

3939 West Walnut Avenue, Visalia, CA 93277 (559) 358-2289 CarefieldLiving.com @ParkVisaliaSeniorLiving Lightfinder

SEPTEMBER 2024

Assisted Living & Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Movers & Groovers Walk 10:30 Coffee & Conversations 11:00 Lightfinder Church Services 12:00 Chronicles & Puzzles 1:30 Card Matching 3:00 Puzzle 4:15 15 Minute Mystery 7:00 Silver Striders Walking Team w/ Carestaff	8:45 Early Morning Coloring 9:30 Catholic Communion 10:30 SingFit - Music & Exercise 11:00 Baking- Texas Fruitcake 12:00 Chronicles & Puzzles 1:30 Bingo 2:30 Labor Day Hotdog Social 3:30 Happy Hour & Karaoke 7:00 Puzzle w/ Carestaff	8:45 Garden Gurus Club 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Cooking- Pigs in a Blanket 12:00 Chronicles & Puzzles 1:30 Trivia Tuesdays 2:30 Bean Bag Toss 3:00 Outing- Yogurtland 4:15 Travelogue Tuesdays 7:00 Silver Striders Walking Team w/carestaff	8:45 Early Morning Coloring 10:30 SingFit - Music & Exercise 11:00 Mad Libs 12:00 Chronicles & Puzzles 1:30 Bingo 2:00 Resident Council (TR) 2:30 Midweek Mocktails- Texas Sunrise 3:30 Bean Bag Toss 7:00 Movie Night- The Long Game	Football Jersey Day 8:45 Garden Gurus Club 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Singing w/ Sophie 12:00 Chronicles & Puzzles 1:30 Parachute Games 3:00 Football Kickoff Celebration 5:20 Kickoff Game- Chiefs & Ravens 7:00 Silver Striders Walking Team w/Care Staff	8:45 SingFit - Music & Exercise 10:30 Rise & Energize - Weighted Chair Exercise 11:00 Fancy Fingers 12:00 Chronicles & Puzzles 12:30 Bingo 1:30 Mid-Afternoon Coloring 2:30 Sock Matching w/ Sophie 3:30 Big Ball Volleyball w/ Carestaff 7:00 Puzzle w/Care Staff	9:15 Saturday Stroll w/ Carestaff 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Braided Wreath 12:00 Chronicles & Puzzles 1:30 Towel Folding Pastimes 2:30 Baking w/ John 3:30 Saturday Sweet Tea 7:00 Silver Striders Walking Team w/ Carestaff
Superhero Day 9:30 Movers & Groovers Walk 10:30 Coffee & Conversations 11:00 Lightfinder Church Services 12:00 Chronicles & Puzzles 1:30 Giving Advice for Younger Generation 3:00 Games & Snacks w/ Family 4:15 15 Minute Mystery 7:00 Silver Striders Walking Team w/ Carestaff	Pajama Day 8:45 Early Morning Coloring 9:30 Catholic Communion 10:30 SingFit - Music & Exercise 11:00 Craft- Welcome Door Sign 12:00 Chronicles & Puzzles 1:30 Bingo 2:30 Baking- Texas Sheetcake 3:30 Happy Hour & Karaoke 7:00 Puzzle w/ Carestaff	Twinning Day 8:45 Garden Gurus Club 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bean Bag Toss 12:00 Chronicles & Puzzles 12:45 Outing- Galaxy Theater for Hotel Transylvania 1:30 Trivia Tuesdays 2:30 Cooking- Fried Chicken 4:15 Travelogue Tuesdays 7:00 Silver Striders Walking Team w/carestaff	Walking Yearbook Day 8:45 Early Morning Coloring 10:30 SingFit - Music & Exercise 11:00 Mad Libs 12:00 Chronicles & Puzzles 1:30 Bingo 2:30 Midweek Mocktails-The Longhorn 7:00 Movie Night- My All American	Western Day 8:45 Garden Gurus Club 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Singing w/ Sophie 12:00 Chronicles & Puzzles 1:30 Parachute Games 2:30 Arm Band Exercises 3:00 Popsicles on the Patio 7:00 Silver Striders Walking Team w/Care Staff	Fancy Friday 8:45 Early Morning Coloring 10:30 SingFit- Music & Exercise 11:00 Fancy Fingers 12:00 Chronicles & Puzzles 1:30 Bingo 2:30 Sock Matching w/ Sophie 7:00 Puzzle w/Care Staff	Outer-Space Day 9:15 Saturday Stroll w/ Carestaff 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Leaf Sun Catchers 12:00 Chronicles & Puzzles 1:30 Towel Folding Pastimes 2:30 Baking w/ John 3:30 Saturday Sweet Tea 7:00 Silver Striders Walking Team w/ Carestaff
Hispanic Heritage Month 9:30 Movers & Groovers Walk 10:30 Coffee & Conversations 11:00 Lightfinder Church Services 12:00 Chronicles & Puzzles 1:30 Card Matching 3:00 Puzzle 4:15 15 Minute Mystery 7:00 Silver Striders Walking Team w/ Carestaff	8:45 Early Morning Coloring 9:30 Catholic Communion 10:30 SingFit - Music & Exercise 11:00 Craft- Beaded Corn 12:00 Chronicles & Puzzles 1:30 Bingo 2:30 Tortilla Making w/ Karla & Lo (B) 3:30 Happy Hour & Karaoke 7:00 Puzzle w/ Carestaff	8:45 Garden Gurus Club 10:30 Outing- Plaza Park 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bean Bag Toss 12:00 Chronicles & Puzzles 1:30 Trivia Tuesdays 2:30 Cooking- Texas Toast 3:30 International Country Music Celebration 4:15 Travelogue Tuesdays 7:00 Silver Striders Walking Team w/carestaff	8:15 SingFit - Music & Exercise 10:30 Rise & Energize - Weighted Chair Exercise 11:00 Mid-Morning Coloring w/ Carestaff 12:00 Chronicles & Puzzles 12:30 Bingo 1:30 Mid-Afternoon Coloring 2:30 Midweek Mocktails - Texas Armadillo Punch 3:30 Bean Bag Toss 7:00 Movie Night- Bernie	Batman Day 8:45 Garden Gurus Club 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Singing w/ Sophie 12:00 Chronicles & Puzzles 1:30 Parachute Games 2:30 Movie Matinee- Batman 3:00 Popsicles on the Patio 7:00 Silver Striders Walking Team w/Care Staff	8:45 Early Morning Coloring 10:30 SingFit - Music & Exercise 11:00 Fancy Fingers 12:00 Chronicles & Puzzles 1:30 Bingo 3:00 National Queso Day Celebration 7:00 Puzzle w/Care Staff	9:15 Saturday Stroll w/ Carestaff 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Painting Fall Trees 12:00 Chronicles & Puzzles 1:30 Towel Folding Pastimes 2:30 Baking w/ John 3:30 Saturday Sweet Tea 7:00 Silver Striders Walking Team w/ Carestaff



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 Fall Begins	23	24	25	26	27 Native American Day	28
9:30 Movers & Groovers Walk 10:30 Coffee & Conversations 11:00 Lightfinder Church Services 12:00 Chronicles & Puzzles 1:30 Card Matching 3:00 Live Performance- Violin & Viola 3:00 Puzzle 4:15 15 Minute Mystery 7:00 Silver Striders Walking Team w/ Carestaff	8:45 Early Morning Coloring 9:30 Catholic Communion 10:30 SingFit - Music & Exercise 11:00 Craft- Pumpkin Jars 12:00 Chronicles & Puzzles 1:30 Bingo 2:30 Baking- Texas Baked Beans 3:30 Happy Hour & Karaoke 7:00 Puzzle w/ Carestaff	8:45 Garden Gurus Club 10:00 Flu Clinic 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Bean Bag Toss 12:00 Chronicles & Puzzles 1:00 Outing- Mission Coffee 1:30 Pie Making 3:00 Pie Eating Contest 4:15 Travelogue Tuesdays 7:00 Silver Striders Walking Team w/carestaff	8:45 Early Morning Coloring 10:30 SingFit - Music & Exercise 11:00 Mad Libs 12:00 Chronicles & Puzzles 1:30 Bingo 2:30 Midweek Mocktails - Dr. Pepper Tasting 3:30 Bean Bag Toss 7:00 Movie Night - Tombstone	8:45 Garden Gurus Club 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Singing w/ Sophie 12:00 Chronicles & Puzzles 1:30 Parachute Games 3:00 September Birthday Party 7:00 Silver Striders Walking Team w/Care Staff	8:45 Early Morning Coloring 10:30 SingFit - Music & Exercise 11:00 Fancy Fingers 12:00 Chronicles & Puzzles 1:30 Bingo 2:30 Movie Matinee- Pocahontas 7:00 Puzzle w/Care Staff	9:15 Saturday Stroll w/ Carestaff 10:30 Rise & Energize- Weighted Chair Exercise 11:00 Craft- Painted Fall Leaves 12:00 Chronicles & Puzzles 1:30 Towel Folding Pastimes 2:30 Baking w/ John 3:30 Saturday Sweet Tea 7:00 Silver Striders Walking Teamw/ Carestaff
National Coffee Day 9:30 Movers & Groovers Walk 10:30 COFFEE & Conversations 11:00 Lightfinder Church Services 12:00 Chronicles & Puzzles 1:30 Card Matching 3:00 Puzzle 4:15 15 Minute Mystery 7:00 Silver Striders Walking Team w/ Carestaff	8:45 Early Morning Coloring 9:30 Catholic Communion 10:30 SingFit - Music & Exercise 11:00 Craft- Suncatchers 12:00 Chronicles & Puzzles 1:30 Bingo 2:30 Baking- White Texas Sheet Cake 3:30 Happy Hour & Karaoke 7:00 Puzzle w/ Carestaff	Birthdays 9/2 - Claude H. 9/6 - John K. 9/9 - Cindy G. 9/12 - Reagan M. 9/12 - Annette A. 9/13 - Freda M. 9/15 - Fernando A. 9/15 - Monica H. 9/16 - Anthony C. 9/20 - Wilma P.	Birthdays 9/24 - Tari H. 9/28 - Lloyd S.			