

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Special activities for Assisted Living week are in blue	01 10:00 Music Therapy SCU 10:30 Tuesday Exercise WA 1:00 Rummikub Club WS1 1:30 Music Appreciation with Tammy WA 2:30 Henrik Karapetyan, Violin Duet K 3:30 Trader Joe's Try it Tuesday WA	02 10:30 Exercise with Fitness Center WA 1:30 Golf Cart Rides GC 1:30 Manicures WA 3:00 Card and Dice Game Club WA 5:30 SCU Hot Cocoa and Reminiscing SCU	03 10:30 Exercise with Fitness Center WA 1:30 Crafternoon with Becky WA 3:00 Touch and See Art: Baskets and Boxes WA	04 10:30 Exercise with the Fitness Center WA 1:00 Cooking Club: Chocolate Chip Cookies WA 3:00 Old School Social Happy Hour WA 5:30 Friday Movie Night SCU	05 10:30 Saturday Exercise WA 1:00 SCU Visits with Becky SCU 2:00 Music Activity: Songs of School Days WA 3:00 Wine and BINGO! WA
06 10:30 Sunday Exercise WA 1:00 SCU Manicures SCU 2:00 Vespers with Mark Roberts K 3:00 Music Activity: How Deep is Your Love for the Bee Gees? WA	07 Labor Day 10:30 Gentle Fitness WA 1:30 Labor Day Social WA 3:15 Cheryl Plays the Piano WA	08 10:00 "Stick to the Beat" Exercise with Sara WA 10:00 Music Therapy SCU 1:00 Rummikub Club WS1 1:30 Flower Arranging WA 3:00 Trader Joe's Try it Tuesday WA	09 10:30 Exercise with Fitness Center WA 1:30 Golf Cart Rides GC 1:30 Manicures WA 3:00 Alicia's Slideshow: Origin of Proverbs We All Know WA 5:30 SCU Calming Music and Stretches SCU	10 10:30 Exercise with Fitness Center WA 2:00 Kitchen Band Fall Concert K 3:30 Guess the Far Out Foods of the 1970's WA	11 Night of Rosh Hashanah 10:30 Exercise with the Fitness Center WA 1:30 Build a Life Size Scarecrow! WA 3:00 Happy Hour and Music with Marilyn Moore WA 5:30 Friday Movie Night SCU	12 Rosh Hashanah 10:30 Music with Sara WA 1:00 SCU Visits with Bre SCU 2:00 Saturday Exercise WA 3:00 National Chocolate Milkshake Day and BINGO WA
13 Rosh Hashanah 10:30 Sunday Exercise WA 1:00 Manicures and a Movie WA 2:00 Vespers with Mark Roberts K 3:00 Happy Grandparent's Day Social WA	14 10:30 Flower Arranging WA 1:30 Devotions WA 2:30 Gentle Fitness WA 3:15 The Roaring 20's Soiree WA 5:30 SCU Manicures SCU	15 10:00 Music Therapy SCU 10:30 Tuesday Exercise WA 1:00 Rummikub Club WS1 1:30 The 1930's Boogie Woogie Bugle Bash WA 3:00 Steve Spees Concert WA	16 10:30 Exercise with Fitness Center WA 2:00 The 1960's Peace and Love Party WA 2:30 Ice Cream Sundaes with Culinary Don Worthington Performance WA 5:30 SCU Virtual Sing Along SCU	17 10:30 Exercise with Fitness Center WA 1:30 Celebrate the 1970's Disco Inferno WA 3:00 Sing Along with Nancy! WA	18 10:30 Early Bird Manicures WA 1:30 Exercise with Kat WA 3:00 Shining Through the Years Happy Hour WA 5:30 Friday Movie Night SCU	19 10:30 Saturday Exercise WA 1:00 SCU Visits with Alicia SCU 2:00 Refreshers (try a new drink) and Trivia WA 3:00 Wine and BINGO! WA
20 Night of Yom Kippur 10:30 Sunday Exercise WA 1:00 Manicures and a Movie WA 2:00 Vespers with Mark Roberts K 3:00 Remembering Old Time Ads and Jingles WA	21 Yom Kippur 10:30 Flower Arranging WA 10:30  Veterans' Club K 1:30 Devotions WA 3:00 Randy Adams Plays the Piano WA	22 10:00 Music Therapy SCU 10:30 Zumba with AJ WA 1:00 Rummikub Club WS1 1:30 Guess the 1970's Character/Person WA 3:00 National Centenarian's Day Party WA 7:00 Double Play Flute & Tuba Performance K	23 9:00 Woodside Gull Meadow Farms Bus 10:30 Exercise with Fitness Center WA 1:30 Golf Cart Rides GC 1:30 Manicures WA 3:00 Brain Games WA 5:30 SCU 1950's Music and Color SCU	24 10:30 Exercise with Fitness Center WA 1:30 Food and Beverage Meeting with Jeremiah and Resident Council WA 3:00 Alicia's Slideshow: Dangerous Places Around the World WA	25 Night of Sukkot 10:30 Table Talk: National One Hit Wonder Day WA 1:30 Exercise with Kat WA 3:00 Happy Hour WA 3:30 Celebrate Birthdays with Jerry Ball WA 5:30 Friday Movie Night SCU	26 Sukkot 10:30 Music with Sara WA 1:00 SCU Visits with Bre SCU 2:00 Saturday Exercise WA 3:00 Wine and BINGO! WA
27 Sukkot 10:30 Sunday Exercise WA 1:00 SCU Manicures SCU 2:00 Vespers with Mark Roberts K 3:00 Apple Cider Float Social WA	28 Sukkot 10:30 Flower Arranging WA 1:30 Devotions WA 2:30 Gentle Fitness WA 3:15 Flavor Illusions WA Food Pairing Activity 5:30 SCU Bird Feeder Craft WA	29 Sukkot 10:30 Tuesday Exercise WA 1:00 Rummikub Club WS1 1:30 Crafternoon with Becky WA 3:00 Sam and Pat Roach Sing! WA 7:00 BLT Jazz Trio, featuring Barry Ross, Lana Hoffman & Terry Lower K	30 Sukkot 10:30 Exercise with Fitness Center WA 1:30 Golf Cart Rides GC 1:30 Manicures WA 3:00 Octoberfest Social WA 5:30 SCU Game Night SCU	Meeting Places GC Golf Cart A1 The A1 Lounge Bus The Bus K The Kiva WA The Woodside Activity Room SCU The Woodside Memory Care WS1 Woodside 1st Floor Dining	WA Woodside Activity Room	