

Flu Shots

Get the Shot, Not the Flu

Sign up sheet is in front of Activities Room

The CDC recommends anyone over the age of 6 months get a flu shot. The flu can lead to serious illness, even pneumonia. The flu shot does NOT give you the flu.

Brown's Advanced Care Pharmacy will be at

Arbor Oaks

Sept. 28, 2022

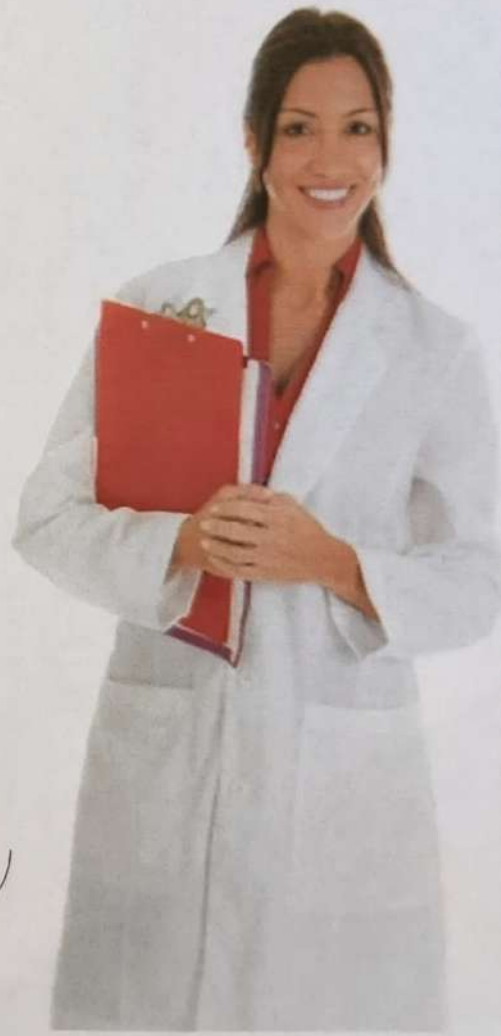
9 AM - 11 AM

offering you flu vaccine.

Please bring your health insurance information and your new MEDICARE CARD if applicable

Get a Flu shot, Not the Flu

517-750-2180



Arbor Oaks Newsletter

September 2022



If you would like to participate in the September 14th game, WHO'S THAT BABY?, please have your picture to Michelle P. by 3pm



September Birthdays

4th Joan Craddock

6th Chita Koppel

5th Colleen Halsey

15th Barbara Coppage

18th Phyllis Bostwick

19th Mary Shantz

23rd Kathy Kundrick

Errand run is every Thursday morning at 9:15am

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If you have a list please have it ready by 4pm the Wednesday before.

The office will be closed September 5th for Labor Day

~NO MAIL~

**BIRTHDAY
CELEBRATION
SEPTEMBER 26TH**



POINT SYSTEM

1 point for showing up

1 point per bingo

2 points per coverall

WHEN

Wednesdays at 1:15pm

Saturday nights at 7pm

**NIGHT BINGO IS SUBJECT TO
CARE CONNECTION
AVAILABILITY**

REMINDERS

- 60 balls, then coverall
- Bingo store after last game of the month

**• POINTS DO NOT
CARRY OVER**



IT'S FALL Y'ALL

The first day of fall is Thursday, September 22

Autumn Days

Yellow, mellow, ripened days,
 Sheltered in a golden coating;
 O'er the dreamy, listless haze,
 White and dainty cloudlets floating;
 Winking at the blushing trees,
 And the sombre, furrowed fallow;
 Smiling at the airy ease
 Of the southward-flying swallow.
 Sweet and smiling are thy ways,
 Beauteous, golden, Autumn days!

by Will Carleton

Fun Bus Trips

Thursday September 15th

Lowry's Little Flock Farm

Thursday September 22nd

Bright Walls Mural Tour

Tuesday September 6th

Picnic at Lime Lake

Entertainment

Friday September 2nd

Music by Marty

Monday September 12th

Music by JackSon French
Quarter Dixie Land Band

MONDAY September 19th

Music by Tom Embury

Movie and Popcorn Fridays



Sept 9th



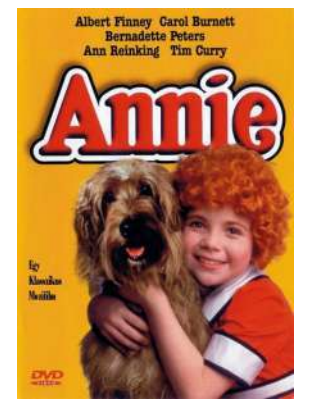
Sept 16th



Sept 23rd



Sept 30th



SEPTEMBER 2022

Sun	Mon	Tue	Wed	Thu 1	Fri 2	Sat 3
				9:15 <u>ERRAND RUN</u> 1:00 ALPHABET BALL 2:00 TEAM SCATEGORIES 3:00 BUBBLE ART	10:00 EXERCISE 11:15 HAIKU 1:15 PENPALS 3:20 MUSIC BY MARTY	10:00 EXERCISE 11:00 Wii BOWLING 7:00 NIGHT BINGO
4		6	7	8	9	10
9:30 JACKSON FM 10:30 SPRING ARBOR FM 4:00 VESPERS Happy Birthday Joan Craddock!	Happy Birthday Colleen Halsey!	10:00 EXERCISE <u>11:45 PICNIC AT LIME LAKE</u> 2:00 Wii BOWLING 3:45 SODA TASTING Happy Birthday Chita Koppel!	10:00 EXERCISE 11:30 MICHIGAN TRIVIA 1:15 BINGO 3:30 SUNFLOWER BUTTONS 7:00 MUSIC WITH AUDREY	9:15 <u>ERRAND RUN</u> 1:00 TRY NOT TO LAUGH CHALLENGE	10:00 CARDIO DRUMMING 11:30 HANGMAN 2:15 POPCORN AND MOVIE	10:00 EXERCISE 11:00 Wii BOWLING 7:00 NIGHT BINGO
11	12	13	14	15	16	17
9:30 JACKSON FM 10:30 SPRING ARBOR FM 4:00 VESPERS	10:00 EXERCISE 11:30 HANGMAN 1:30 MUSIC BY THE JACKSON FRENCH QUARTER DIXIE LAND BAND	10:00 EXERCISE 11:30 HANGMAN 2:00 Wii BOWLING 3:15 BEAD PETS	10:00 EXERCISE 11:30 CHARADES 1:15 BINGO 3:30 WHO'S THAT BABY? 7:00 MUSIC WITH AUDREY	9:15 <u>ERRAND RUN</u> 1:00 KICKBALL 1:45 <u>LOWRY'S LITTLE FLOCK FARM</u> Happy Birthday Barbara Coppage!	10:00 CARDIO DRUMMING 11:30 SIMON SAYS 2:15 POPCORN AND MOVIE	10:00 EXERCISE 11:00 Wii BOWLING 7:00 NIGHT BINGO
18	19	20	21	22	23	24
9:30 JACKSON FM 10:30 SPRING ARBOR FM 4:00 VESPERS Happy Birthday Phyllis Bostwick!	10:00 EXERCISE 11:15 CORNHOLE 1:15 MANICURES 2:30 MUSIC BY TOM EMBURY Happy Birthday Mary Shantz!	10:00 EXERCISE 11:30 MAD LIBS 2:00 Wii BOWLING 3:45 CHIP TASTING	10:00 EXERCISE 11:30 JOKES 1:15 BINGO 3:00 ANIMAL SHELTER 7:00 MUSIC WITH AUDREY	9:15 <u>ERRAND RUN</u> 1:00 <u>BRIGHT WALLS MURAL TOUR</u>	10:00 CARDIO DRUMMING 11:30 HANGMAN 2:15 POPCORN AND MOVIE Happy Birthday Kathy Kundrick!	10:00 EXERCISE 11:00 Wii BOWLING 7:00 NIGHT BINGO
25	26	27	28	29	30	
9:30 JACKSON FM 10:30 SPRING ARBOR FM 4:00 VESPERS	10:00 EXERCISE 11:30 HANGMAN 1:15 MANICURES 3:00 BIRTHDAY CELEBRATION	10:00 EXERCISE 11:30 SIMON SAYS 2:00 Wii BOWLING	10:00 EXERCISE 11:30 NAME THE SONG 1:15 BINGO 3:00 BINGO STORE 7:00 MUSIC WITH AUDREY	9:15 <u>ERRAND RUN</u> 1:15 ALPHABET BALL 2:15 YAHTZEE	10:00 CARDIO DRUMMING 11:15 Pictionary 2:15 POPCORN AND MOVIE	