [B]</p> <p>12:45 🦋 Knitting Club with Judy [B]</p> <p>1:00 🟩 Picture Photomontage [B]</p> <p>2:00 ★ Artist in the making [B]</p>   | <p><b>26</b></p> <p>9:30 ♥ Stretch Band Exercise [C]</p> <p>10:00 🟩 Bingo [B]</p> <p>12:30 🛒 Outing to Ronald Reagan Library</p> <p>12:45 🦋 Knitting Club with Judy [B]</p> <p>2:00 🟩 Poker Club [AR]</p> <p>5:00 🟩 Puzzle Challenge [B]</p>   | <p><b>27</b></p> <p>9:00 ♥ Morning Walk</p> <p>9:30 ♥ Chair yoga for Seniors [T]</p> <p>10:00 🟩 Bingo [B]</p> <p>12:45 🎲 Dominoes Match [B]</p> <p>12:45 🦋 Knitting Club with Judy [B]</p> <p>3:30 ★ Bible Study with Lucas &amp; Fred [T]</p>   | <p><b>28</b></p> <p>9:30 ♥ Stretch Band Exercise [C]</p> <p>10:00 🟩 Bingo [B]</p> <p>1:00 ♥ Indoor Volleyball Match [B]</p> <p>2:15 🟩 Poker Club [B]</p> <p>3:00 🦋 Happy Hour / Karaoke [B]</p>   | <p><b>National Coffee Day 29</b></p> <p>9:00 ♥ Walk &amp; Chat to Starbucks</p> <p>9:30 ♥ Chair yoga for Seniors [T]</p> <p>10:00 🟩 Bingo [B]</p> <p>11:30 🛒 Lunch Outing @ Nat's Cafe</p> <p>1:30 🟩 New Release Movie [T]</p> <p>4:15 ★ Shabbat With Jerry [B]</p> <p>5:15 🦋 Movie Encore [T]</p>   | <p><b>Jewish: Yom Kippur 30</b></p> <p>9:30 ♥ Chair yoga for Seniors [T]</p> <p>10:00 🟩 Bingo [B]</p> <p>12:45 ★ Resident Pick Movie and Popcorn [T]</p> <p>2:00 🟩 Google my Favorite Artist [B]</p> <p>3:00 🟩 Poker Club [AR]</p>                                |