



















SEPTEMBER 2019



LIMESTONE LODGE ASSISTED LIVING

256.233.1224 | www.LimestoneLodgeAL.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 12pm Cookout 	3 11am Sittercise and Trivia 3pm Rummikub	4 11am Sittercise and Trivia 3pm Bible Jingo	5 11am Sittercise and Trivia 3pm UNO	6 Senior Funfest 	7 Friends and Family Day!
8 National Assisted Living Week September 8-14 2pm Ice Cream Sundae Kick-off A Spark of Creativity	9 A Spark of Creativity Decorating Doors 	10 Inspiration Boards A Spark of Creativity 	11 A Spark of Creativity 	12 6pm Family Night Spaghetti Supper, Art Show and Bingo 	13 1pm NALW Proclamation - Mayor Ronnie Marks 	14 Friends and Family Day! 
15 Worship Day 	16 11am Sittercise and Trivia 3pm Ms. Barbara Pugh's Birthday!	17 11am Sittercise and Trivia 3pm Rummikub	18 11am Sittercise and Trivia 3pm Bible Jingo	19 11am Sittercise and Trivia 3pm Penny Auction	20 Joe Wheeler State Park Boat Ride 	21 Friends and Family Day!
22 Worship Day 	23 11am Sittercise and Trivia 3pm Bingo 	24 11am Sittercise and Trivia 3pm Rummikub	25 11am Sittercise and Trivia 3pm Bible Jingo	26 11am Sittercise and Trivia 12pm Breakfast for Lunch 3pm UNO 	27 Mildred's for Lunch 	28 Friends and Family Day!
29 Worship Day 	30 11am Sittercise and Trivia 3pm Bingo	BIRTHDAYS: Ms. Barbara Pugh 	HEALTH TOPIC: Healthy Aging Month	FOOD: All-American Breakfast Month 	EXERCISE: 