


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 – Walking Club MHHE* 1:00 – Casual Birdwatching in the Courtyard* 2:00 – Pool Room Fun PR*	 <div>WE WILL BE CLOSED FOR LABOR DAY</div> <div>Labor Day</div>	1:00 – Bridge ACR* 3:00 – “Rock & Roll Hall of Fame Anniversary” Happy Hour with Facts & Trivia LR	11:00 – Walking Club MHHE* 11:00 – DVD CARDIO LR 12:00 – Mindful Meditation with Blossom LR 3:00 – Bingo LR <div>September is YOGA MONTH – join us at our 12pm exercise class with Blossom to learn all about the benefits of meditation and Chair Yoga!</div>	10:00 - Pool Is Fun PR* 11:30 – Strength & Balance with Blossom LR 1:00 – Coffee & Donuts Social Hour FP/GR 2:00 - Pokeno LR	11:00 – DVD CARDIO LR 12:30 – Strengthening Exercises with Powerback Rehab LR 1:00 – Phase Ten ACR* 3:00 – Happy Hour with The Stephanie Nakasian Trio: special thanks to We Bring the Music for providing this performance! LR	11:00 – Walking Club MHHE* 2:00 – Pool Room Fun PR* 3:00 – Mexican Train Dominos LR* 6:00 – Popcorn & Movie Night LR*
10:00 – Walking Club MHHE* 1:00 – Casual Birdwatching in the Courtyard* 2:00 – Pool Room Fun PR*	11:00 – DVD CARDIO LR 12:00 – Strength & Balance with Blossom LR 1:00 – September Birthday Party FP/DR 2:00 – Bridge/5:30 – Canasta LR*	1:00 – Bridge ACR* 1:00 – NEW RESIDENT WELCOME SOCIAL LR 3:00 – “Top Ten Day” Happy Hour with Countdown Videos LR	10:15 – Bookmobile MHHE 11:00 – Walking Club MHHE* 11:00 – DVD CARDIO LR 12:00 – Mindful Meditation with Blossom LR 3:00 – Bingo LR <div>Today is WORD GAME WEDNESDAY – stop by outside of the parlor to pick up some word puzzles!</div>	10:00 - Pool Is Fun PR* 11:30 – Strength & Balance with Blossom LR 12:30 – BUS TRIP: Carters Mountain Orchard 2:00 - Pokeno LR	11:00 – DVD CARDIO LR 12:30 – Strengthening Exercises with Powerback Rehab LR 1:00 – Phase Ten ACR* 3:00 – Happy Hour with Adam Melia LR	11:00 – Walking Club MHHE* 2:00 – Pool Room Fun PR* 3:00 – Mexican Train Dominos LR* 6:00 – Popcorn & Movie Night LR*
10:00 – Walking Club MHHE* 1:00 – Casual Birdwatching in the Courtyard* 2:00 – Pool Room Fun PR*	11:00 – DVD CARDIO LR 12:00 – Strength & Balance with Blossom LR 1:00 – Monday Matinee: DisneyNature Documentary “Expedition China” 1hr 20m. LR 2:00 – Bridge ACR/5:30 – Canasta LR*	1:00 – Bridge ACR* 3:00 – Happy Hour with “Who Am I?” Trivia Game & Wine Spritzers LR	11:00 – Walking Club MHHE* 11:00 – DVD CARDIO LR 12:00 – Mindful Meditation with Blossom LR 3:00 – Bingo LR <div>September-November is APPLE APPRECIATION DAYS! Stop by outside the parlor for a delicious fresh apple! (while supplies last)</div>	10:00 - Pool Is Fun PR* 11:30 – Strength & Balance with Blossom LR 1:00 – Arts & Crafts: DIY Gel Air Fresheners for Fall ACR 2:00 - Pokeno LR	11:00 – DVD CARDIO LR 12:30 – Strengthening Exercises with Powerback Rehab LR 1:00 – Phase Ten ACR* 3:00 – “Oktoberfest” Happy Hour with Matthew O'Donnell LR	11:00 – Walking Club MHHE* 2:00 – Pool Room Fun PR* 3:00 – Mexican Train Dominos LR* 6:00 – Popcorn & Movie Night LR*
10:00 – Walking Club MHHE* 1:00 – Casual Birdwatching in the Courtyard* 2:00 – Pool Room Fun PR*	11:00 – DVD CARDIO LR 12:00 – Strength & Balance with Blossom LR 1:00 – “First Day of Autumn” Snack Social FP/GR 2:00 – Bridge/5:30 – Canasta LR*	1:00 – Bridge ACR* 3:00 – Happy Hour with Fritz Horisk LR	10:15 – Bookmobile MHHE 11:00 – Walking Club MHHE* 11:00 – DVD CARDIO LR 12:00 – Mindful Meditation with Blossom LR 3:00 – Bingo LR <div>September is WAFFLE MONTH – stop by the dining room at 12-12:30pm for a tasty fresh waffle!</div>	10:00 - Pool Is Fun PR* 11:30 – Strength & Balance with Blossom LR 1:00 – Tea & Cookies Social Hour FP/GR 2:00 - Pokeno LR	11:00 – DVD CARDIO LR 11:00 – BUS TRIP: Lunch at Tip Top Restaurant 12:30 – Strengthening Exercises with Powerback Rehab LR 1:00 – Phase Ten ACR* 3:00 – Happy Hour with All About Fall Trivia: Sports, Pumpkins, and more! LR	11:00 – Walking Club MHHE* 2:00 – Pool Room Fun PR* 3:00 – Mexican Train Dominos LR* 6:00 – Popcorn & Movie Night LR*
10:00 – Walking Club MHHE* 1:00 – Casual Birdwatching in the Courtyard* 2:00 – Pool Room Fun PR*	11:00 – DVD CARDIO LR 12:00 – Strength & Balance with Blossom LR 1:00 – Arts & Crafts: Fall Foliage Centerpiece ACR 2:00 – Bridge/5:30 – Canasta LR*	1:00 – Bridge ACR* 3:00 – Happy Hour with Carnival Games LR	<div>September 2025</div> <div>"Autumn carries more gold in its pocket than all the other seasons." - Jim Bishop</div>			