

SEPTEMBER 2023 HILLSIDE MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>CLAUDIA REACH Life Enrichment Director</p> <p>VALERIE DOSS Life Enrichment Coordinator</p> <p>RENAY DAVIES Life Enrichment Coordinator</p> <p>205-956-2184 X172 creach@kirkwoodbytheriver.com vdoss@kirkwoodbytheriver.com</p>		<p>1</p> <p>**Exercise Class **Snack/Chat Social 3:30 <u>The ARK Combo (C)</u> Hammered Dulcimer Guitar/Bass</p>	<p>2</p> <p>**Ball Toss **Snack/Chat Social 1:15 <u>Rose Moreland</u> Piano/Sing Along 6:00 Lawrence Welk Show</p>
<p>3</p> <p>**Devotion 10:00 <u>Dawson Worship on TV</u> **Snack/Chat Social</p>	<p>4</p> <p><u>Beauty Shop Day</u> <i>No Jazzin' with Jackie Today!</i> **Snack/Chat Social *2:00 Cruisin' 'Round Town</p>	<p>5</p> <p>**Walking Club **Snack/Chat Social **Exercise Class 11:00 <u>Slim Pickins Band (C)</u> 3:30 <u>Susan Lawrence</u> Guitar/Vocals (C)</p>	<p>6</p> <p>**FITIFY Fitness ** Snack/Chat Social 10:30 <u>Bingo</u> 1:30 Bible Study 1:30 SFX Catholic Communion (H) 3:30 Walker Wright Drumming</p>	<p>7</p> <p>9:45 <u>Chair Yoga</u> **Snack/Chat Social 11:00 Worship Communion (C) 1:30 <u>Connie Skellie</u> Violin/Vocals 3:30 <u>Chuck King & Miss Calliope (C)</u></p>	<p>8</p> <p>9:35 <u>Laughter Yoga</u> **Snack/Chat Social 10:30 <u>Ricky & Mary Anne & Patsy Sing Along (C)</u> 1:30 <u>Blake Franklin</u> Guitar/Vocals 3:30 <u>Johny Wayne Abbott, Willie Nelson Tribute (C)</u></p>	<p>9</p> <p>**Ball Toss 10:30 <u>Rosary with Ann Cote' (HS/MC/LR)</u> **Snack/Chat Social 6:00 Lawrence Welk Show Channel 4</p>
<p>10</p> <p>**Devotion 10:00 <u>Dawson Worship on TV</u> **Snack/Chat Social</p>	<p>11</p> <p><u>Beauty Shop Day</u> 9:35 <u>Jazzin' Jackie</u> **Snack/Chat Social *2:00 Cruisin' 'Round Town</p>	<p>12</p> <p>9:30 <u>Laughter Yoga</u> **Walking Club **Snack/Chat Social 11:00 PatriotProgram **Exercise Class 1:30 <u>Walker Wright Drumming (HS/MC/AR)</u> 3:30 <u>Harmony Hills Chorus (C)</u></p>	<p>13</p> <p>**FITIFY Fitness **Snack/Chat Social 10:30 <u>Bingo</u> 1:30 SFX Catholic Communion (H) 1:30 Bible Study</p>	<p>14</p> <p>9:45 <u>Gentle Chair Yoga with Gloria</u> **Snack/Chat Social 11:00Worship(C) 2:00 <u>Birmingham Harmony Belles(C)</u></p>	<p>15</p> <p>**Exercise Class **Snack/Chat Social 1:00 <u>GBHS Dog Petting Session (HS/AL/AR)</u></p>	<p>16</p> <p>**Ball Toss **Snack/Chat 1:30 <u>Carolyn Price - Sing Along</u> 6:00 Lawrence Welk Show</p>

SEPTEMBER 2023 HILLSIDE MEMORY CARE (CONTINUED)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>17 **Devotion 10:00 Dawson Worship on TV **Snack/Chat Social</p>	<p>18 Beauty Shop Day 9:35 Jazzin' Jackie **Snack/Chat Social 2:30 September Birthdays Celebration (CCC)</p>	<p>19 PODIATRIST TODAY! **Walking Club **Snack/Chat Social 10:30 Loyce and Fred Sing Along **Exercise Class 2:00 Crafty Corner</p>	<p>20 **FITIFY Fitness **Snack/Chat Social 10:30 Bingo 1:30 CthCommunion (H) 1:30 Bible Study 3:30 Walker Wright Drumming (HS/MC/AR)</p>	<p>21 9:45 Chair Yoga **Snack/Chat Social 11:00Worship(C) 3:30 Mac & Moss Combo (C)</p>	<p>22 **Exercise Class ** Snack/Chat Social 1:30 Blake Franklin Guitar/Vocals *3:00 Cruisin' 'Round Town</p>	<p>23 **Ball Toss 10:30 Rosary with Ann Cote' **Snack/Chat 1:30 BettyBridges 6:00 Lawrence Welk Show TV</p>
<p>24 **Devotion 10:00 Dawson Worship on TV **Snack/Chat Social 1:30 Susan Lawrence Guitar/Vocals</p>	<p>25 Beauty Shop Day 9:35 Jazzin' Jackie **Snack/Chat Social 12:00 Pizza Picnic 2:00 Walker Wright Drumming Session</p>	<p>26 9:30 Laughter Yoga **Walking Club **Snack Chat Social 10:30 Jessica Scott Guitar/Vocals **Exercise Class 3:30 Marian McKay Trio(C) 7:00 Sing Along Patsy/Joe/Friends (C)</p>	<p>27 **FITIFY Fitness **Hydration Snack/Chat Social (HS/MC/AR) 10:30 Bingo 1:30 SFX Catholic Communion (H) 2:00 Samford Music Student Concert (C) 3:30 Bible Study</p>	<p>28 9:30 Dr. Jill Byrd Audiologist 9:45 Chair Yoga **Snack/Chat 11:00Worship(C) 1:00 Hand-In-Paw Pet Therapy Visit *2:30 Cruisin 'Round Town</p>	<p>29 **Exercise Class **Snack/Chat Social 2:30 Art Class with She She</p>	<p>30 **Ball Toss **Snack/Chat Social 6:00 Lawrence Welk Show On TV</p>

LEGEND

(C) Chapel	(L) Library-Riverview
(CCC) Cahaba Cultural Center	
(H) Hideaway	(LR) Living Room
(HS/AL/AR) HillSide	(OLC) Overlook Cafe
Assisted Living	(P) Pool
Activities Room	(RV) Massage Room
(HS/MC/AR)Hillside	(RV/WC) RiverView Wellness Center
Memory Care	
Activities Room (TTL)	Tree Top Lounge
(HS/AL/PDR)HillSide	(SN) Skilled Nursing
Assisted Living	Private Dining Room
(HS/AL/FR) HillSide	Assisted Living Fitness Room
(HS/AL/V) HillSide	Veranda

***DEPARTURE TIMES-PLEASE MEET IN THE LOBBY AT THE DESIGNATED TIME. ALL ACTIVITIES ARE SUBJECT TO CHANGE.**