

Address:  
 Arapaho Gardens  
 1121 Rockingham Dr.  
 Richardson TX 75080  
 972-379-9904



**PLAN @ 1121 ROCK**  
 People Living Active Now



**September Birthdays**

James S - 9/1, Lisa W - 9/3,  
 Joe T - 9/13, Charlene W - 9/21,  
 Nick M - 9/22, Carson D - 9/24,  
 Steve W - 9/24, Gerald V- 9/26  
 Mark H - 9/28, Gloria P - 9/29 & Chris P- 9/30.

~ September 2024 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Clubhouse Closed Labor Day	3 Morning Mtg 10a Lunch 12:30p HOUSE MEETING 1p Afternoon Meeting 1:45p Career & Dev Comm 2p	4 Morning Mtg 10a Newsletter Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p Janssen Neuorscience 2p	5 Morning Mtg 10a Media Arts Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p Sunshine & Shadows 2p	6 Morning Mtg 10a Events Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p	7
8 	9 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:30p Pam's Book Discussion 2p Tea Time 3p	10 Morning Mtg 10a Lunch 12:30p HOUSE MEETING 1p Afternoon Meeting 1:45p Career & Dev Comm 2p	11 Clubhouse Closed JFS Staff Retreat	12 Morning Mtg 10a Media Arts Comm. 11a Lunch 12:30p FIELD TRIP: Biblical Art Museum	13 Morning Mtg 10a Gardening Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p	14
15	16 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:30p Pam's Book Discussion 2p Tea Time 3p	17 Morning Mtg 10a Lunch 12:30p HOUSE MEETING 1p Afternoon Meeting 1:45p Career & Dev Comm 2p	18 Morning Mtg 10a Newsletter Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p	19 Morning Mtg 10a Media Arts Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p Sunshine & Shadows 2p	20 Morning Mtg 10a Hoops at JFS 10:30a Events Comm 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p	21  Coffee House Jam: Return of the British Invasion - 5p
22 	23 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:30p Pam's Book Discussion 2p Tea Time 3p	24 Morning Mtg 10a Birthday Bash 12:30p HOUSE MEETING 1p Afternoon Meeting 1:45p Kim's Cooking Class 2p Career & Dev Comm 2p	25 Morning Mtg 10a Sr Wellness Fair 10:30a Lunch 12:30p Afternoon Unit Mtgs 1:30p New Member Comm 2p	26 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:30p Advocacy Comm. 2p JFS Groundbreaking - 4:30	27 Morning Mtg 10a Gardening Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p	28  Supper Club Mei Mei's - 5p 10455 N. Central Expy
29	30 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:30p Pam's Book Discussion 2p Tea Time 3p		We're all working together; that's the secret. - Sam Walton			

**Special Events:**

9/4 - Janssen Neuroscience Presentation - 2p  
 9/9, 9/16, 9/23, 9/30 - Pam C.'s Book Discussion - 2p  
 9/12 - FIELD TRIP: Biblical Art Museum @ 1p - \$5  
 9/20 - Hoops @ JFS @ 10:30a  
 9/21 - Coffee House Jam @ 5p

**HOURS:**

**Monday - Friday 9am-4pm**  
**972-379-9904**

9/24 - September Birthday Bash @ 12:30p  
 9/24 - Kim's Cooking Class @ 2p  
 9/25 - Richardson Senior Wellness Fair @ 10:30a  
 9/26 - JFS Groundbreaking Time TBD  
 9/28 - Supper Club @ Mei Mei @ 5p