



September 2018



And, every day, for your enjoyment...
 7-10 am Breakfast, Newspapers, Visiting
 10:00 Morning Chat & Walking Group
 11:30 Exercise & Walking Groups
 2:00 Afternoon Chat
 3:30 Exercise & Walking Groups
 5:45 Evening Farewell

CLOSED FOR LABOR DAY

3
 10:00 Pinochle w/Betty
 10:30 Trip: Picnic at Crown Point
 Singalong with David
 Concentration
 Ring Toss
 1:00 David Reads Quixote
 Word Pictures w/Marion
 Croquet
 2:30 Jazz Standards with Chuck & David
 Craft with Hildegund
 Bone Builders
 4:00 Mystery Music w/Joelle
 Craft with Hildegund
 Basketball Bonanza

4
 9:45 Bone Builders
 10:00 Readings w/Nick
 10:30 King Pede with Barb
 Singalong with Sheila
 Ladderball
 1:00 School Time Artifacts and Memories with Barb
 Bingo
 Target Toss
 2:30 Changing Landscapes
 Green Bean Cutting
 Car Shuffleboard
 4:00 Fred and Sarah: Jazz Piano & Song
 Devotional Hour
 Words in a Word
 Tabletop Basketball

5
 10:30 Paintings by Cynthia
 Trivial Pursuit
 Team Tennis
 12:45 Pinochle w/Betty
 1:00 Sing Your Heart Out with Robert
 Life Lessons w/Eileen
 Car Shuffleboard
 2:30 Dancing in your Seat with Alice
 Bone Builders
 4:00 Concert with Lyn
 Writing for Fun w/Rob
 Pool Club

6
 10:30 Students Visit
 Poker Game with Sue
 Gene Autry
 Words in a Word
 Barrel Frisbee
 1:00 Jazz Music with the PI Trio
 NJ's Book Reading
 Moving Target
 2:30 Trip: Visiting Judith's Gardens
 German and French Songs
 Devotional Hour
 Ring Bocce
 4:00 Music to Dance By
 Baking with Chocolate
 Horseshoes

7
 10:30 Singalong with Sue
 Bingo
 1:00 Swing Tunes with Mark Bocce

10
 9:45 Bone Builders
 10:30 Jazz Music with the PI Trio
 Craft with Ann
 Tabletop Bagball
 1:00 Zumba with Mary Ann
 Nail Care
 Tabletop Shuffleboard
 2:30 Piano Singalong w/Linda
 Flower Arranging
 Bowl Bocce
 4:00 Jazz Piano with Fred
 Massage with Nancy
 Pool Club

11
 10:00 Pinochle w/Betty
 10:30 Neighbor Spotlight with Howard
 Words in a Word with Marion
 Horseshoes
 1:00 Native Perennials with Marijke
 Numbers Puzzle w/Helen
 Pool Bocce
 2:30 Trip: Creemees
 Native Perennials with Marijke
 Classical Music of Dvorak
 Bone Builders
 4:00 Dancing Fun... Craft
 Kooshball Tennis

12
 9:45 Bone Builders
 10:00 Readings with Nick
 10:30 King Pede w/Barb
 Singalong with Sheila
 Baking with Geetha
 Ring Toss
 1:00 Tom's Turnings
 Apple Cutting
 Ring Bocce
 2:30 Trip: Sheldon Museum - "In Flanders Fields"
 Edwin Reads His Poetry
 Poetry Hour
 Target Toss
 4:00 Hymns with Meredith & Friends
 Words in a Word
 Ladderball

13
 10:30 Rick Talks about Changes in Vermont
 Painting with Cynthia
 Trivial Pursuit
 Car Shuffleboard
 12:45 Pinochle w/Betty
 1:00 Students Visit
 Fellows with Cellos
 Crosswords
 Bocce
 2:30 Lake Champlain Maritime Museum with Ed
 Green Bean Cutting
 Bone Builders
 4:00 Singalong
 Nail Care
 Pool Club

14
 10:30 Poker Game with Sue
 Old Bones
 Wheel of Fortune
 Tabletop Bag Ball
 1:00 Act 148: Compost and Waste Reduction with Annina
 NJ's Book Reading
 Golf
 2:30 Act 148: Compost and Waste Reduction with Annina
 Shuffleboard
 4:00 Irish Music with O'hAnleigh
 Word Pictures
 Croquet

15
 10:30 Wheel of Fortune
 Bingo
 Car Shuffleboard
 1:00 Music and Massage with Maryanne's Piano Music

17
 9:45 Bone Builders
 10:30 Trip: Driving Tour
 Singalong with Mary and Friends
 Knit & Chat
 Car Shuffleboard
 1:00 Singalong with Mona & Louise
 Bingo... Golf
 2:30 Piano Singalong w/Linda
 Pokeeno with Dale
 Team Tennis
 4:00 Jazz Piano with Fred
 Flower Arranging
 Pool Club

18
 10:00 Pinochle w/Betty
 10:30 Jazz Music w/the PI Trio
 Word Puzzles with Marion
 Tabletop Bowling
 1:00 Lifelong Learning
 Sharing Stories
 Long Car Shuffleboard
 2:30 David Reads Quixote
 Apple Cutting
 Bone Builders
 4:00 Fellows with Cellos
 Baking with Joelle
 Pool Bocce

19
 9:45 Bone Builders
 10:00 Readings with Nick
 10:30 Trip: Mt. Meadows Farm
 King Pede with Barb
 All About Bees
 Tabletop Basketball
 1:00 Music & Massage
 Apple Cutting
 Barrel Frisbee
 2:30 Zumba with Mary Ann
 Nail Care... Golf
 4:00 Old Time Music & Dance
 Party with Jim and Don
 Green Bean Cutting
 Horseshoes

20
 10:30 Sarah's Paper Sculptures
 Concentration
 Ladderball
 12:45 Pinochle w/Betty
 1:00 Nola: Songs & Stories
 Life Lessons w/Eileen
 Target Toss
 2:30 Banjo Music with Rick & Kristin
 Words in a Word
 Bone Builders
 4:00 Dancing Fun
 Writing for Fun
 Pool Club

21
 10:30 Trip: Sheldon Museum
 "In Flanders Fields"
 Poker Game with Sue
 Singalong w/Mary Jane
 Pool Bocce
 1:00 Concert with Lyn
 NJ's Book Reading
 Croquet
 2:30 All about Ray Charles
 Devotional Hour
 Tabletop Bowling
 4:00 Piano Singalong
 Craft with Ann
 Ring Toss

22
 10:30 Live Music with Heron Fire
 Tabletop Shuffleboard
 1:00 Piano Singalong with Hildgund
 Bingo

24
 9:45 Bone Builders
 10:30 The Rock and Other Stories with Barb
 Words in a Word
 Wiffleball
 1:00 Rodgers & Hammerstein Singalong w/Kathleen
 Apple Cutting
 Moving Target
 2:30 Homeward Bound Trip
 Piano Singalong w/Linda
 LCR Dice Game w/Dale
 Target Toss
 4:00 Jazz Piano with Fred
 Flower Arranging
 Pool Club

25
 10:00 Pinochle w/Betty
 10:30 Shader Craft
 Green Bean Cutting
 Ladderball
 1:00 Ragtime Piano w/George
 Numbers Puzzle with Helen
 Car Shuffleboard
 2:30 Ragtime Piano with George
 Crosswords
 Bone Builders
 4:00 Jazz Standards with Chuck & David
 Life Stories
 Air Hockey

26
 9:45 Bone Builders
 10:00 Readings w/Nick
 10:30 Catholic Communion
 10:30 King Pede w/Barb
 Classical Music w/Rhonda
 Craft with Ann
 1:00 Singalong with Pat & Mal
 Autumn Memories with Barb
 Tabletop Shuffleboard
 2:30 All about U.S Constitution
 Trivia with Anne
 Ring Toss
 4:00 Fred and Sarah: Jazz Piano & Song
 Devotional Hour
 Writing for Fun
 Bowl Bocce

27
 10:30 Painting with Cynthia
 Singalong
 Green Bean Cutting
 Croquet
 12:45 Pinochle w/Betty
 1:00 Students Visit
 Cello & Violin Concert w/the Piatagorksy Foundation
 Baking with Chocolate
 Pool Bocce
 2:30 Classic Movies
 Bingo
 Bone Builders
 3:30 Classic Movies
 Word Pictures
 Pool Club
 ⇒ EARLY CLOSE ⇐

28
 10:30 Students Visit
 Poker Game with Sue
 Judd Plays Accordion
 Nail Care
 Target Toss
 1:00 Armchair Garden Tour with Judith
 NJ's Book Reading
 Tabletop Basketball
 2:30 Armchair Garden Tour with Judith
 Naturally Curious
 Ladderball
 4:00 Concert with Lyn
 Trivia with Denise
 Golf

29
 10:30 Singalong
 Bingo
 1:00 RidgeRunners Band
 Air Hockey



PROJECT INDEPENDENCE SEPTEMBER 2018

Addison County
Home Health Foot Clinic
at Project Independence
See back cover for details

❖ EARLY CLOSING ❖
(for staff meeting)
Thursday, September 27



Closed Monday, Sept. 3
Labor Day

September Highlights! More Inside!



- ❖ Sarah's Paper Sculptures
- ❖ Rick Talks about Changes in Vermont
- ❖ Swing Tunes with Mark
- ❖ Native Perennials with Marijke
- ❖ Compost and Waste with Annina
- ❖ Lake Champlain Maritime Museum with Ed

Van Trips:

- Judith's Gardens
- Sheldon Museum: "In Flanders Fields"
- Mountain Meadows Farm
- Homeward Bound
- Driving Tour

Addison County

Home Health Foot Clinic at Project Independence

Thursday, September 20, 1:00 – 4:00 PM

*check payable to Elderly Services
due by Monday, September 17*

Monday, September 24, 1:00 – 4:00 PM

*check payable to Elderly Services
due by Friday, September 21*

\$40 for first appointment (includes supplies)
\$30 for subsequent appointments

To Register

Call 388-3983 for Dana or her voicemail.

CLOSED Monday, September 3 - Labor Day
☞ *Early Close: Thursday, September 27* ☞



Family Caregiver Support Group
12 noon, 3rd Friday of the month