


September 2025 - Assisted Living						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day 1 	Moving Medications to Cabinets! 2 10:00 SP Catholic Mass (TV) and Communion 11:30 PH Seated Stretches 1:00 SP Grip Games Competition	Howard's Birthday! 3 10:00 EM "Gabbing Gals" with Peggy 11:30 PH Chair Yoga 3:30 SO Happy Hour & Trivia	NFL Kickoff Day 4 10:00 VO Food Committee Meeting 11:00 VO Resident Council Meeting 2:00 IN Lifelong Learning	10:30 EM Pet Visits with Gus & Ranger 5 11:30 PH Sit and Be Fit with Bethany 1:00 SP Grip Games Results Show!	SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 6 1:00 SO Ken Milley's Movie Matinee!
SO Grandparents Day! 7 Ken's Birthday! 1:00 SO Ken Milley's Movie Matinee!	SO 7:15 Vikings @ Bears 8 10:00 SP Catholic Mass (TV) and Communion 11:30 PH Chair Aerobics 2:30 EM Music with Kristin	10:00 SP Protestant Church Service (TV) 9 11:30 PH Seated Stretches 3:00 SO Candy Bingo	10:00 SO "Gabbing Gals" with Peggy 10 10:30 PH Chair Yoga with Allison 2:30 VO Crafternoon: Pinecone Bouquets 6:30 EM Pet Visits	Survey Prep 11 11:30 PH Chair Exercise (TV) 3:00 SO Movie Matinee	10:30 EM Pet Visits with Gus & Ranger 12 11:45 VO Lunch Outing: Pancheros 50% Off Meal! 4:00 PH Sit and Be Fit with Bethany	SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 13 1:00 SO Ken Milley's Movie Matinee!
1:00 SO Ken Milley's Movie Matinee! 14 7:20 SO Vikings vs. Falcons	10:00 SP Catholic Mass (TV) and Communion 15 11:30 PH Chair Aerobics 2:30 EM Music with Kristin [MC] 3:30 IN Coffee with Megan	9-11:30 Bethany in Training 16 11:30 PH Seated Stretches 1:45 EM Manicures 3:00 SO Candy Bingo	10:00 EM "Gabbing Gals" with Peggy 17 11:00 SP Church & Communion with Pastor Cullen 4:00 PH Cardio Drumming	Bethany Out of Town Wedding 18 11:30 PH Chair Exercise (TV) 2:30 VO Bus Outing: Shopping at Target	Bethany Out of Town Wedding (cont.) 19 11:30 PH Chair Exercise (TV)	SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 20 1:00 SO Ken Milley's Movie Matinee!
12:00 SO Vikings vs. Bengals 21 1:00 SO Ken Milley's Movie Matinee!	Tom's Birthday! 22 10:00 SP Catholic Mass 11:30 PH Chair Aerobics 2:30 EM Music with Kristin [MC] 3:30 VO Let's Make: Fall Fruit Salad	10:00 SP Church Service (TV) 23 11:30 PH Seated Stretches 3:00 SO Candy Bingo	10:00 EM "Gabbing Gals" with Peggy 24 10:30 PH Chair Yoga with Allison 3:00 VO Bus Tour: Trip to the Park	10:30 IN Practice for the Next Competition! 25 11:30 PH Sit and Be Fit with Bethany 3:30 SO September Birthday Party with Dale Martell	Bethany Out of Town 26 10:30 EM Pet Visits with Gus & Ranger 11:30 PH Chair Exercise (TV)	SO Exercise Equipment in TV Lounge, Table Games & Adult Coloring Available in Activity Area 27 1:00 SO Ken Milley's Movie Matinee!
8:30 SO Vikings vs. Steelers 28 1:00 SO Ken Milley's Movie Matinee!	10:00 SP Catholic Mass (TV) and Communion 29 11:30 PH Chair Aerobics 2:30 EM Music with Kristin [MC] 4:00 SO Jimmy's Gentlemen's Club	Bethany at Training 30 11:30 PH Seated Stretches (TV)	<div>  </div> <div> EM Emotional IN Intellectual PH Physical VO Vocational SO Social SP Spiritual </div> <div> MC Memory Care </div>			Happy Birthday to 9/3 139 Howard 139 Sickle 9/7 108 Ken 108 Milley 9/22 112 Thomas 112 Thompson

Schedule is subject to change.