

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Coffee Social 10:00 Exercise 10:30 Monday Manicures & Music 1:30 Heritage Hikers 2:00 Pokeno 3:00 Card Club 6:00 Puzzle & Table Games Labor Day	2 10:00 Keepin' Fit 10:30 Rosary 1:00 Heritage Hikers 2:00 Bingo 3:00 Happy Hour 6:00 Movie Night	3 9:30 Coffee Social 10:00 Exercise 11:00 Let the Games Begin 1:00 Heritage Hikers 2:00 Courtyard Social with a Sweet Treat 6:00 Wine down Wednesday	4 10:00 Keepin' Fit 10:30 Dynseo Trivia 1:00 Heritage Hikers 2:00 Midday Matinee 3:00 Words in Words 6:00 Card Club	5 9:30 Coffee Social 10:00 Exercise 10:30 Morning Crafts 1:00 Heritage Hikers 2:00 Euchre/Uno 3:00 TGIF Happy Hour 6:00 Game Night!	6 Hub's Hoedown Celebration!  12-3pm
7 9:00 Coffee Social 10:00 Sit and Be Fit on Spiro 100 10:30 Catholic Mass on Chan. 26 1:00 Heritage Hikers 2:00 Midday Matinee & Popcorn Social 6:00 Sundaes on Sunday Grandparents Day	8 9:30 Coffee Social 10:00 Exercise 10:30 Monday Manicures & Music 1:30 Heritage Hikers 2:00 Resident Council 3:00 Bingo Monday 6:00 Puzzles & Table Games Outdoor Adventure Day	9 10:00 Keepin' Fit 10:30 Rosary 1:00 Heritage Hikers 2:00 Bingo 3:00 Happy Hour 6:00 Movie Night Around the World Day	10 9:30 Coffee Social 10:00 Exercise 11:00 Let the Games Begin 1:00 Heritage Hikers 2:00 Courtyard Social with a Sweet Treat 6:00 Wine down Wednesday Beach Luau Day	11 10:00 Keepin' Fit 10:30 Dynseo Trivia 1:00 Heritage Hikers 2:00 Midday Matinee 3:00 Words in Words 6:00 Card Club Explorer's Safari Day Patriot Day	12 9:30 Coffee Social 10:00 Exercise 10:30 What's Cooking? 1:00 Heritage Hikers 2:00 Euchre/Uno 3:00 TGIF Happy Hour 6:00 Game Night! Heritage Pride Day	13 9:30 Coffee Social 10:00 Keepin' Fit 11:00 Bowling Fun 1:00 Heritage Hikers 2:00 Bingo 6:00 Outdoor Social in the Courtyard Sports & Adventure Day
14 9:00 Coffee Social 10:00 Sit and Be Fit on Spiro 100 10:30 Catholic Mass on Chan. 26 1:00 Heritage Hikers 2:00 Midday Matinee & Popcorn Social 6:00 Sundaes on Sunday	15 9:30 Coffee Social 10:00 Exercise 10:30 Monday Manicures & Music 1:30 Heritage Hikers 2:00 Pokeno 3:00 Card Club 6:00 Puzzle & Table Games	16 10:00 Keepin' Fit 10:30 Rosary 1:00 Heritage Hikers 2:00 Bingo 3:00 Happy Hour National Guacamole Day 6:00 Movie Night	17 9:30 Coffee Social 10:00 Exercise 11:00 Let the Games Begin 1:00 Heritage Hikers 2:00 Courtyard Social with a Sweet Treat 6:00 Wine down Wednesday	18 10:00 Keepin' Fit 10:30 Dynseo Trivia 1:00 Heritage Hikers 2:00 Midday Matinee 3:00 Words in Words 6:00 Card Club	19 9:30 Coffee Social 10:00 Exercise 10:30 Morning Crafts 1:00 Heritage Hikers 2:00 Euchre/Uno 3:00 TGIF Happy Hour 6:00 Game Night!	20 9:30 Coffee Social 10:00 Keepin' Fit 11:00 Mindful Meditation w/ Spiro 100 1:00 Heritage Hikers 2:00 Bingo 6:00 Outdoor Social in the Courtyard
21 9:00 Coffee Social 10:00 Sit and Be Fit on Spiro 100 10:30 Catholic Mass on Chan. 26 1:00 Heritage Hikers 2:00 Midday Matinee & Popcorn Social 6:00 Sundaes on Sunday	22 9:30 Coffee Social 10:00 Exercise 10:30 Monday Manicures & Music 1:30 Heritage Hikers 2:00 Pokeno 3:00 Card Club 6:00 Puzzle & Table Games First Day of Autumn	23 10:00 Keepin' Fit 10:30 Rosary 1:00 Heritage Hikers 2:00 Bingo 3:00 Happy Hour 6:00 Movie Night	24 9:30 Coffee Social 10:00 Exercise 11:00 Let the Games Begin 1:00 Heritage Hikers 2:00 Courtyard Social with a Sweet Treat 6:00 Wine down Wednesday	25 10:00 Keepin' Fit 10:30 Dynseo Trivia 1:00 Heritage Hikers 2:00 Midday Matinee 3:00 Words in Words 6:00 Card Club	26 9:30 Coffee Social 10:00 Exercise 10:30 What's Cooking? 1:00 Heritage Hikers 3:00 TGIF Happy Hour 6:00 Game Night!	27 9:30 Coffee Social 10:00 Keepin' Fit 11:00 Mindful Meditation w/ Spiro 100 1:00 Heritage Hikers 2:00 Bingo 6:00 Outdoor Social in the Courtyard
28 9:00 Coffee Social 10:00 Sit and Be Fit on Spiro 100 10:30 Catholic Mass on Chan. 26 1:00 Heritage Hikers 2:00 Midday Matinee & Popcorn Social 6:00 Sundaes on Sunday	29 9:30 National Coffee Day Social 10:00 Exercise 10:30 Monday Manicures & Music 1:30 Heritage Hikers 2:00 Pokeno 3:00 Card Club 6:00 Puzzle & Table Games	30 10:00 Keepin' Fit 10:30 Rosary 1:00 Heritage Hikers 2:00 Bingo 3:00 Happy Hour 6:00 Movie Night	 NATIONAL ASSISTED LIVING WEEK® • SEP 7-13, 2025			

Assisted Living

Community Life Enrichment Calendar

SPECIAL EVENTS

Hub's Hoedown Celebration- Thursday, September 6th from 12-3:00pm

**All activities are subject to change when necessary. Residents' families are invited to participate in community events.*

HERITAGE
SENIOR LIVING
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