

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

## Spring Village @ Dover Activity Events

# September 2023

35 Pointe Place, Dover, NH 03820 Questions? Contact: Deborah Eastman (603) 842-4908 Ext. 104 Activities Subject to Change

|  |   |   |   |  |   |  |
|--|---|---|---|--|---|--|
| <p>8:30 Meet &amp; Greet<br/>10:00 Sunrise Exercise<br/>11:00 Prayer &amp; Song<br/>1:00 Indoor Walk &amp; Item Hunt<br/>2:00 Sunny Sunday Social<br/>3:00 Helping Hands and or Game Time<br/>5:30 Paul Anka &amp; His Music</p>   | <p>8:30 Meet &amp; Greet<br/>10:00 Exercise<br/>11:00 Learning About Labor Day<br/>1:00 Indoor Walk<br/>2:00 Labor Day Social<br/>3:00 Bingo<br/>3:30 Helping Hands and or Game Time<br/>5:30 Would You Rather Labor Day Edition</p> <p>Labor Day</p> | <p>8:30 Meet &amp; Greet<br/>10:00 Chair Yoga<br/>11:00 Short Story<br/>1:00 Indoor Walk<br/>2:00 Tasty Tuesday Social<br/>3:00 Hard at Work Crossword<br/>Helping Hands and or Game Time<br/>5:30 All About Freddie Mercury</p> <p>Freddie Mercury's Birthday</p>                                | <p>8:30 Meet &amp; Greet<br/>10:00 Morning Exercise<br/>11:00 Pet Visits with Remy<br/>1:00 Indoor Walking Club<br/>2:00 Mid-Week Social<br/>3:00 Bingo<br/>3:30 Helping Hands and or Game Time<br/>5:30 The Life of Rocky Marciano</p>             | <p>8:30 Meet &amp; Greet<br/>10:00 Let's Get Strong!<br/>11:00 Sept. Celebrity Challenge<br/>1:00 Indoor Walk &amp; Item Hunt<br/>2:00 Tasty Thursday Social<br/>3:00 Helping Hands and or Game Time<br/>5:30 Happy B-Day Grandma Moses</p>  | <p>8:30 Meet &amp; Greet<br/>10:00 Chair Yoga<br/>11:00 Searching for September<br/>1:00 Indoor Walking Club<br/>2:00 End of The Week Social<br/>3:00 Bird-Watching<br/>Crossword Puzzle<br/>5:30 Discussion Group All-Time Favorite Toys from the 1930s-1980s<br/>Happy Birthday Diane F</p>               | <p>8:30 Meet &amp; Greet<br/>10:00 Let's Play Cornhole!<br/>11:00 Welcome To September<br/>1:00 Indoor Walk &amp; Item Hunt<br/>2:00 New Month Social<br/>3:00 Helping Hands and or Game Time<br/>5:30 September In History</p>  |
| <p>8:30 Meet &amp; Greet<br/>10:00 TV Church Service<br/>11:00 Hymns<br/>1:00 Indoor Walking Club<br/>2:00 Grandparents Day Social<br/>3:00 Happy Grandparents Day<br/>Crossword Puzzle<br/>3:30 Helping Hands and or Game Time<br/>5:30 The History of Grandparents Day<br/>Happy Birthday Jon Grandparents Day</p> | <p>8:30 Meet &amp; Greet<br/>10:00 Move to Improve<br/>11:00 Plant &amp; Animal Challenge<br/>1:00 Indoor Walk &amp; Item Hunt<br/>2:00 New Week Social<br/>3:00 Bingo!<br/>5:30 Life &amp; Music of George Jones</p> <p>Patriots Day</p>             | <p>8:30 Meet &amp; Greet<br/>10:00 Bocce Contest<br/>11:00 The Magic of Harry Houdini<br/>1:00 Indoor Walk &amp; Item Hunt<br/>2:00 Chocolate Milkshake Social<br/>3:00 Helping Hands and or Game Time<br/>5:30 The Great Athlete Jesse Owens</p> <p>Chocolate Milkshake Day</p>                  | <p>8:30 Meet &amp; Greet<br/>10:00 Morning Exercise<br/>11:00 Resident Council<br/>11:00 Pet Visits with Remy<br/>1:00 Indoor Walking Club<br/>2:00 Monthly Birthday Party with Josie<br/>3:00 Bingo<br/>5:30 You Guess Who I Am?</p>               | <p>8:30 Meet &amp; Greet<br/>10:00 Morning Exercise<br/>11:00 Occupational Trivia<br/>12:00 Cookout<br/>1:00 Indoor Walking Club<br/>2:00 Tasty Thursday Social<br/>3:00 Deer in Headlights Card Game<br/>3:30 Helping Hands and or Game Time<br/>5:30 All About Milton Hersey</p> | <p>8:30 Meet &amp; Greet<br/>10:00 Chair Yoga<br/>11:00 September IQ<br/>1:00 Indoor Walking Club<br/>2:00 End of The Week Social<br/>3:00 Spelling Fall Harvest<br/>Crossword Puzzle<br/>3:30 Helping Hands and or Game Time<br/>5:30 Facts About The Star Spangled Banner</p> <p>Rosh Hashanah Begins</p> | <p>8:30 Meet &amp; Greet<br/>10:00 Bowling Fun!<br/>11:00 What Is Oktoberfest?<br/>1:00 Indoor Walk &amp; Item Hunt<br/>2:00 Oktoberfest Social<br/>3:00 Helping Hands and or Game Time<br/>5:30 PM Program: Lauren Bacall Bio</p> <p>Oktoberfest Begins</p>                             |
| <p>8:30 Meet &amp; Greet<br/>10:00 Sunrise S-t-r-e-t-c-h<br/>11:00 Prayer &amp; Song<br/>1:00 Indoor Walk &amp; Item Hunt<br/>2:00 Heritage Baptist Church Service<br/>3:00 Trivia &amp; Snack Gathering<br/>5:30 Let's Experience Life in Israel</p>  | <p>8:30 Meet &amp; Greet<br/>10:00 Exercise<br/>11:00 Trivia<br/>2:00 New Week Social<br/>3:00 Bingo<br/>3:30 Helping Hands and or Game Time<br/>5:30 Things you Didn't Know About the US Air Force</p>   | <p>8:30 Meet &amp; Greet<br/>10:00 Chair Dancing<br/>11:00 What am I<br/>1:00 Indoor Walk<br/>2:00 Tasty Tuesday Social<br/>3:00 Sing Along with Susie Q<br/>3:30 Helping Hands and or Game Time<br/>5:30 8 Things You Probably Didn't Know About Mary Tyler Moore<br/>Happy Birthday Merle C</p> | <p>8:30 Meet &amp; Greet<br/>10:00 Morning Exercise<br/>11:00 Pet Visits with Remy<br/>1:00 Indoor Walking Club<br/>2:00 Memorial Service<br/>3:00 Table Games or Helping Hands<br/>5:30 Greta Garbo's Birthday</p>                                 | <p>8:30 Meet &amp; Greet<br/>10:00 Mini Golf Day<br/>11:00 Peace Maker Profiles<br/>1:00 Indoor Walk &amp; Item Hunt<br/>2:00 Peace Day Social<br/>3:00 Helping Hands and or Game Time<br/>5:30 Let's Go to The Circus!</p> <p>International Day of Gratitude</p>                  | <p>10:00 Balloon Volley Contest<br/>11:00 Animal Crackers Fun!<br/>1:00 Indoor Walk &amp; Item Hunt<br/>2:00 Finally Friday Social<br/>3:00 Helping Hands and or Game Time<br/>5:30 Who Was Junko Tabei?</p> <p>Happy Birthday Carmela</p>  | <p>8:30 Meet &amp; Greet<br/>10:00 Time to Move!<br/>11:00 Balloon Volleyball<br/>1:00 Indoor Walking Club<br/>2:00 Hot Apple Cider Social with Apple Donuts<br/>3:00 Autumn Message<br/>3:30 Helping Hands and or Game Time<br/>5:30 Revolutionary War Trivia</p> <p>Autumn Begins</p>  |
| <p>8:00 Meet &amp; Greet<br/>10:00 TV Church Service<br/>11:00 Jonah &amp; The Whale<br/>1:00 Indoor Walking Club<br/>2:00 Refreshment Social<br/>3:00 Dog Coloring Pages<br/>3:30 Helping Hands and or Game Time<br/>5:30 Yom Kipper True or False</p> <p>Yom Kippur Begins</p>                                     | <p>8:30 Meet &amp; Greet<br/>10:00 New Week Exercise<br/>11:00 Who Was the Brat Pack?<br/>1:00 Indoor Walk &amp; Item Hunt<br/>2:00 New Week Social<br/>3:00 Bingo!<br/>5:30 How Typhoid Mary Got Her Name.</p>                                       | <p>8:30 Meet &amp; Greet<br/>10:00 Ladder Ball Contest<br/>11:00 French Oceanographer Jacques Cousteau<br/>1:00 Indoor Walk &amp; Item Hunt<br/>2:00 Afternoon Matinee<br/>3:00 Trivia &amp; Snack Time<br/>5:30 Who Were the Little Rock Nine?</p>   | <p>8:30 Meet &amp; Greet<br/>10:00 Morning Exercise<br/>11:00 Pet Visits with Remy<br/>1:00 Indoor Walking Club<br/>2:00 Refreshment Social<br/>3:00 Bingo<br/>3:30 Helping Hands and or Game Time<br/>5:30 Towering Facts About Giant Sequoias</p> | <p>8:30 Meet &amp; Greet<br/>10:00 Morning Exercise<br/>11:00 Bean Bag Twister<br/>12:00 Cookout<br/>1:00 Indoor Walking Club<br/>2:00 Tasty Thursday Social<br/>3:00 Brown Categories<br/>3:30 Helping Hands and or Game Time<br/>5:30 What's My Job</p>                          | <p>8:30 Meet &amp; Greet<br/>10:00 Chair Yoga<br/>11:00 Good Humor Group<br/>1:00 Indoor Walking Club<br/>2:00 End of The Week Social<br/>3:00 Sing-Along with Susie Q<br/>3:30 Helping Hands and or Game Time<br/>5:30 Make Room for Ryder</p>   | <p>8:30 Meet &amp; Greet<br/>10:00 Weekend Workout<br/>11:00 GIANT Crossword Puzzle<br/>1:00 Indoor Walk &amp; Item Hunt<br/>2:00 Coffee &amp; Donut Social<br/>3:00 Helping Hands and or Game Time<br/>Program: Barbara Walters &amp; Amazing Interviews</p> <p>National Coffee Day</p> |