

Upper Room Senior Day Program

Fall 2019



“Aging with dignity and purpose”

Learn to dance in
the rain....

HOPE

See the
invisible, feels
the intangible
and achieves the
impossible

A Quote Shared by:
Bishop G.O. Glenn
August 11, 2019



Upper Room – Senior Day Program
“Aging with dignity and purpose”.... Psalm 71:18

Activities Schedule

9:00 – 1:00

September 10, 2019 – Tuesday

		Activity	Presenter
Prayer	Welcome	Program Overview, Enrollment, Fellowship Safety Awareness Overview Computer Lab Overview	Barbara Martin, NDEC Derrick Crawley, NDEC Rolando Wilson, NDEC

September 11, 2019 – Wednesday

		Activity	Presenter
Prayer	Welcome	Group Exercise Review/refine/update Calendar Lunch Bible Study	Sister Helen Crawford Barbara Martin Group Activity Bishop G.O. Glenn

September 17, 2019 - Tuesday

		Activity	Presenter
Prayer	Welcome	Pocahontas Island Black History Museum Computer Lab	Group Outing Rolando Wilson

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Activities Schedule

9:00 – 1:00

September 18, 2019 - Wednesday

		Activity	Presenter
Prayer	Welcome	Group Exercise	
		Bingo, Tic- Tac-Toe, Puzzles, Art	Group Games
		Luncheon	Group
		Bible Study	Bishop G.O. Glenn

September 24, 2019 – Tuesday

		Activity	Presenter
Prayer	Welcome	Amazon Tours Chester Plant	Group Outing
		Computer Lab	Rolando Wilson

September 25, 2019 – Wednesday

		Activity	Presenter
Prayer	Welcome	Group Exercise	Helen Crawford
		Luncheon	Group
		Bible Study	Bishop G.O. Glenn

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Activities Schedule

9:00 – 1:00

October 1, 2019 – Tuesday

		Activity	Presenter
Prayer	Welcome	Medicare Open Season: Seminar Presentation Computer Lab	Capital Area on Aging Rolando Wilson

October 2, 2019 – Wednesday

		Activity	Presenter
Prayer	Welcome	Group Exercise Community Civic Duties Lunch Luncheon Bible Study	Helen Crawford Round Table Discussion Group Bishop G.O. Glenn

October 4, 2019 – Friday

		Activity	Presenter
Prayer	Welcome	State Fair	Group Outing

October 8, 2019 – Tuesday

		Activity	Presenter
Prayer	Welcome	Estate Planning Seminar	Paula L. Peaden, Esq.
		Computer Class	Rolando Wilson

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Activities Schedule

9:00 – 1:00

October 9, 2019 – Wednesday

		Activity	Presenter
Prayer	Welcome	Group Exercise	Helen Crawford
		Bingo, Tic-Tac-Toe, Corn holes, Puzzles, Art	Group games
		Luncheon	Group
		Bible Study	Bishop G.O. Glenn

October 15, 2019 – Tuesday

		Activity	Presenter
Prayer	Welcome	Fire & EMS Chesterfield Community Programs	Lt. Jason Elmore
		CPR Class	Bensley Bermuda
		Computer Lab	Rolando Wilson

October 16, 2019 – Wednesday

		Activity	Presenter
Prayer	Welcome	Brain Boot Camp/Alzheimer	Courtney Stith/Raleigh Priddy
		Lunch	Group Activity
		Bible Study	Bishop G.O. Glenn

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9:00 – 1:00

October 22, 2019 – Tuesday

		Activity	Presenter
Prayer	Welcome	Chesterfield County Jail Museum Tour	TBD
		Computer Lab	Rolando Wilson

October 23, 2019 – Wednesday

		Activity	Presenter
Prayer	Welcome	Phone Applications for everyday use	Round table Discussion
		Luncheon	Group
		Bible Study	Bishop G.O. Glenn

October 29, 2019 – Tuesday

		Activity	Presenter
Prayer	Welcome	Movie Day	Sister Beaver
		Computer Lab	Rolando Wilson

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9:00 – 1: 00

October 30, 2019 – Wednesday

		Activity	Presenter
Prayer	Welcome	Brain Teasers/Arts and Crafts	Group Activity
		Lunch	Group Activity
		Bible Study	Bishop G.O. Glenn

November 5, 2019– Tuesday

		Activity	Presenter
VOTE VOTE VOTE		NO MEETING	VOTE VOTE VOTE

November 6, 2019– Wednesday

		Activity	Presenter
Prayer	Welcome	Group Photo	Group Activity
		Review/Plan Spring Calendar	

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9:00 – 1: 00

November 12, 2019 – Tuesday

		Activity	Presenter
Prayer	Welcome	Bowl America (arrive 9:00 AM)	Group Outing

November 13, 2019 – Wednesday

		Activity	Presenter
Prayer	Welcome	Birthday Celebrations / Luncheon	Group Activity
		Bible Study	Bishop G.O. Glenn

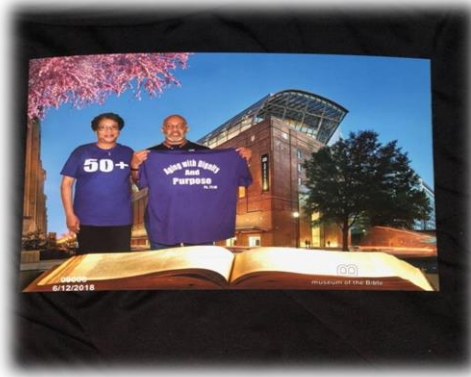
THANKSGIVING BREAK

Enjoy the holiday season!

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Comments:

What activity (activities) did you enjoy the most this session? What can we do to make the program better? Don't stop sharing; we love hearing from you.



Spread the word, invite a friend!

We are better together!