

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Happy Birthday! 9/7 Carol F 9/15 Jeanne F 9/20 Ricki G 9/23 Marcia M	9:45 Total Workout Tuesday with Barbara and Priscilla 1 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 AnyTown Tuesday: Hoi An, Vietnam 12:00 Men's Lunch Club ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises 2:30 Tuesday Tunes & Trivia ~ Sunroom & TV Room 3:30 Tuesday Teacups Art Project with Barbara & Maura: Coca-Cola Bottle Flower Arrangements 3:30 Water Pong & Word in a Word with Sara 6:00 Movie Night	9:45 Workout Wednesdays with Lisa & Barbara 2 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 Rock & Roll Hall of Fame Anniversary: First Inductees 1:30 Walking Club ~ Weather Permitting 1:30 Catholic Service ~ TV Room 2:00 Afternoon Chair Exercises ~ Bistro 2:00 Waffle Wednesday ~ Sunroom 2:30 Live Performance by Steve Barke! ~ Bistro 3:30 Giant Connect Four & Whiteboard Pictionary 3:30 Beautiful Beading with Lisa ~ Art Room 6:00 Movie Night	9:45 Total Training Thursdays with Sara and Barbara 3 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 Tricky Trivia Thursday 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises 2:30 U.S Bowling League Day: Table Bowling 2:30 Hot Topics with Priscilla 3:30 Hula Hoop Toss & Names That Start With...with Barbara ~ Bistro 3:30 Teacups Club Talk with Priscilla ~ Art Room 6:00 Movie Night	9:45 Fresh & Fit Fridays with Daryl 4 10:15 Hydration Station 10:30 Scenic Ride ~ Lobby 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Reading 11:30 National Wildlife Day: Unique Animals Around the World 1:30 Walking Club ~ Weather Permitting 2:00 Shabbat Service with Rabbi Adam! ~ Sunroom 2:30 Afternoon Chair Exercises ~ Sunroom 3:30 Bold Baskets & Crazy Categories with Daryl 3:30 Flawless Friday Spa Day with Care Team 6:00 Movie Night	9:45 Sculpt and Sweat Saturdays with Jenna 5 10:15 Hydration Station 10:30 Scenic Ride ~ Lobby 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 National Hummingbird Day: Bird Facts 1:30 Walking Club ~ Weather Permitting 2:00 Garden Club ~ Woodlands 2:00 Live Performance by Rita & Richard Clarke! ~ Bistro 2:00 National Cheese Pizza Day! Culinary Demo 3:30 Beanbag Toss & Word Association with Jenna 3:30 Blazin' Bingo with Care Team ~ Art Room 6:00 Movie Night	
9:30 Catholic Service Live Stream ~ TV Room 6 9:45 Meditative Yoga with Barbara & Jenna 10:15 Hydration Station 10:30 Walking Club ~ Weather Permitting 11:00 Daily Chronicle Discussion 11:30 Riddle Me This ~ Sunroom & TV Room 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises 2:30 Giant Word Search with Barbara ~ Sunroom 2:30 Giant Jenga with Jenna ~ TV Room 3:30 Ring Toss & Guess That Song with Barbara 3:30 Sunday Spa Day with Jenna ~ Art Room 6:00 Movie Night	9:45 Move & Groove Mondays w/Barbara & Cissel 7 10:15 Hydration Station 10:30 Scenic Ride ~ Lobby 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 Happy Labor Day! History Discussion 1:30 Walking Club ~ Weather Permitting 2:00 Labor Day Cross Campus Performance by Mystic YaYa ~ Parking Lot 3:30 Labor Day Coloring & Manicures ~ Art Room 3:30 Birthday Celebration for Carol F! ~ Bistro 3:45 Mini Golf Monday with Barbara ~ Bistro 6:00 Movie Night Labor Day	9:45 Total Workout Tuesday with Barbara and Priscilla 8 10:30 Hydration Station & Walking Club 11:00 The Daily Chronicle Discussion 11:30 AnyTown Tuesday: Bagan, Myanmar 12:00 Men's Lunch Club ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises 2:15 Musical Trivia & Performance by Jerry Roman! ~ Bistro 3:30 Tuesday Teacups Tea Party with Barbara & Maura ~ Art Room 3:30 Water Pong & Word in a Word with Sara 6:00 Movie Night	9:45 Workout Wednesdays with Lisa & Barbara 9 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 Happy Birthday Hugh Grant: Biography 11:30 Song Jumble with Daryl 1:30 Walking Club ~ Weather Permitting 1:30 Catholic Service ~ TV Room 2:00 Afternoon Chair Exercises ~ Bistro 2:00 Waffle Wednesday ~ Sunroom 2:30 Live Performance by Julie Hall! ~ Bistro 3:30 Giant Connect Four & Whiteboard Pictionary 3:30 Tissue Paper September Trees w/Barbara 6:00 Movie Night	9:45 Total Training Thursdays with Sara and Barbara 10 10:30 Hydration Station & Walking Club 11:00 The Daily Chronicle Discussion 11:30 Tricky Trivia Thursday 12:15 Outing to the National Geographic Museum of Exploration ~ Lobby 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises 2:30 Table Bowling Thursday & Hot Topics 3:30 Hula Hoop Toss & Words That Start With...with Barbara ~ Bistro 3:30 Teacups Club Talk with Priscilla ~ Art Room 6:00 Movie Night	9:45 Fresh & Fit Fridays with Daryl 11 10:15 Hydration Station 10:30 Salute to the Flag: 25th Anniversary of 9/11 ~ Parking Lot 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Reading 1:30 Salute to First Responders ~ Parking Lot 2:00 Afternoon Chair Exercises ~ Sunroom 2:00 Scenic Ride ~ Lobby 2:15 National Hot Cross Bun Day! Culinary Demo 3:30 Bold Baskets & Crazy Categories with Daryl 3:30 Flawless Friday Spa Day with Care Team 6:00 Evening Performance by Vince Borrelli! Rosh Hashanah Begins	9:45 Sculpt and Sweat Saturdays with Barbara 12 10:15 Hydration Station 10:30 Scenic Ride ~ Lobby 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 Saturday Word Games: Finish That Phrase! 1:30 Walking Club ~ Weather Permitting 2:00 Garden Club ~ Woodlands 2:30 National Chocolate Milkshake Day! Demo 2:30 Live Performance by Frank Plumer! ~ Bistro 3:30 Beanbag Toss & Word Association with Barbara ~ Bistro 3:30 Blazin' Bingo with Care Team ~ Art Room 6:00 Movie Night
9:30 Catholic Service Live Stream ~ TV Room 13 9:45 Meditative Yoga with Jenna 10:15 Hydration Station 10:30 Walking Club ~ Weather Permitting 11:00 Daily Chronicle Discussion 11:30 History of Grandparents Day: Discussion Activity ~ Sunroom 130 Walking Club ~ Weather Permitting 2:00 National Grandparents Day: Cross Campus Celebration & Performance ~ Parking Lot 3:30 Ring Toss & Guess That Song with Jenna 3:30 Sunday Spa Day with Care Team ~ Art Room 6:00 Movie Night Grandparents Day	9:45 Move & Groove Mondays w/Barbara and Cissel 14 10:15 Hydration Station 10:30 Scenic Ride ~ Lobby 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 National Virginia Day: State Facts! 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises with Sara & Barbara 3:30 Tic Tac Toe with Barbara ~ Bistro 3:45 Live Performance by Bernie Horn! ~ Bistro 6:00 Movie Night	9:45 Total Workout Tuesday with Barbara and Priscilla 15 10:30 Hydration Station & Walking Club 11:00 The Daily Chronicle Discussion 11:30 AnyTown Tuesday: Ubud, Indonesia 12:00 Men's Lunch Club ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises 2:30 Tuesday Tunes & Wheel of Fortune 3:30 Tuesday Teacups Drink Making Class with Barbara & Maura: Fancy Orange Julius ~ Art Room 3:30 Birthday Celebration for Jeanne F! ~ Bistro 3:45 Water Pong & Word in a Word with Sara 6:00 Movie Night	9:45 Workout Wednesdays with Lisa & Barbara 16 10:30 Hydration Station & Walking Club 11:00 The Daily Chronicle Discussion 11:30 Mexican Independence Day: History Presentation ~ Sunroom &TV Room 1:30 Walking Club ~ Weather Permitting 1:30 Catholic Service ~ TV Room 2:00 Afternoon Chair Exercises ~ Bistro 2:00 Waffle Wednesday ~ Sunroom 2:30 Live Performance by Empty Ecstasy! ~ Bistro 3:30 Giant Connect Four & Whiteboard Pictionary 3:30 Mexican Artist Frida Kahlo Biography/Art History Discussion with Lisa ~ Art Room 6:00 Movie Night	9:45 Total Training Thursdays with Barbara 17 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 International Country Music Day: Dolly Parton Biography ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:00 Live Performance by Josh Earls! ~ Bistro 3:30 Hula Hoop Toss & Names That Start With...with Barbara ~ Bistro 3:30 Teacups Club Talk with Priscilla ~ Art Room 6:00 Movie Night	9:45 Fresh & Fit Fridays with Daryl 18 10:15 Hydration Station 10:30 Scenic Ride ~ Lobby 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Reading 11:30 Fun Fact Friday: Oodles of Poodles (and Doodles) ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises ~ Sunroom 2:30 Happy Birthday U.S Air Force! History Discussion ~ Sunroom 3:30 Bold Baskets & Crazy Categories with Daryl 3:30 Flawless Friday Spa Day with Care Team 6:00 Movie Night	9:45 Sculpt and Sweat Saturdays with Barbara 19 10:15 Hydration Station & Walking Club 10:30 Scenic Ride ~ Lobby 11:00 The Daily Chronicle Discussion 11:30 National Dance Day: Dances Around the World Presentation 1:30 Walking Club ~ Weather Permitting 2:00 Garden Club ~ Woodlands 2:30 Live Performance by Darryl Nichols! ~ Bistro 3:30 Beanbag Toss & Word Association with Barbara ~ Bistro 3:30 Blazin' Bingo with Care Team ~ Art Room 6:00 Movie Night Oktoberfest Begins
9:30 Catholic Service Live Stream ~ TV Room 20 9:45 Meditative Yoga with Jenna 10:15 Hydration Station 10:30 Walking Club ~ Weather Permitting 11:00 Daily Chronicle Discussion 11:30 Yom Kippur Begins: History Discussion 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises 2:30 Giant Jenga with Jenna ~ Sunroom 3:30 Sunday Spa Day with Care Team ~ Art Room 3:30 Birthday Celebration for Ricki G! ~ Bistro 3:45 Ring Toss & Guess That Song with Jenna 6:00 Movie Night Yom Kippur Begins	9:45 Move & Groove Mondays w/Lisa & Cissel 21 10:15 Hydration Station 10:30 Scenic Ride ~ Lobby 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 National New York Day: State Facts 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises 2:30 Deaf Awareness Week Begins: Sign Language Lessons! ~ Sunroom 3:30 Mini Golf & Tic Tac Toe with Lisa ~ Bistro 3:30 Monday Mandala Coloring & Manicures with the Care Team ~ Art Room 6:00 Movie Night	9:45 Total Workout Tuesday with Barbara and Priscilla 22 10:30 Hydration Station & Walking Club 11:00 The Daily Chronicle Discussion 11:30 AnyTown Tuesday: Lijiang, China 12:00 Men's Lunch Club ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:00 National White Chocolate Day! Fondue Demo 2:30 Afternoon Chair Exercises 3:30 Tuesday Teacups Literary Lounge with Barbara & Maura: National States & Capitals Day 3:30 Water Pong & Word in a Word with Sara 6:00 Movie Night Autumn Begins	9:45 Workout Wednesdays with Lisa & Barbara 23 10:30 Hydration Station & Walking Club 11:00 The Daily Chronicle Discussion 11:30 Happy Birthday Ray Charles: Biography 1:30 Walking Club ~ Weather Permitting 1:30 Catholic Service ~ TV Room 2:00 Afternoon Chair Exercises ~ Bistro 2:00 Waffle Wednesday ~ Sunroom 2:30 Live Performance by Steven Kenley! ~ Bistro 3:30 Birthday Celebration for Marcia M! ~ Bistro 3:45 Giant Connect Four & Whiteboard Pictionary 3:30 Beautiful Beading with Barbara ~ Art Room 5:00 New Orleans Themed Dinner Party 6:00 Movie Night	9:45 Total Training Thursdays with Sara and Barbara 24 10:30 Hydration Station & Walking Club 11:00 The Daily Chronicle Discussion 11:30 Tricky Trivia Thursday 12:15 Apple Picking at Homestead Farm ~ Lobby 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises 2:30 Table Bowling Thursday with Barbara 2:30 Hot Topics with Priscilla 3:30 Hula Hoop Toss & Words That Start With...with Barbara ~ Bistro 3:30 Teacups Club Talk with Priscilla ~ Art Room 6:00 Movie Night	9:45 Fresh & Fit Fridays with Daryl 25 10:15 Hydration Station 10:30 Scenic Ride ~ Lobby 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Reading 11:30 Sukkot Begins: History Discussion 1:30 Walking Club ~ Weather Permitting 2:00 National Quesadilla Day! Culinary Demo 2:30 Afternoon Chair Exercises ~ Sunroom 3:30 Bold Baskets & Crazy Categories with Daryl 3:30 Flawless Friday Spa Day with Care Team 6:00 Movie Night Sukkot Begins	9:45 Sculpt and Sweat Saturdays with Barbara 26 10:15 Hydration Station 10:30 Scenic Ride ~ Lobby 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 Saturday Word Games: Finish That Phrase! 1:30 Walking Club ~ Weather Permitting 2:00 Garden Club ~ Woodlands 2:00 National Pancake Day! Baking Demo 2:30 Afternoon Chair Exercises 3:30 Live Performance by Capital Classics Men's Chorus ~ Bistro 4:00 Beanbag Toss with Barbara ~ Bistro 6:00 Movie Night
9:30 Catholic Service Live Stream ~ TV Room 27 9:45 Meditative Yoga with Jenna 10:15 Hydration Station 10:30 Walking Club ~ Weather Permitting 11:00 Daily Chronicle Discussion 11:30 World Tourism Day: Vacation Destinations 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises 2:30 Giant Jenga with Jenna ~ Sunroom 3:30 Ring Toss & Guess That Song with Jenna 3:30 Sunday Spa Day with Care Team ~ Art Room 6:00 Movie Night	9:45 Move & Groove Mondays w/Barbara and Cissel 28 10:15 Hydration Station 10:30 Scenic Ride ~ Lobby 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 National North Carolina Day: State Facts 1:30 Walking Club ~ Weather Permitting 2:00 Afternoon Chair Exercises 2:30 National Family Day: Family Feud w/Barbara 2:30 Make Music Monday Sing-along w/Daryl 3:30 Mini Golf & Tic Tac Toe with Daryl ~ Bistro 3:30 Monday Mandala Coloring with the Barbara 6:00 Movie Night	9:45 Total Workout Tuesday with Barbara and Priscilla 29 10:30 Hydration Station 10:40 Walking Club ~ Weather Permitting 11:00 The Daily Chronicle Discussion 11:30 AnyTown Tuesday: Shirakawa-go, Japan 12:00 Men's Lunch Club ~ Sunroom 1:30 Walking Club ~ Weather Permitting 2:00 National Coffee Day: Ethiopian Coffee Ceremony with Free ~ Dining Room 3:30 Tuesday Teacups Art Project with Barbara & Maura: Welcome Autumn Canvas Paintings 3:30 Water Pong & Word in a Word with Sara 6:00 Silent Movie Night	9:45 Workout Wednesdays with Lisa & Barbara 30 10:30 Hydration Station & Walking Club 11:00 The Daily Chronicle Discussion 11:30 International Translation Day: Spanish Lessons ~ Sunroom & TV Room 11:30 Song Jumble with Daryl 1:30 Walking Club ~ Weather Permitting 1:30 Catholic Service ~ TV Room 2:00 Afternoon Chair Exercises ~ Bistro 2:00 Waffle Wednesday ~ Sunroom 2:30 Live Performance by Kent Marcoux ~ Bistro 3:30 Giant Connect Four & Whiteboard Pictionary 3:30 Pumpkin Painting with Lisa ~ Art Room 6:00 Little Women Day: Movie Night	 September 2026 Connections		