Vibrant life
BE VIBRANT. BE YOU.

September 2019
Canyon Trails at Topanga

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Breakfast [DR] 9:00 Morning Meditations [AR] 9:30 Catholic Communion [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) depending on weather 10:30 Talk about Current Events of the Day 11:00 Bean Bag Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Bingo! 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards 3:00 Wine & Cheese & History Talk 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News [AR]	**2** Labor Day 8:30 Breakfast [DR] 9:00 Morning walking to McDonald for coffee 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:00 Move to Music, Dance, (Maybe Sing.) 10:30 Ring Toss 10:30 Talk about Current Events of the Day 11:00 Horse Shoe Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Bingo 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**3** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) depending on weather 10:00 Move to Music, Dance, (Maybe Sing.) 10:30 Bean Bag Toss 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside-inside 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) (Parachute Games) With Ball, ballons 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**4** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:00 Outing to Target 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) depending on weather 10:00 Move to Music, Dance, (Maybe Sing.) 10:30 Talk about Current Events of the Day 10:30 Toss Four - Ball Throw 11:00 Horse Shoe Toss 11:30 Lunch [DR] 11:30 Lunch outing to West Hills Pizza Co 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ring Toss 2:00 Bean Bag Toss 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 2:30 Ball catch 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**5** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) depending on weather 10:00 Move to Music, Dance, (Maybe Sing.) 10:30 Ring Toss 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside-inside 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) 2:00 (Parachute Games) With Ball, balloons 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 2:30 Lavender Sensations (Hand massages) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**6** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) depending on weather 10:00 Move to Music, Dance, (Maybe Sing.) 10:30 Talk about Current Events of the Day 10:30 Toss Four - Ball Throw 11:00 Horse Shoe Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) 2:00 Recipe of the day (Baking) 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening Movie Friday [AR]	**7** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) depending on weather 10:00 Move to Music, Dance, (Maybe Sing.) 10:30 Ring Toss 10:30 Talk about Current Events of the Day 11:00 Bean Bag Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) 2:00 (Parachute Games) With Ball, balloons 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 2:30 Lavender Sensations (Hand massages) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Saturday TV Evening Movie [AR]
8 8:30 Breakfast [DR] 9:00 Morning Meditations [AR] 9:30 Catholic Communion [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) depending on weather 10:00 Move to Music, Dance, (Maybe Sing.) 10:30 Talk about Current Events of the Day 11:00 Bean Bag Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Bingo! 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards 3:00 Wine & Cheese & History Talk 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News [AR]	**9** 8:30 Breakfast [DR] 9:00 Morning walking to McDonald for coffee 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) depending on weather 10:00 Move to Music, Dance, (Maybe Sing.) 10:30 Ring Toss 10:30 Talk about Current Events of the Day 11:00 Horse Shoe Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Bingo! 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**10** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) depending on weather 10:00 Move to Music, Dance, (Maybe Sing.) 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) (Parachute Games) With Ball, ballons 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**11** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:00 Outing to Walmart Store 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) depending on weather 10:00 Move to Music, Dance, (Maybe Sing.) 10:30 Talk about Current Events of the Day 10:30 Toss Four - Ball Throw 11:00 Horse Shoe Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) (Parachute Games) With Ball, ballons 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 2:30 Outing to Menchi 's Frozen Yogurt- 2' d group 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**12** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) depending on weather 10:00 Move to Music, Dance, (Maybe Sing.) 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) (Parachute Games) With Ball, ballons 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 2:30 Lavender Sensations (Hand massages) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News [DR]	**13** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) depending on weather 10:00 Move to Music, Dance, (Maybe Sing.) 10:30 Talk about Current Events of the Day 10:30 Toss Four - Ball Throw 11:00 Horse Shoe Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) 2:00 Birthday w/ Matt Grey 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Friday Evening Movie [AR]	**14** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) depending on weather 10:00 Move to Music, Dance, (Maybe Sing.) 10:30 Ring Toss 10:30 Talk about Current Events of the Day 11:00 Bean Bag Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 2:30 Lavender Sensations (Hand massages) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Saturday Evening Movie [AR]
15 8:30 Breakfast [DR] 9:00 Morning Meditations [AR] 9:30 Catholic Communion [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Bean Bag Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Bingo! 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards 3:00 Wine & Cheese & History Talk 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News [AR]	**16** 8:30 Breakfast [DR] 9:00 Morning walking to McDonald for coffee 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Ring Toss 10:30 Talk about Current Events of the Day 11:00 Horse Shoe Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Bingo! 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**17** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:00 Move to Music, Dance, (Maybe Sing.) 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) (Parachute Games) With Ball, ballons 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**18** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:00 Outing to Target 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 10:30 Toss Four - Ball Throw 11:00 Horse Shoe Toss 11:30 Outing for Lunch (Chinese) China Garden Restaurant 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ring Toss 2:00 Bean Bag Toss 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 2:30 Ball catch 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**19** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) 2:00 (Parachute Games) With Ball, ballons 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 2:30 Lavender Sensations (Hand massages) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News [AR]	**20** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 10:30 Toss Four - Ball Throw 11:00 Horse Shoe Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) 2:00 Recipe of the day (Baking) 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Friday Evening Movie [AR]	**21** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Ring Toss 10:30 Talk about Current Events of the Day 11:00 Bean Bag Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 2:30 Lavender Sensations (Hand massages) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Saturday Evening Movie: [AR]
22 8:30 Breakfast [DR] 9:00 Morning Meditations [AR] 9:30 Catholic Communion [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Bean Bag Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Bingo! 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards 3:00 Wine & Cheese & History Talk 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News [AR]	**23** 8:30 Breakfast [DR] 9:00 Morning walking to McDonald for coffee 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Ring Toss 10:30 Talk about Current Events of the Day 11:00 Horse Shoe Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Bingo! 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**24** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:00 Move to Music, Dance, (Maybe Sing.) 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) (Parachute Games) With Ball, ballons 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**25** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 10:30 Toss Four - Ball Throw 11:00 Horse Shoe Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ring Toss 2:00 Bean Bag Toss 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 2:30 Ball catch 2:30 Outing to Jerry's Soda Shop, 2d group 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**26** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) (Parachute Games) With Ball, ballons 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 2:30 Lavender Sensations (Hand massages) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News [DR]	**27** 8:30 Breakfast [DR] 9:00 Morning Walking Club 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Horse Shoe Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) 2:00 Recipe of the day (Baking) 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 3:00 Music & Refreshments (water & fruit) 3:30 Relaxation stretch (Chair stretch w/ music) 4:30 Dinner [DR] 5:30 Friday Evening Movie [AR]	**28** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Ring Toss 10:30 Talk about Current Events of the Day 11:00 Bean Bag Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) 2:00 Music w/ The Valley Harmonettes 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 3:00 Music & Refreshments (water & fruit) 3:30 Relaxation stretch (Chair stretch w/ music) 4:30 Dinner [DR] 5:30 Saturday Evening Movie [AR]
29 8:30 Breakfast [DR] 9:00 Morning Meditations [AR] 9:30 Catholic Communion [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Bean Bag Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Bingo! 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards 3:00 Wine & Cheese & History Talk 3:30 Relaxation stretch (Chair stretch w/ music) 4:30 Dinner [DR] 5:30 Evening News [AR]	**30** 8:30 Breakfast [DR] 9:00 Morning walking to McDonald for coffee 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Ring Toss 10:30 Talk about Current Events of the Day 11:00 Horse Shoe Toss 11:30 Lunch [DR] 1:00 Visual Adventures (magazines, nature, animal videos) 1:30 Bingo! 1:30 Rosh Hashanah Service w/ Rabbi Levy 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 3:00 Music & Refreshments (water & fruit) 3:30 Relaxation stretch (Chair stretch w/ music) 4:30 Dinner [DR] 5:30 Evening News					

CANYON TRAILS
AT TOPANGA SENIOR LIVING
ASSISTED LIVING & MEMORY CARE

7945 Topanga Canyon Boulevard
Canoga Park, CA 91304
818-716-9900

Location Keys

Activity Room	AR
Courtyard	C
Dining Room	DR

- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well