







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>September is the month of Self-Love</i>						
		1	2	3	4	5
				*Food Delivery		
6	7	8	9	10	11	12
	 Labor Day	Care provider support Meeting w/caregivers 11am – 12pm	11am – 12pm Wake & Shake <i>Meet & Greet</i> Fall into self-care 	*Food Delivery		
13	14	15	16	17	18	19
Grandparents Day	11am – 12pm Wake & Shake <i>Meet & Greet</i> Coffee Social  Depths of L.O.V.E. Level of validation & esteem *Food Delivery		11am – 12pm Wake & Shake Meet & Greet Relaxation Meditation Hour (eye pillow/ hand lotion) 	*Food Delivery	Rosh Hashanah Begins	Oktoberfest Begins
20	21	22	23	24	25	26
	11am – 12pm Wake & Shake Spiritual Moments Turning Loneliness into Happiness *Food Delivery	Autumn Begins	11am – 12pm Tea Social Wake & Shake Self-improvement 	*Food Delivery		
27	28	29	30	<h1 style="color: #D9534F;">September 2020</h1> <p>ALL groups will be conducted through Zoom. Meeting ID: 863 827 1003 Passcode: Foundation</p>		
Yom Kippur Begins	11am – 12pm <i>Meet & Greet</i> House Hunt (five items)  *Food Delivery	11am – 12pm <i>Spiritual Moment</i> Crafty Creations (Craft Corner) Raffle giveaway  Monthly Raffle				