

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Happy Labor Day</b> 9:45 Power Stretch Band 10:30 Real Zen Breathing <b>11:00 WU-Journal Reflections: Letter Writing w/ Norma (2<sup>nd</sup> FL TV)</b> <b>12:00 Labor Day BBQ Lunch</b> 1:30 Bingo Bonanza with Candy <b>2:30 Wellness 360: Breaking the Cycle of Depression( BR)</b> 3:15 Labor Day Social- Patio <b>1</b>	9:45 Happy Trails Walking Club 10:30Fall Prevention Fitness:Arm <b>11:00 WU-Documentary: Managing Seasonal Mood Changes(BR)</b> <b>11:00 Bible Discussion Mrs. Grady (2<sup>nd</sup> Fl)</b> 1:30 Relaxing Scenic Ride 3:00 Trivia Challenge(BR) 4:00pm Sunshine Coolers- Patio <b>2</b>	9:45 Pool Noodle Workout 10:30 Natures Watercolors - Patio 1:00 Book Lovers Club ( 3 <sup>rd</sup> FL) <b>1:00 WU-Ted Talk: Lessons on Longest Study on Happiness Workshop with Sharon(BR)</b> <b>2:00 Bayada Fun&amp; Fit Workout (BR)</b> 3:00 Ice Cream Sandwich Treat Social (BR) <b>3</b>	9:45 Happy Trails Walking Club 9:45 Arm Chair Travel: Peru-L2N(BR) <b>10:30 Insightful Talks with Tim T.</b> <b>12:00 Dine in Movie Theater Movie- Dennis the Menace</b> 2:00pm Self Care: Masks, Nails & Relaxation 3:00 Sparkling Fruity Cocktails & Health Nut Muffins (BR) <b>4</b>	<b>National Cheese Pizza Day</b> 9:45 Slow Flow Yoga 10:30 Air Force Birthday- Concert Band Classics( BR) <b>11:00 Ageless Adventure: Elizabeth's Pizza Lunch Outing</b> 2:00 Corn Hole Challenge 3:00 Movie Matinee: Comedy - There's Something about Mary 3:00 Bingo Bonanza with Candy-Patio <b>5</b>	9:45 Seated Tai Chi 10:30 Name that Tune ( 2 <sup>nd</sup> Fl TV) <b>11:00 WU-Renaissance Man, Leonardo Da Vinci(BR)</b> <b>1:30 Olga's Studio: Classic Piano Students Perform(BR)</b> 2:30pm Saturday Cinema: The Women in Gold with Popcorn 4:00 Ring Toss Rally -Patio <b>6</b>
9:45 Spiritual Music Offering 10:15 Communion ( BR ) 10:30 Mass in DC Basilica(BR) 11:15 Word within Word Game 1:00 Sand Bucket Roll-Patio <b>2:00 Out Reach Ministries(BR)</b> <b>3:00 WU -National Park Journey: Beauty of Denali (BR)</b> 4:00 Table Games Rally- Patio <b>7</b>	9:45 Slow Breathe Exercise <b>10:30 WU- Bayada Health Talk: Navigating Season Mood Changes</b> <b>11:00 Journal Reflections: Norma Friendship Connections (2nd FL)</b> 1:30 Book Lovers Club( 3 <sup>rd</sup> Fl ) <b>2:00 Jazz Singer Candance Performs(BR)</b> 3:00 Giant Crossword Puzzle (BR) <b>8</b>	9:45 Happy Trails Walking Club 10:15 Fall Prevention: Legs (BR) <b>11:00 Bible Discussion Ms. Grady(BR)</b> 11:00 Word within a Word(2nd Fl) <b>1:00 WU- Dept of Justice: Financial Fraud -Outing</b> 1:00 Solo Cup Challenge Patio <b>2:00 Eye on Art: Fall Door Wreath</b> 3:30 Family Feud & Sweet Treats <b>9</b>	9:45 Balloon Badminton Exercise Patio 10:15 Bingo Bonanza with Candy - Patio <b>11:00 Activity &amp; Food Council Meeting</b> 1:00 Book Lovers Club(2 <sup>nd</sup> Fl) <b>2:00 Wellness: Bayada Fun &amp; Fit</b> <b>3:00 Brownie a La Mode Social(BR)</b> 4:00 Classic TV Shows (2nd Fl) <b>10</b>	<b>Patriots Day - 9/11</b> 9:45 Happy Trail Walking Club 10:00 Slow Flow Breathe <b>9/11 Moment of Silence-Ring the Bells</b> <b>10:30 Insightful Talks with Tim T.</b> <b>1:30 Eye on Art: Clay Sculpting</b> 2:30 Movie Matinee: Best in Show(BR) 4:00 Documentary: Great Barrier Reef <b>11</b>	<b>National Beer Lovers Day</b> 9:45 Power Stretch with Bands <b>11:00 WU- Making Vita Smoothies with Maria</b> 2:00 Documentary: Creation of the Constitution 2:30 Word with in a Word <b>3:30 WU-Tasting Event: Beer &amp; Bites (BR)</b> <b>12</b>	9:45 Seat Yoga Exercise (BR) <b>10:30 4 Legged Friends SPCA-Lobby</b> 11:00 Bingo Bonanza with Candy 1:00 Saturday Cinema: Poms 3:30 Art on Art: Color Pencil & Marker Creations <b>13</b>
<b>National Cream Filled Donut Day</b> 9:45 Spiritual Music Offering 10:15 Communion (BR) 10:30 Mass in DC Basilica (BR) <b>11:00 Cream Donuts Treats &amp; Coffee(BR)</b> <b>12:30 Ageless Adventure: The Sound of Music -Movie Outing</b> <b>2:00 Reverend Dorman Speaks(BR)</b> 3:30 TV Classics (2 <sup>nd</sup> Fl) <b>14</b>	9:45 Fall Prevention: Balance 11:00 Journal Reflections: Positive Talk & Affirmations Norma( 2 <sup>nd</sup> Fl) 11:00 Cash in Bingo Tickets (BR) <b>1:30 Book Lovers Club- Library Outing</b> <b>3:00 Wellness Series: Your Brain will not be the same Workshop with Sharon(BR)</b> 4:00 Mini Golf Challenge with Ice Tea & pops <b>15</b>	9:45 Happy Tails Walking Club 9:45 Documentary: Stop Felling like an Island, the Power of Human Connection(BR) <b>11:00 Bible Discussion with Mrs. Grady</b> <b>11:15 FairFax Shopping - Outing</b> <b>2:00 Music Favorites- Carol Regan Performs-Patio</b> 2:00 Smores & Hot Chocolate Party -Patio <b>16</b>	<b>Hispanic Heritage Day</b> 9:45 Sit Down Soccer <b>10:15 WU: Making Guacamole with Norma</b> 1:00 Word with in a Word (BR) 1:00 Book Lovers Club(2nd FL) <b>2:00 Wellness: Bayada Fun +Fit</b> <b>3:00 Ice Cream Cone Social(BR)</b> 4:00 Kick Up Country Music Trivia IN2L <b>17</b>	9:45 Happy Trails Walking Club 9:45 Self Care: Mediations Methods & Practices IN2L <b>10:30 Insightful Talks with Tim</b> 1:00 Brain Games: Family Feud (BR) <b>2:30 WU- Winter Bird Feeders with Carol</b> 4:00 TV Classics (2nd FL) <b>18</b>	9:45 Ball Fitness with Maria 10:15 Hot Tea, Pastries & Conversation(BR) 1:00 Sit Down Soccer 2:00 Friday Name 10 Challenge <b>3:00 Splash Party with Hot Apple Cider Cocktails &amp; Trivia-Patio</b> <b>19</b>	9:45 Fall Prevention: Hand & Arm Stretches <b>11:00-2:00 Ageless Adventure: Grandparents Family Fun Carnival Days-Outdoors</b> 3:30 Saturday Cinema: Romanic Comedy- Leap Year(BR) <b>20</b>
9:45 Spiritual Music Offering <b>10:15 Communion ( BR )</b> <b>10:30 Mass in DC Basilica(BR)</b> 11:15 Ball Fitness with Carol 1:00 Summer Trivia Challenge <b>2:00 Pastor Gloria Preaches(BR)</b> 3:00 Brain Games: Giant Crossword (BR) <b>21</b>	9:45 Foot & Toe Tapping Fitness <b>10:15 WU-Ted Talk: 10 Way to have a better Conversation Workshop with Sharon (BR)</b> <b>11:00 Norma Poetry Corner: Self Love &amp; Gratitude</b> 1:00 Bingo Bonanza with Candy 2:00 Summer Trivia & Pops- Patio 4:00 Board Game Classics & Cards (2ndFL) <b>22</b>	9:45 Happy Trail Walking Club <b>10:00 Activity &amp; Food Council Meeting(BR)</b> <b>11:00 Fall Picnic in the Park at Bellevue - Outing</b> <b>11:00 Bible Discussion with Mrs. Grady( BR)</b> 1:00 Bean Bag Toss Challenge (BR) <b>2:30 September Birthday Celebration Party(BR)</b> <b>23</b>	9:45 Power Weight Workout <b>10:15 Fall Foliage Scenic Drive</b> <b>11:00 WU-Colorful Falling leaves on Canvas with Carol</b> 1:00 Word within a Word(BR) 1:00 Book Lover Club( 2 <sup>nd</sup> Fl) <b>2:00 Wellness: Bayada Fun &amp; Fit (BR)</b> <b>3:00 Frozen Yogurt Social(BR)</b> 4:00 TV Comedy Classis (2 <sup>nd</sup> Fl) <b>24</b>	9:45 Happy Trails Walking Club <b>10:30 Insightful Talks with Tim T.</b> <b>1:00 Ted Talk: the Benefit of Gratitude(BR)</b> <b>1:00 Fishing Trip Bellevue - Outing</b> 3:00 Pairing & Tasting Wine and Cheese Party (BR) <b>3:00 Resident Council Meeting(BR)</b> <b>25</b>	<b>National One- Hit -Wonder Day</b> 9:45 Balloon Badminton Exercise <b>10:30 WU- Baking Zucchini Bread with Maria</b> 1:00 Brain Games: Word within a Word (BR) <b>2:00 Dollar Tree Shopping-Outing</b> 3:00 Ice Tea Social & One Hit Wonder Trivia- Patio <b>26</b>	9:45 Ball Toss Rally 11:00 Sand Bucket Challenge - Patio 1:00 Bingo Bonanza with Candy (2nd Fl) 2:00 Saturday Cinema: Mrs. Harris Goes to Paris 3:00 Word within a Word-Patio <b>27</b>
9:45 Spiritual Music Offering 10:15 Communion ( BR ) 10:30 Mass in DC Basilica(BR) <b>12:30 Ageless Adventure: Kalmar Nyckel Tall Ship Cruise-Outing</b> <b>2:00 Paster Gloria Preaches(BR)</b> 3:30 Harvest Trivia Challenge IN2L <b>28</b>	<b>National Women's Health &amp; Fitness Day</b> 9:45 Pool Noodle Workout <b>11:00 WU- Journal Reflection:Best Memories of Life with Norma</b> 1:00 Book Lovers Club(3 <sup>rd</sup> Fl) 1:30 Giant Crossword Game <b>2:30 Wellness: Oprah on Women's Health Forum(BR)</b> 3:00 Golf Game with Lemonade <b>29</b>	9:45 Happy Trails Walking Club 10:15 Pool Noodle Workout <b>11:00 Bible discussion with Mrs. Grady (BR)</b> <b>1:00 Self Care: Lotions &amp; Potions Hand Massages</b> 2:00Ball Toss & Cookies- Patio 3:00 Bingo Bonanza with Candy <b>4:00 Movie Under the Stars - Patio - Night at the Museum</b> <b>30</b>	<b>Let's Celebrate September Birthday's !</b> 9/2 Gabrielle T. 9/11 Geneva P. 9/11 Steven L. 9/19 Dorothy "Dot" M. 9/19 Lesley B. 9/21 Martin C 9/22 Lenore N. 9/27 William J. 9/30 Pamela H.	<b>Important Information :</b>  Walking Club starts at 9:45a Tuesday & Thursdays-Meet in Lobby  Please sign up early for Outing & Shopping Trips- Seating is limited  Dates & Schedule Outings, Events,& Entertainment are Subject to changes base on Current Conditions.		

September 2025

Assisted Living



ACTIVITY LOCATOR KEY

(BR) Brandywine Room  
((2<sup>nd</sup> Fl) 2<sup>nd</sup> Floor TV Room  
(3<sup>rd</sup> FL) 3<sup>rd</sup> Floor Library  
Patio - Outside Back 1<sup>st</sup> Floor  
Lobby- Front Reception Area  
IN2L Machine