


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NATIONAL ASSISTED LIVING WEEK Sept 7-13 Join us all week for games,prizes, treats and fun!	9:30 Coffee & Poetry-P 10:00 Slow Flow Yoga-T 10:30 Meditation-T 10:45 Manicures-B 2:00 Labor Day Activity Packets-FD	9:30 Green Thumb Club-P 10:15 Weight Class-F 11:00 This Week in History-D 1:00 WUTech: Connecting to Wifi-T 2:00 BINGO-D 3:30 Tea & Tunes: Beethoven-D	9:30 Sole to Sole Walking Club-P 10:15 Stretch Class-D 10:45 Wellness for the Week-D 2:00 Game Group-C 3:00 Afternoon Movie-T 7:00 Sunday School-D	9:30 Coffee & Current Events-P 10:00 Shop @ Walmart 10:15 Balance Class-D 10:45 September Trivia-D 2:00 Tie Dye-D 3:30 Activity Planning Committee-D	9:30 Green Thumb Club-P 10:15 Badminton-D 10:45 Name That Tune-D 2:15 Karaoke & Happy Hour-D 3:00 Color & Create-C 6:00 Movie Night: Nona's-T	9:30 Cocoa & Music-L 10:15 Cardio Exercise-D 10:45 Brain Breaks-D 2:15 Saturday Games with Alysia-D 3:30 Iced Tea Social-D
9:30 Cocoa & Music-L 10:00 LDS Sacrament-D 11:00 Sole to Sole Walking Club-P 2:00 Behind the Attraction-T 2:00 Open Studio Time-C	10:00 Coffee & Donuts-D 10:30 Slow Flow Yoga-T 10:45 Manicures-B 2:00 Music with Wayne-D 3:15 Helping Hands Club: Clothing Drive-C	9:30 Green Thumb Club-P 10:15 Weight Class-F 11:00 This Week in History-D 2:00 BINGO-D 3:15 Banana Split Bar-D	9:30 Sole to Sole Walking Club-P 10:15 Stretch Class-D 10:45 Wellness for the Week-D 2:00 Assisted Living Week: Survivor Games-D 7:00 Relief Society & Priesthood-D	9:30 Coffee & Current Events-P 10:15 Balance Class-D 10:45 Name That Person-D 2:00 Music with Heart & Soul-D 3:00 Timeless Treasures: Bring Pictures or Stories of your Greatest Adventure!-D	9:30 Green Thumb Club-P 10:15 Combined Exercise-D 10:45 Name That Tune-D 2:00 Scavenger Hunt-D 3:00 Award Ceremony-D 6:00 Movie Night: Up-T	9:30 Cocoa & Music-L 10:15 Cardio-D 10:45 Brain Breaks-D 2:00 BINGO-D 3:30 Apple Cider Social-D
9:30 Cocoa & Music-L 10:00 LDS Sacrament-D 11:00 Sole to Sole Walking Club-P 2:00 Behind the Attraction-T 2:00 Open Studio Time-C	9:30 Coffee & Poetry-P 10:00 Slow Flow Yoga-T 10:30 Meditation-T 2:00 Donut Social-D 2:30 Town Hall Meeting-D	9:30 Cocoa & Music-L 10:15 Weight Class-F 11:00 This Week in History-D 2:00 BINGO-D 3:30 Tea Tunes: Mozart-D	9:30 Sole to Sole Walking Club-P 10:15 Stretch Class-D 10:45 Wellness for the Week-D 2:00 Music & Art-D 3:00 Word Search for the Week-C 7:00 Sunday School-D	9:30 Coffee & Current Events-P 10:00 Shop @ Walmart 10:15 Balance Class-D 10:45 Trivia-D 2:15 Paint & Sip-D 3:30 The Price is Right-D	10-12 Health Fair-L 10:15 Combined Exercise-D 10:45 Name That Tune-D 2:15 Air Fryer Apple Crisp-D 3:30 Name That Tune-D 6:00 Movie Night: Dennis the Menace-T	9:30 Cocoa & Music-L 10:15 Cardio Exercise-D 10:45 Brain Breaks-D 2:15 Saturday Games with Alysia-D 3:30 Fall Social-D
9:30 Cocoa & Music-L 10:00 LDS Sacrament-D 11:00 Sole to Sole Walking Club-P 1:00 Behind the Attraction-T 2:00 Open Studio Time-C	9:30 Coffee & Poetry-P 10:00 Slow Flow Yoga-T 10:30 Meditation-T 2:00 Music with Terry-D 3:00 Birthday Social-D	9:30 The Dogs of the Week-L 10:15 Weight Class-F 11:00 This Week in History-D 1:00 WUTech: Texting, Voice to Text, and Sharing Pictures-T 2:00 BINGO-D 3:30 Tea Tunes: Bach-D	9:30 Sole to Sole Walking Club-P 10:15 360Well Principle of the Month: Health-T 10:45 Wellness for the Week-D 2:15 Craft Group: Name Tags-D 3:15 Tasters Club: Fall Flavors-D 7:00 Relief Society & Priesthood-D	9:30 Coffee & Current Events-P 10:15 Balance Class-D 10:45 Trivia-D 2:30 WU: History of Oktoberfest-D 5:00 Farmers Market & Food Truck Outing	9:30 Sole to Sole Walking Club-P 10:15 Resistance Bands 10:45 Name That Tune-D 2:15 Karaoke & Happy Hour-D 3:00 Color & Create-C 4-7 Annual Car Show 6:00 Movie Night: Thursday Murder Club -T	10:15 Combined Exercise-T 10:45 Brain Breaks-D 11-4 FREE THRIFT STORE-LR ANYTHING NOT TAKEN WILL BE DONATED TO THE WOMENS SHELTER 2:00 BINGO-D 3:30 Apple Cider Social-D
9:30 Cocoa & Music-L 10:00 LDS Sacrament-D 11:00 Sole to Sole Walking Club-P 2:00 Behind the Attraction-T 2:00 Open Studio Time-C	9:30 Coffee & Poetry-P 10:00 Slow Flow Yoga-T 10:30 Meditation-T 10:45 Manicures-B 2:00 Craft Group: Pressed Flower Bookmarks-D 3:30 Helping Hands Club-D	9:30 The Dogs of the Week-L 10:15 Weight Class-F 11:00 This Week in History-D 1:00 WUTech: Cable 101 2:00 BINGO-D 3:30 Tea Tunes: Vivaldi-D	HAPPY BIRTHDAY!! Dianna G. 9/9 Earlene C 9/19 Claudine S. 9/21 Josie T. 9/21 Arlinda L. 9/21 Gerry A. 9/22 John G 9/25			Free Thrift Store Sept. 27 th 11-4 We will be collecting and sorting clothes for a free thrift store! If you have items to donate, please bring to the craft room on Sept. 8 th . Any items not taken at thrift store will be donated to local women's shelters.

September 2025

Independent Living



ACTIVITY LOCATOR KEY

B - Beauty Salon
C - Craft Room
D - Dining Room
F - Fitness Room
L - Library
P - Patio
T - Theater