

| | | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|---|--|--|--|---|--|---|---|---|
| <p>GOLDEN BELL SENIOR LIVING</p> <p>1639 NE 26th St. Fort Lauderdale, FL 33305 954-563-6232</p> | <p>Connect</p> <p>Contribute</p> <p>Feel</p> <p>Grow</p> <p>Move</p> <p>Reflect</p> | <p>Celebrating Grandparents Week 1</p> <p>10:30 ☺ Televised Mass [AR]</p> <p>10:30 ☺ Walking Club [NT]</p> <p>— ☺ Communion Blessed Sacrament [AR]</p> <p>1:15 ☺ Knitting with a Purpose w/ Fran [FL2]</p> <p>3:30 ☺ Sunday Sports [AR]</p> <p>3:30 ☺ Word Puzzles w/ Steven [AR]</p> <p>6:00 ☺ Sing on Series - Party Playlist (Netfix) [AR]</p> | <p>Celebrating Grandparents Week 2</p> <p>Labor Day</p> <p>10:00 ☺ Boxing Workout w/ Angel (Cardio & Endurance)) [AR]</p> <p>11:30 ☺ Labor Day BBQ Buffet [DR]</p> <p>3:15 ☺ Documentary Matinee Series - Labor Day (Netfix)</p> <p>6:30 ☺ Bingo Night w/ Jeanne [AR]</p> | <p>Celebrating Grandparents Week 3</p> <p>10:00 ☺ Chair Yoga w/ Andrea (Flexibility, Posture & Breathing) [AR]</p> <p>10:15 ☺ Coffee & Conversation at Pride Center w/ Rob (please RSVP w/ Receptionist)</p> <p>10:45 ☺ Craft Buzz w/ Andrea</p> <p>1:30 ☺ Flower Arranging [AR]</p> <p>2:00 ☺ True Crime w/ Lisa [AR]</p> <p>3:00 ☺ Wii Bowling League [AR]</p> <p>3:30 ☺ Game Time - Indoor/ Outdoor [AR]</p> <p>4:00 ☺ Bible Study w/ Paulette & Scott [TC3]</p> | <p>Celebrating Grandparents Week 4</p> <p>10:00 ☺ EnergizeMe Workout w/ Andrea (Cardio and Strength)</p> <p>11:00 ☺ Delicious Bites w/ Andrea</p> <p>1:30 ☺ Bingo w/ Andrea [AR]</p> <p>2:00 ☺ True Crime w/ Lisa [AR]</p> <p>3:00 ☺ Happy Hour Sports Bar</p> <p>6:00 ☺ Tech Help w/ Crystal [AR]</p> <p>6:30 ☺ Black Jack Night w/ Crystal [AR]</p> | <p>Celebrating Grandparents Week 5</p> <p>10:00 ☺ Fitness Clinic w/ Angel - Cardio and Weight Training Equipment [FR]</p> <p>12:30 ☺ Trip to Galleria Mall (please RSVP w/ Receptionist) [OUT]</p> <p>2:15 ☺ Ted Talk - Literacy is the Answer (YouTube)</p> <p>3:00 ☺ Knitting w/ a Purpose w/ Fran [FL2]</p> <p>3:30 ☺ Game Time w/ Crystal [AR]</p> | <p>Celebrating Grandparents Week 6</p> <p>10:00 ☺ Ball Drills w/ Andrea [AR]</p> <p>10:45 ☺ Yummy Sips [AR]</p> <p>1:30 ☺ Flower Arranging [AR]</p> <p>2:00 ☺ Jeopardy Floors Contest [AR]</p> <p>3:00 ☺ Happy Hour with Manny (live entertainment) [AR]</p> <p>4:30 ☺ Lighting Shabbat Candles with Carolyn [FL2]</p> | <p>Celebrating Grandparents Week 7</p> <p>10:15 ☺ Calvary Chapel [AR]</p> <p>10:30 ☺ Walking Club [NT]</p> <p>2:00 ☺ Bingo w/ Jeanne [AR]</p> <p>3:15 ☺ Rummikub w/ Pat O'Hara [AR]</p> <p>3:15 ☺ Wii Bowling Practice [AR]</p> <p>6:30 ☺ Movie Night with Popcorn - Grandma's House (Netfix) [AR]</p> | |
| | | | <p>National Assisted Living Week 8</p> <p>Patriot Week</p> <p>10:30 ☺ Televised Mass [AR]</p> <p>10:30 ☺ Walking Club [NT]</p> <p>— ☺ Communion Blessed Sacrament [AR]</p> <p>1:15 ☺ Knitting with a Purpose w/ Fran [FL2]</p> <p>2:15 ☺ Name that Tune w/ Michael Rossinsky [AR]</p> <p>3:30 ☺ Sunday Sports [AR]</p> <p>3:30 ☺ Word Puzzles w/ Steven [AR]</p> <p>6:00 ☺ Sing on Series - Party Playlist (Netfix) [AR]</p> | <p>National Assisted Living Week 9</p> <p>Patriot Week</p> <p>10:00 ☺ Boxing Workout w/ Angel (Cardio & Endurance)) [AR]</p> <p>1:15 ☺ Movie - World Trade Center (YouTube) [AR]</p> <p>3:15 ☺ Documentary Matinee Series - Live to 100: Secrets of the Blue Zones Ep. 1 (Netfix)</p> <p>6:30 ☺ Bingo Night w/ Jeanne [AR]</p> | <p>National Assisted Living Week 10</p> <p>Patriot Week</p> <p>10:00 ☺ Chair Yoga w/ Andrea (Flexibility, Posture & Breathing) [AR]</p> <p>10:45 ☺ Craft Buzz w/ Andrea</p> <p>1:30 ☺ Flower Arranging [AR]</p> <p>2:00 ☺ Resident Council Meeting [AR]</p> <p>3:00 ☺ Wii Bowling League [AR]</p> <p>3:30 ☺ Game Time - Indoor/ Outdoor [AR]</p> <p>4:00 ☺ Bible Study w/ Paulette & Scott [TC3]</p> | <p>National Assisted Living Week 11</p> <p>Patriot Week</p> <p>10:00 ☺ EnergizeMe Workout w/ Andrea (Cardio and Strength)</p> <p>11:00 ☺ Delicious Bites w/ Andrea</p> <p>1:30 ☺ Bingo w/ Andrea [AR]</p> <p>3:00 ☺ Happy Hour Sports Bar</p> <p>6:00 ☺ Tech Help w/ Crystal [AR]</p> <p>6:30 ☺ Black Jack Night w/ Crystal [AR]</p> | <p>National Assisted Living Week 12</p> <p>Patriot Week</p> <p>10:00 ☺ Fitness Clinic w/ Angel - Cardio and Weight Training Equipment [FR]</p> <p>12:00 ☺ Trip to Target (please RSVP with Receptionist) [OUT]</p> <p>2:00 ☺ In Concert Series - An Evening With Fernando Ortega (YouTube) [AR]</p> <p>3:00 ☺ Knitting w/ a Purpose w/ Fran [FL2]</p> <p>3:00 ☺ Wii Bowling League [AR]</p> <p>3:30 ☺ Game Time w/ Crystal [AR]</p> | <p>National Assisted Living Week 13</p> <p>Patriot Week</p> <p>10:00 ☺ Ball Drills w/ Andrea [AR]</p> <p>10:45 ☺ Yummy Sips [AR]</p> <p>1:30 ☺ Flower Arranging [AR]</p> <p>2:00 ☺ Story Telling Through Pictures [AR]</p> <p>3:00 ☺ Happy Hour celebrating ALF week (live entertainment) [LOB]</p> <p>4:30 ☺ Lighting Shabbat Candles with Carolyn [FL2]</p> | <p>National Assisted Living Week 14</p> <p>Patriot Week</p> <p>10:15 ☺ Calvary Chapel [AR]</p> <p>10:30 ☺ Walking Club [NT]</p> <p>2:00 ☺ Bingo w/ Jeanne [AR]</p> <p>3:15 ☺ Rummikub w/ Pat O'Hara [AR]</p> <p>3:15 ☺ Wii Bowling Practice [AR]</p> <p>6:30 ☺ Movie Night with Popcorn - Never Too Late (YouTube) [AR]</p> |
| | | <p>Location Keys</p> <p>Activities Room AR</p> <p>Community Outing OUT</p> <p>Dining Room DR</p> <p>Fitness Room FR</p> <p>Flamingo Lounge (2nd Floor) FL2</p> <p>Lobby Lounge LOB</p> <p>Nature Trail NT</p> <p>Tranquility Corner (3rd Floor) TC3</p> | <p>Hispanic Heritage Month 15</p> <p>10:30 ☺ Televised Mass [AR]</p> <p>10:30 ☺ Walking Club [NT]</p> <p>— ☺ Communion Blessed Sacrament [AR]</p> <p>1:15 ☺ Knitting with a Purpose w/ Fran [FL2]</p> <p>3:30 ☺ Sunday Sports [AR]</p> <p>3:30 ☺ Word Puzzles w/ Steven [AR]</p> <p>6:00 ☺ Sing on Series - Party Playlist (Netfix) [AR]</p> | <p>Hispanic Heritage Month 16</p> <p>10:00 ☺ Boxing Workout w/ Angel (Cardio & Endurance)) [AR]</p> <p>3:15 ☺ My Karaoke Bar w/ Samantha [AR]</p> <p>4:15 ☺ Documentary Matinee Series - Live to 100: Secrets of the Blue Zones Ep. 2 (Netfix)</p> <p>6:30 ☺ Bingo Night w/ Jeanne [AR]</p> | <p>Hispanic Heritage Month 17</p> <p>10:00 ☺ Chair Yoga w/ Andrea (Flexibility, Posture & Breathing) [AR]</p> <p>10:45 ☺ Craft Buzz w/ Andrea</p> <p>1:30 ☺ Flower Arranging [AR]</p> <p>3:00 ☺ Wii Bowling League [AR]</p> <p>3:30 ☺ Game Time - Indoor/ Outdoor [AR]</p> <p>4:00 ☺ Bible Study w/ Paulette & Scott [TC3]</p> | <p>Hispanic Heritage Month 18</p> <p>10:00 ☺ EnergizeMe Workout w/ Andrea (Cardio and Strength)</p> <p>11:00 ☺ Delicious Bites w/ Andrea</p> <p>1:30 ☺ Bingo w/ Andrea [AR]</p> <p>3:00 ☺ Happy Hour (live entertainment)</p> <p>5:30 ☺ OUT w/ Rob - Trip to Tropics (please RSVP w/ Receptionist)</p> <p>6:00 ☺ Tech Help w/ Crystal [AR]</p> <p>6:30 ☺ Black Jack Night w/ Crystal [AR]</p> | <p>Hispanic Heritage Month 19</p> <p>10:00 ☺ Fitness Clinic w/ Angel - Cardio and Weight Training Equipment [FR]</p> <p>12:00 ☺ Trip to La Bamba Restaurant (please RSVP with Receptionist) [OUT]</p> <p>2:00 ☺ In Concert Series - An Evening With Fernando Ortega (YouTube) [AR]</p> <p>3:00 ☺ Knitting w/ a Purpose w/ Fran [FL2]</p> <p>3:00 ☺ Wii Bowling League [AR]</p> <p>3:30 ☺ Game Time w/ Crystal [AR]</p> | <p>Hispanic Heritage Month 20</p> <p>10:00 ☺ Ball Drills w/ Andrea [AR]</p> <p>10:45 ☺ Yummy Sips [AR]</p> <p>1:30 ☺ Flower Arranging [AR]</p> <p>2:00 ☺ Jeopardy Floors Contest [AR]</p> <p>3:00 ☺ Happy Hour - Cocktails with Sonja [AR]</p> <p>4:30 ☺ Lighting Shabbat Candles with Carolyn [FL2]</p> | <p>Hispanic Heritage Month 21</p> <p>10:15 ☺ Calvary Chapel [AR]</p> <p>10:30 ☺ Walking Club [NT]</p> <p>2:00 ☺ Bingo w/ Jeanne [AR]</p> <p>3:15 ☺ Rummikub w/ Pat O'Hara [AR]</p> <p>3:15 ☺ Wii Bowling Practice [AR]</p> <p>6:30 ☺ Movie Night with Popcorn - Selena (YouTube) [AR]</p> |

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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| <p>GOLDEN BELL SENIOR LIVING</p> <p>1639 NE 26th St. Fort Lauderdale, FL 33305 954-563-6232</p> | <p>Celebration of Autumn 22</p> <p>10:30 🍂 Televised Mass [AR]</p> <p>10:30 🍂 Walking Club [NT] — 🍂 Communion Blessed Sacrament [AR]</p> <p>1:15 🍂 Knitting with a Purpose w/ Fran [FL2]</p> <p>2:15 🍂 Name that Tune w/ Michael Rossinsky [AR]</p> <p>3:30 🍂 Sunday Sports [AR]</p> <p>3:30 🍂 Word Puzzles w/ Steven [AR]</p> <p>6:00 🍂 Sing on Series - Party Playlist (Netflix) [AR]</p> | <p>Celebration of Autumn 23</p> <p>10:00 🍂 Boxing Workout w/ Angel (Cardio & Endurance)) [AR]</p> <p>3:15 🍂 My Karaoke Bar w/ Samantha [AR]</p> <p>4:15 🍂 Documentary Matinee Series - Live to 100: Secrets of the Blue Zones Ep. 3</p> <p>6:30 🍂 Bingo Night w/ Jeanne [AR]</p> | <p>Celebration of Autumn 24</p> <p>10:00 🍂 Chair Yoga w/ Andrea (Flexibility, Posture & Breathing) [AR]</p> <p>10:45 🍂 Craft Buzz w/ Andrea</p> <p>1:30 🍂 Flower Arranging [AR]</p> <p>3:00 🍂 Wii Bowling League [AR]</p> <p>3:30 🍂 Game Time - Indoor/ Outdoor [AR]</p> <p>4:00 🍂 Bible Study w/ Paulette & Scott [TC3]</p> | <p>Celebration of Autumn 25</p> <p>10:00 🍂 EnergizeMe Workout w/ Andrea (Cardio and Strength)</p> <p>11:00 🍂 Delicious Bites w/ Andrea</p> <p>1:30 🍂 Bingo w/ Andrea [AR]</p> <p>3:00 🍂 Happy Hour Sports Bar</p> <p>6:00 🍂 Tech Help w/ Crystal [AR]</p> <p>6:30 🍂 Black Jack Night w/ Crystal [AR]</p> | <p>Celebration of Autumn 26</p> <p>10:00 🍂 Fitness Clinic w/ Angel - Cardio and Weight Training Equipment [FR]</p> <p>12:00 🍂 Trip to Aldi (please RSVP with Receptionist) [OUT]</p> <p>2:00 🍂 In Concert Series: Adele World Show Highlights Opening Night (YouTube)</p> <p>3:00 🍂 Knitting w/ a Purpose w/ Fran [FL2]</p> <p>3:00 🍂 Wii Bowling League [AR]</p> <p>3:30 🍂 Game Time w/ Crystal [AR]</p> | <p>Celebration of Autumn 27</p> <p>10:00 🍂 Ball Drills w/ Andrea [AR]</p> <p>10:45 🍂 Yummy Sips [AR]</p> <p>1:30 🍂 Flower Arranging [AR]</p> <p>2:00 🍂 Jeopardy Floors Contest [AR]</p> <p>3:00 🍂 Happy Hour with Lulu (live entertainment) [AR]</p> <p>4:30 🍂 Lighting Shabbat Candles with Carolyn [FL2]</p> | <p>Celebration of Autumn 28</p> <p>10:15 🍂 Calvary Chapel [AR]</p> <p>10:30 🍂 Walking Club [NT]</p> <p>2:00 🍂 Bingo w/ Jeanne [AR]</p> <p>3:15 🍂 Rummikub w/ Pat O'Hara [AR]</p> <p>3:15 🍂 Wii Bowling Practice [AR]</p> <p>6:30 🍂 Movie Night with Popcorn - Falling for Vermont (YouTube) [AR]</p> |
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| <p>10:30 🍂 Televised Mass [AR] 29</p> <p>10:30 🍂 Walking Club [NT] — 🍂 Communion Blessed Sacrament [AR]</p> <p>1:15 🍂 Knitting with a Purpose w/ Fran [FL2]</p> <p>3:30 🍂 Sunday Sports [AR]</p> <p>3:30 🍂 Word Puzzles w/ Steven [AR]</p> <p>6:00 🍂 Sing on Series - Party Playlist (Netflix) [AR]</p> | <p>10:00 🍂 Boxing Workout w/ Angel (Cardio & Endurance)) [AR] 30</p> <p>3:15 🍂 My Karaoke Bar w/ Samantha [AR]</p> <p>4:15 🍂 Documentary Matinee Series - Live to 100: Secrets of the Blue Zones Ep. 4 (Netflix)</p> <p>6:30 🍂 Bingo Night w/ Jeanne [AR]</p> | |
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- 🍂 Connect
- 🍂 Contribute
- 🍂 Feel
- 🍂 Grow
- 🍂 Move
- 🍂 Reflect

Location Keys

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|--------------------------------|-----|
| Activities Room | AR |
| Community Outing | OUT |
| Dining Room | DR |
| Fitness Room | FR |
| Flamingo Lounge (2nd Floor) | FL2 |
| Lobby Lounge | LOB |
| Nature Trail | NT |
| Tranquility Corner (3rd Floor) | TC3 |



Resident Birthdays

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|--------------|-----|----------------------|------|
| Christine T. | 9/4 | Eduardo "Gabriel" G. | 9/15 |
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