

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
All activities and events are subject to change. Please RSVP at the front desk for events in BOLD GREEN print.	Labour Day 9:30 Joyful Movement 10:30 WU: Intro To Latin American Art 11:00 DiY: Walker Sack 1:00 iN2L: Classic Sitcom 2:00 Energy Burst 2:30 iN2L: Travel to Cuba 3:00 VR Experience 4:00 Lavender Lounge Nail Spa & Acoustic Music 1	9:30 Tai Chi 10:00 Brain Games-Missing word 11:00 WU: Makers Studio-Latin American Mola Design 1:00 iN2L: Classic Comedy 2:00 Scenic Drive 2:30 iN2L: Instrumental Music 3:00 VR Experience 3:30 Wags & Kisses with Odie 4:00 Tables Games & Music 2	9:30 Strength & Balance w Solani 10:00 Sports Trivia 11:00 1:1 with Nayas 1:00 iN2L: Lassie 1:45 Energy Burst 2:30 Ladies Tea Time Netflix: 30 for 30 3:30 Creative Art: Sponge Painting 4:00 iN2L: Beach Boys 3	9:30 Slow Flow Yoga 10:00 Crosslife Church 10:30 Classic Cartoons Trivia 11:00 iN2L:Karaoke on the Mic 1:00 iN2L: Classic Comedy 2:00 Energy Burst 3:00 Virtual Road Trip 3:30 Wags & Kisses with Odie 4:00 Reminisce: Vintage Postcards 4	9:30 Joyful Movement 10:30 Bingo 11:00 Sing-Along 1:00 iN2L: Classic Sitcom 1:30 Energy Burst:Noodle Ball 2:00 Creative Color 3:00 Happy Hour with Charmaine & Carlos K iN2L: 50's Music 4:00 Table Games 5	9:30 Stretch & Strength 10:30 iN2L: Music Trivia 11:00 Porch Chat 1:00 iN2L: Classic Comedy 1:30 Energy Burst 2:00 Music & Ice Pops On Porch 3:00 Art by Number 4:00 Group Table Puzzles 6	
National Assisted Living Week 9:30 Foundry Church 10:30 Drum Beat Circle with Deidre 11:00 iN2L: Music Trivia 1:00 Netflix: Our Planet 2:00 Energy Burst 2:30 Tailgate Munchies & 30 for 30 University of Miami 3:00 Creative Color & Music 4:00 Utube: Passport to Cuba 7	National Assisted Living Week 9:30 Joyful Movement 10:30 WU: Modernism, Muralism 11:00 Friendship Bracelets 1:00 iN2L: Classic Sitcom 2:00 Energy Burst 2:30 iN2L: Travel to Cuba 3:00 VR Experience 4:00 Lavender Lounge Nail Spa 6:00 Family & Friends, Coffee, Cocktails & Acoustic Music 8	National Assisted Living Week 9:30 Tai Chi 10:00 Brain Games-Missing word 11:00 WU: An Eye For Art-Frida Kahlo 1:00 iN2L: Classic Comedy 2:00 Ice Cream Social 2:30 iN2L: Instrumental Music 3:00 VR Experience 3:30 Wags & Kisses with Odie 4:00 Tables Games & Music 9	National Assisted Living Week 9:30 Strength & Balance w Solani 10:30 Gratitude & Reflections iN2L: Music We Love 11:00 1:1 with Nayas 1:00 iN2L: Lassie 1:45 Energy Burst 2:30 Mom's Kitchen:Cookie Bake Netflix: Wipe Out 3:30 Creative Art: Sunflowers 4:00 iN2L: Beach Boys 10	National Assisted Living Week 9:30 Slow Flow Yoga 10:00 Crosslife Church 10:30 Classic Marvel Comic Trivia 11:00 iN2L:Karaoke on the Mic 1:00 iN2L: Classic Comedy 2:00 Pianist: Dr. Eric Ettinger DR 3:00 Virtual Road Trip 3:30 Wags & Kisses with Odie 4:00 Reminisce: Mom's Jewelry Box 11	National Assisted Living Week 9:30 Joyful Movement 10:30 Bingo 11:00 Sing-Along 1:00 iN2L: Classic Sitcom 1:30 Energy Burst:Noodle Ball 2:00 Ukulele Drifters 3:00 Happy Hour with Charmaine & Carlos K iN2L: 50's Music 4:00 Table Games 12	National Assisted Living Week 9:30 Stretch & Strength 10:00 Family, Friends Bingo Brunch RSVP Required CR 10:30 iN2L: Music Trivia 11:00 Porch Chat 1:00 iN2L: Classic Comedy 1:30 Energy Burst 2:00 Music & Ice Pops On Porch 3:00 Art by Number 4:00 Group Table Puzzles 13	
9:30 Foundry Church 10:30 Soul 2 Soul Walking Club 11:00 iN2L: Music Trivia 1:00 Netflix: Our Planet 2:00 Energy Burst 2:30 Tailgate Munchies & Football 3:00 Creative Color & Music 4:00 Utube: Passport to Cuba 14	9:30 Joyful Movement 10:30 World of Words: Poetry Discussion 11:00 Picture Bingo 1:00 iN2L: Classic Sitcom 2:00 Energy Burst 2:30 iN2L: Travel to Cuba 3:00 VR Experience 4:00 Lavender Lounge Nail Spa & Acoustic Music 15	9:30 Tai Chi 10:30 Brain Games-Missing Word 11:00 WU: Makers Studio-Latin American Mola Design 1:00 iN2L: Classic Comedy 2:00 Energy Burst 2:30 Culinary Creations: Guacamole & Tortilla Chips 3:00 VR Experience 3:30 Wags & Kisses with Odie 4:00 Tables Games & Music 16	9:30 Strength & Balance w Solani 10:30 Guided Imagery 11:00 iN2L: Music Trivia 11:00 1:1 with Nayas 1:00 iN2L: Classic Sitcom 2:00 Energy Burst 2:30 Men's Pub 3:00 Bingo & Acoustic Music 3:30 Creative Art: Sponge Painting 4:00 iN2L: Elvis & Table Games 17	9:30 Slow Flow Yoga 10:00 Crosslife Church 10:30 Classic NFL Trivia 11:00 iN2L: Karaoke on the Mic 1:00 iN2L: Classic Comedy 2:00 Energy Burst 2:00 Professor Mental DR 3:00 Virtual Road Trip 3:30 Wags & Kisses with Odie 4:00 Reminisce:Norman Rockwell Magazines 18	9:30 Joyful Movement 10:30 Bingo 11:00 Sing-Along 1:00 iN2L: Classic Sitcom 1:30 Energy Burst:Noodle Ball 2:00 Creative Color 3:00 Happy Hour with Charmaine & Carlos K iN2L: 50's Music 4:00 Table Games 19	9:30 Stretch & Strength 10:30 iN2L: Music Trivia 11:00 Porch Chat 1:00 iN2L: Classic Comedy 1:30 Energy Burst 2:00 Music & Ice Pops On Porch 3:00 Art by Number 4:00 Group Table Puzzles 20	
9:30 Foundry Church 10:30 Soul 2 Soul Walking Club 11:00 iN2L: Music Trivia 1:00 Netflix: Our Planet 2:00 Energy Burst 2:30 Porch Chat & Ice Pops 3:00 Creative Color & Music 4:00 Utube: Passport to Cuba 21	9:30 Joyful Movement 10:30 Word Games 11:00 Picture Bingo 11:30 Lunch Bunch McDonalds 1:00 iN2L: Classic Sitcom 2:00 End Of Summer Social K 2:30 iN2L: Travel to Cuba 3:00 VR Experience 4:00 Lavender Lounge Nail Spa & Acoustic Music 22	9:30 Tai Chi 10:30 Brain Games-Missing Word 11:00 iN2L: Karaoke on The Mic 1:00 iN2L: Classic Comedy 2:00 Energy Burst 2:30 A Taste of Cuba 3:00 VR Experience 3:30 Wags & Kisses with Odie 4:00 Tables Games & Music 23	9:30 Strength & Balance w Solani 10:30 Gratitude & Reflections 11:00 iN2L: Music Trivia 11:00 1:1 with Nayas 1:00 iN2L: Classic Sitcom 2:00 Culinary Creations: Apple Empanadas 3:00 Bingo & Acoustic Music 3:30 Creative Art: Sunflowers 4:00 iN2L: The Beatles & Table Games 24	9:30 Slow Flow Yoga 10:00 Crosslife Church 10:30 Beatles Trivia 11:00 iN2L: Karaoke on the Mic 1:00 iN2L: Classic Comedy Movie 2:00 Deana Girron DR 3:00 virtual Road Trip 3:30 Wags & Kisses with Odie 4:00 Reminisce:Mom's Jewelry Box 25	9:30 Joyful Movement 10:30 Bingo 11:00 Sing-Along 1:00 iN2L: Classic Sitcom 1:30 Energy Burst:Noodle Ball 2:00 Creative Color 3:00 Happy Hour with Charmaine & Carlos K iN2L: 50's Music 4:00 Table Games 26	9:30 Stretch & Strength 10:30 iN2L: Music Trivia 11:00 Porch Chat 1:00 iN2L: Classic Comedy 1:30 Energy Burst 2:00 Music & Ice Pops On Porch 3:00 Art by Number 4:00 Group Table Puzzles 27	
9:30 Foundry Church 10:30 Soul 2 Soul Walking Club 11:00 iN2L: Music Trivia 1:00 Netflix: Our Planet 2:00 Energy Burst 2:30 Porch Chat & Ice Pops 3:00 Creative Color & Music 4:00 Utube: Passport to Cuba 28	End of Summer 9:30 Joyful Movement 10:30 Word Games 11:00 Picture Bingo 1:00 iN2L: Classic Sitcom 2:00 Energy Burst 2:30 Person of Interest: Cesar Chavez 3:00 VR Experience 4:00 Lavender Lounge Nail Spa & Acoustic Music 29	9:30 Tai Chi 10:30 Brain Games-Missing Word 11:00 iN2L: Karaoke on The Mic 1:00 iN2L: Classic Comedy 2:00 Slurpees & Scenic Drive 2:30 1:1 with Nayas 3:30 Wags & Kisses with Odie 4:00 Tables Games & Music 30	 NATIONAL ASSISTED LIVING WEEK® • SEP 7-13, 2025			NALW.org • #NALW SPONSOR PharMerica®	

September 2025

Prema Memory Support

 WATERMARK
RETIREMENT COMMUNITIES®

ACTIVITY LOCATOR KEY

● Body

● Mind

● Spirit

● Community

