

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 Morning Social 1 11:15 Spiro 100 2:00 Balloon Bop Afternoon Exercise 2:30 Cranium Crunches 3:00 Bingo and Happy Hour: Old Fashioned's 6:00 Card Club Labor Day	10:00 Morning Social 2 11:15 Spiro 100 1:30 Monthly Shopping Outing 3:00 Back to School Reminiscing Social 4:00 Manicures! 6:00 Card Club	10:00 Morning Social 3 11:15 Walking Club 12:00 Alaskan Themed Lunch 2:00 Travel Club: Denali National Park 3:15 Bingo 4:00 SingFit! 6:00 Card Club	10:00 Morning Social 4 11:15 Spiro 100 2:00 Bible Study 2:00 Music w/Larry Radle 3:30 Heritage Community Cookbook Craft 6:00 Card Club	10:00 Morning Social 5 11:00 Chair Yoga w/Barb 1:30 Football Kick-Off Party 3:00 Bingo 6:00 Card Club	10:00 Devotions & Daily Chronicle 1:30 Saturday Afternoon Showing w/Popcorn! Activity Sheets always available in the activity room
National Assisted Living Week 7 10:15 Church w/Messiah Lutheran 2:00 Family Bingo to Celebrate National Grandparents Day! Activity Sheets always available in the activity room	10:00 Intergenerational Morning w/The Mom's Club 8 11:15 Spiro 100 1:30 Paint-n-Sip Event 3:00 Bingo and Happy Hour: Bloody Mary's 6:00 Card Club	10:00 Morning Social 9 11:15 Spiro 100 2:00 Music w/The Garden Party 3:00 Senior Resource Fair 6:00 Card Club	10:00 Morning Social 10 11:15 Walking Club 1:30 Outing to Connell's Apple Orchard 3:15 Bingo 4:00 Live Floral Arrangements w/Local Flowers 6:00 Card Club	10:00 Morning Social 11 11:15 Spiro 100 2:00 Bible Study 3:00 Annual Hub's Hoedown Event! 6:00 Card Club Patriot Day	10:00 Morning Social 12 11:00 Chair Yoga w/Barb 2:00 Apple Tasting! 2:30 Apple and Fall Trivia 3:00 Bingo 4:00 SingFit! 6:00 Card Club	10:00 Devotions & Daily Chronicle 1:30 Saturday Afternoon Showing w/Popcorn! Activity Sheets always available in the activity room
10:15 Church w/Messiah Lutheran 14 1:00 Resident-Led Games 3:00 Sunday Docu-Series Activity Sheets always available in the activity room	10:00 Morning Social 15 11:15 Spiro 100 2:00 Before or After 1950: Book Trivia Game 2:30 What am I? 3:00 Bingo and Happy Hour: Grasshoppers 6:00 Card Club	10:00 Morning Social 16 11:15 Spiro 100 1:30 Emergency Preparedness Meeting: Fires 3:30 Manicures! 6:00 Card Club	10:00 Morning Social 17 11:15 Walking Club 2:00 September Birthday Party 3:15 Bingo 4:00 SingFit! 6:00 Card Club 7:00 Music w/Mennonite Choir	10:00 Therapy Dog Visit w/Boba 18 10:00 Morning Social 11:15 Spiro 100 2:00 Bible Study 2:30 Music w/Dave Engedal 3:30 Welcome Sign Craft Continued 6:00 Card Club	10:00 Morning Social 19 11:00 Chair Yoga w/Barb 1:00 Catholic Mass 1:30 Men's Club: Wisdom Across Generations 2:30 War Card Game 3:00 Bingo 6:00 Card Club	10:00 Devotions & Daily Chronicle 1:30 Saturday Afternoon Showing w/Popcorn! Activity Sheets always available in the activity room
10:15 Church w/Messiah Lutheran 21 1:00 Resident-Led Games 3:00 Sunday Docu-Series Activity Sheets always available in the activity room	10:00 Morning Social 22 11:15 Spiro 100 1:30 Hello Fall Social w/Caramel Apple Bar 3:00 Bingo and Happy Hour: Spiced Apple Cider Cocktails 6:00 Card Club First Day of Autumn	10:00 Morning Social 23 11:15 Spiro 100 1:30 September Resident Council 2:30 The Great Gatsby Turns 100! Read Aloud and Book Talk 3:30 Manicures! 6:00 Card Club	10:00 Morning Social 24 11:15 Walking Club 2:00 September Tea Party w/Trivia 3:15 Bingo 4:00 SingFit! 6:00 Card Club	10:00 Exercise Group 25 w/Aveanna: Strong Bones 11:00 Morning Social 1:30 Therapy Dog Visit w/Coda 2:00 Bible Study 2:30 Matchdown Card Game 3:30 Craft Hour: Resident Choice 6:00 Card Club	10:00 Morning Social 26 11:00 Chair Yoga w/Barb 2:00 Listen and Learn: The Velvet Fog, Mel Tormé 2:30 Crazy 8's 3:00 Bingo 4:00 Music w/ClearWater Connection 6:00 Card Club	10:00 Devotions & Daily Chronicle 1:30 Saturday Afternoon Showing w/Popcorn! Activity Sheets always available in the activity room
10:15 Church w/Messiah Lutheran 28 1:00 Resident-Led Games 3:00 Sunday Docu-Series Activity Sheets always available in the activity room	9:00 Coffee Outing to Coffee Grounds 29 10:00 Morning Social 11:15 Spiro 100 2:00 Lifelong Learning: Talking About Generations 3:00 Bingo and Happy Hour: Midwestern Orange Slush 6:00 Card Club	10:00 Morning Social 30 11:15 Spiro 100 1:30 September Jeopardy Game Show 3:00 September Housewarming Party & Live Music w/Matt Wahl 4:00 Manicures! 6:00 Card Club		Happy Birthday! 9/18 Mary D. 9/22 Paul B.		

SPECIAL EVENTS

National Assisted Living Week 9/7 -9/13

Senior Resource Fair 9/9 @3:00pm

Annual Hub's Hoedown Event 9/11 @3:00pm

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