

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Card Club is held daily at 6:00pm in the activity room unless another activity is listed	Happy Birthday 9/18 Mary D.	10:00 The Morning Gathering 1 11:15 Spiro 100: Parkinson's and Movement 1:30 Shopping Outing to The Dollar Tree 3:30 Manicures	10:00 The Morning Gathering 2 11:15 Heritage Hikers 2:00 A Taste of Wisconsin History: The Supper Club Tradition 3:30 Craft + Gab: Gratitude Cards for First Responders 6:00 Spiro 100: Move Those Joints	9:00 Catholic Communion 3 10:00 The Morning Gathering 3 11:00 Outing to Festival Brat Stand 11:15 Spiro 100: Tai Chi Balance 12:00 Oktoberfest Inspired Lunch 1:30 This Week in The Garden 2:00 Bible Study (Hall 1) 2:30 Travel Club: Germany	10:00 The Morning Gathering 4 11:00 Seated Yoga Class w/Barb 2:00 Football Season Kick-Off Party! 3:30 Bingo!	10:00 Coffee & Chronicles 5 1:30 Weekend Watch Party and Popcorn Social <i>*Activity sheets always available in the activity room*</i>
10:15 Church w/Messiah Lutheran 6 1:00 Sunday Social Club: Cards + Conversation 3:00 Discovery Hour: The Night Music Made History	10:00 The Morning Gathering 7 11:15 Spiro 100: Strong and Flexible 1:30 The Book Nook (Hall 2) 2:00 Happy Hour + Music w/Dave Engedal 3:30 Bingo! Labor Day	10:00 The Morning Gathering 8 11:15 Spiro 100: Parkinson's and Movement 1:30 Therapy Dog Visit w/Chelsea 2:30 Would You Rather? 3:30 Manicures w/Staff	10:00 The Morning Gathering 9 11:15 Heritage Hikers 2:00 September Jeopardy Game 3:30 Craft + Gab: Bandana Bouquet Centerpieces 6:00 Spiro 100: Tension Relief	9:00 Catholic Communion 10 10:00 The Morning Gathering 11:15 Spiro 100: Qigong and Tai Chi 1:30 This Week in The Garden 2:00 Bible Study (Hall 1) 3:00 Annual Heritage Hoedown!	10:00 The Morning Gathering 11 w/First Responder Coffee + Donut Station 11:00 Seated Yoga Class w/Barb 2:00 September Birthday Bash! 3:30 Bingo! Patriot Day	10:00 Coffee & Chronicles 12 1:30 Weekend Watch Party and Popcorn Social <i>*Activity sheets always available in the activity room*</i>
9:00 Grandparents Day: Coffee + Kringle Social 13 10:15 Church w/Messiah Lutheran 1:00 Sunday Social Club: Roll the Dice! 3:25 Packers v. Vikings Game	Happy National Assisted Living Week! 14 10:00 The Morning Gathering 11:15 Spiro 100: Posture Pleasers 1:30 The Book Nook (Hall 2) 2:30 Happy Hour + The Price is Right: 1960's and 1970's 3:30 Decades Bingo!	10:00 The Morning Gathering 15 (Lobby) 11:15 Spiro 100: Joyous Movement 2:00 The Apple Story: Tasting + Trivia 3:30 Manicures 6:00 Heritage Autumn Bonfire w/Live Music ft. The Garden Party	10:00 The Morning Gathering 16 11:15 Heritage Hikers 2:00 Men's Club: Football Talent Through the Years 3:30 Minute-to-Shine Table Games 6:00 Spiro 100: Seated Legs and Core 7:00 Mennonite Choir Visit	9:00 Catholic Communion 17 10:00 The Morning Gathering 10:00 Outing to Connell's Apple Orchard 11:15 Spiro 100: Flow w/Flexibility 1:30 This Week in The Garden 2:00 Bible Study (Hall 1) 2:30 Autumn Paint-N-Sip	10:00 The Morning Gathering 18 11:00 Seated Yoga Class w/Barb 1:00 Catholic Mass (Hall 2) 2:00 Shining Lights Social 3:30 Bingo!	10:00 Coffee & Chronicles 19 1:30 Weekend Watch Party and Popcorn Social <i>*Activity sheets always available in the activity room*</i>
10:15 Church w/Messiah Lutheran 20 12:00 Packers v. Jets Game 3:00 Discovery Hour: Wonders of the Pacific	10:00 The Morning Gathering 21 11:15 Spiro 100: Balance Boogie 1:30 The Book Nook (Hall 2) 2:30 Happy Hour + Who Am I? 3:30 Bingo!	10:00 The Morning Gathering 22 11:15 Spiro 100: Fighting Fatigue 2:00 Fall Kick-Off Party 3:30 Manicures	10:00 The Morning Gathering 23 11:15 Heritage Hikers 1:30 September Resident Council Meeting 3:00 Music w/Matt Wahl 6:00 Spiro 100: Full Body Seated Strength First Day of Autumn	9:00 Catholic Communion 24 10:00 The Morning Gathering 11:15 Spiro 100: Chair Dance 1:30 This Week in The Garden 2:00 Bible Study (Hall 1) 2:30 Craft + Gab: Fall Ribbon Garland (Hall 2) 7:15 Packers v. Falcons Game	10:00 The Morning Gathering 25 11:00 Seated Yoga Class w/Barb 2:00 September Tea + Gossip 3:30 Bingo!	8:00 Annual Walk to End Alzheimer's at UWEC 26 10:00 Coffee & Chronicles 1:30 Weekend Watch Party and Popcorn Social <i>*Activity sheets always available in the activity room*</i>
10:15 Church w/Messiah Lutheran 27 1:00 Sunday Social Club: Table Talk Trivia 3:00 Discovery Hour: Elvis-Return of the King	10:00 The Morning Gathering 28 11:15 Spiro 100: Sports Moves to Music 1:30 The Book Nook (Hall 2) 2:30 Happy Hour + Art Appreciation: George Seurat 3:30 Bingo!	10:00 The Morning Gathering 29 11:15 Spiro 100: Joyous Movement 2 2:00 Welcome Home Social 3:30 Manicures w/Staff	10:00 Children's Classics: Read-Aloud + Games w/The Mom's Club of Eau Claire 30 1:30 Afternoon Zumba Class w/Natalie 3:00 Music w/Bill Simon + The Power of The Winds Brass Band 6:00 Spiro 100: Mindful Movement			

SPECIAL EVENTS

Annual Heritage Hoedown 9/10 at 3:00pm

Heritage Autumn Bonfire 9/15 @6:00pm

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