

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Happy Birthday! Joanne P. - 16th Jeanie S. - 17th Diane B. -25th</div> <div>Activities are subject to change.</div>	<div>Labor Day1</div> <div>10:00 Pick up Daily Chronicle and variety of “Labor Day” word puzzles (30min)</div> <div>1:00 Movie: “The Bridge on the River Kwai” (Resident requested) (2.5hrs)</div> <div>3:30 Play Mexican Train Dominoes with friends (1hr)</div> <div>7:00 Watch Jeopardy and Wheel of Fortune (NBC) with friends (1hr)</div>	<div>Hair Salon Open2</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>10:45 YouTube: Men’s Edition: “Rocky Marciano” video and discussion (30min)</div> <div>1:30 Guess the Song: 1960s (45min)</div> <div>2:30 Deliver Plasticware to WEAG and recycle (30min)</div> <div>3:30 Wheel of Fortune Game: Labor Day puzzles (45min)</div>	<div>3</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>11:00 Resident Engagement meeting (30min)</div> <div>1:00 St. Mary’s - Rich Bemis (30min)</div> <div>1:30 Service Projects: Wrap plasticware and unfold plastic bags (1hr)</div> <div>2:30 Chair Yoga with Barbara (moved from 9/6) (1hr)</div> <div>3:30 Bingo! and hydration (1hr)</div>	<div>4</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>10:45 LifeLoop computer: Balloon Burst word game (45min)</div> <div>1:30 Sunflower Art Installation: Part 1 of 4 (1hr)</div> <div>3:00 “Joyous Movement” (30min)</div> <div>3:00 Annie dog and Sarah visit (30min)</div> <div>4:00 Men’s Group with AI: Host Social for everyone!</div> <div>6:00 Bingo with Joanna! (1hr)</div>	<div>5</div> <div>10:00 Sittercise with Madison and hydration (45min)</div> <div>10:45 Garden Club: Weed, Water and Smile (45min)</div> <div>1:30 Chair Volleyball and hydration (45min)</div> <div>2:30 Let’s play Pokeno! (45min)</div> <div>3:30 Claudia Carawan performs (1hr)</div>	<div>6</div> <div>9:00 Pick up Daily Chronicle, “Nice Job” and variety of word puzzles (30min)</div> <div>3:30 Fan Tan card game with friends (1hr)</div> <div>6:00 Movie: “Tortilla Soup” (2017) (2hrs)</div>
<div>National Grandparents Day. National Assisted Living Week.</div> <div>9:00 Pick up Daily Chronicle, “Generations” and variety of word puzzles (30min)</div> <div>11:00 TV-12 Grove Live (1hr)</div> <div>1:00 Bingo with Michelle! (1hr)</div> <div>6:00 Movie: “La Bamba” (1987) (2hrs)</div>	<div>7</div> <div>Wear Orange or Yellow. Hair Salon Open8</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>10:45 Cut Flowers (for dining room) (30min)</div> <div>12:15 Robin Rio and Choir perform during lunch (30min)</div> <div>1:00 Mahjong with Cookie, Jean and friends (2hrs)</div> <div>2:00 “Longevity: Journey into the Blue Zones” video and discussion (30min)</div> <div>3:30 Bingo! and hydration (1hr)</div>	<div>9</div> <div>Wear Brown or Pink</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>10:30 Music Therapy with Raven (45min)</div> <div>12:30 Olive mini mule and Delbert mini donkey visit! (1hr)</div> <div>1:30 Sing-along Songs for Seniors (30min)</div> <div>2:00 Chef Chat with Jeff (1hr)</div> <div>3:30 Valentine Museum presents: “Richmond at Play” (1hr)</div>	<div>10</div> <div>Wear Purple</div> <div>10:00 Toddler Time with Emily (1.5hrs)</div> <div>1:00 St. Mary’s - Rich Bemis (30min)</div> <div>1:30 Scavenger Hunt! (45min)</div> <div>2:30 Disco Seated Exercise Chair Fitness Dance Party (30min)</div> <div>3:30 Bingo! and hydration (1hr)</div> <div>6:00 Service Projects: Wrap plasticware and unfold plastic bags (1hr)</div>	<div>11</div> <div>Wear Red, White, And Blue. Patriot Day</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>11:00 Patriot Day Service (30min)</div> <div>1:30 Sunflower Art Installation: Part 2 of 4 (1hr)</div> <div>3:00 -6pm! Ageless Adventure Day! Family and Friends Event (3hrs)</div>	<div>12</div> <div>Wear Green</div> <div>10:00 Trip to Anne’s Farm! (2hrs) See alpacas, llamas and more!</div> <div>1:30 Ice Cream Truck! (30min)</div> <div>2:00 Chair Volleyball and hydration (45min)</div> <div>2:00 Shop at Dollar Tree (1hr)</div> <div>2:30 Wheel of Fortune Game: “Home” puzzles (45min)</div> <div>3:30 Susan Cousins performs on piano (1hr)</div>	<div>13</div> <div>9:00 Pick up Daily Chronicle, “Healthy At All Ages” and word puzzles (30min)</div> <div>2:00 Chair Yoga with Barbara and hydration (1hr)</div> <div>3:30 Fan Tan card game with friends (1hr)</div> <div>6:00 Movie: “Hector and the Search for Happiness” (2013) (2hrs)</div>
<div>14</div> <div>9:00 Pick up Daily Chronicle, “Golden Age” and variety of word puzzles (30min)</div> <div>11:00 TV-8 First Baptist Church (1hr)</div> <div>12:45 Bingo with Michelle! (1hr)</div> <div>1:45 Music by Dan and Friend (1hr)</div> <div>6:00 Movie: “The Secret Life of Walter Mitty” (2013) (2hrs)</div>	<div>15</div> <div>Hair Salon Open</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>10:45 Cut Flowers (for dining room) (30min)</div> <div>11:00 Archie dog and Lily visit (30min)</div> <div>1:30 Therapy Dogs & Associates Visit (45min)</div> <div>2:30 Classic ’50’s & ’60’s Songs sing along (45min)</div> <div>3:30 Bingo! and hydration (1hr)</div>	<div>16</div> <div>Happy Birthday, Joanne!</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>10:30 James Curry performs in Memory Support (1hr)</div> <div>1:00 Henrico Co Bookmobile (45min)</div> <div>2:00 Resident Council Meeting. All Welcome! (1hr)</div> <div>3:30 Wheel of Fortune Game: Phrases About Working puzzles (45min)</div>	<div>17</div> <div>Happy Birthday, Jeanie!</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>1:00 St. Mary’s - Rich Bemis (30min)</div> <div>1:30 Service Projects: Wrap plasticware and unfold plastic bags (1hr)</div> <div>2:30 Silver Sneakers Motown Hits (30min)</div> <div>3:30 Bingo! and hydration (1hr)</div> <div>5:30 The Starlight Ballroom perform in Memory Support (1hr)</div>	<div>18</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>10:45 LifeLoop computer: Family Feud game (45min)</div> <div>1:30 Sunflower Art Installation: Part 3 of 4 (1hr)</div> <div>3:30 VNTY PL8 Game (45min)</div> <div>6:00 Bingo with Joanna! (1hr)</div>	<div>19</div> <div>10:00 Sittercise with Madison and hydration (45min)</div> <div>10:45 Scenic Drive (1hr)</div> <div>1:30 Chair Volleyball and hydration (45min)</div> <div>2:30 Let’s play Pokeno! (45min)</div> <div>3:30 September Birthday Party with Mary Stella performing (1hr)</div>	<div>20</div> <div>9:00 Pick up Daily Chronicle, “September Birthdays” and word puzzles (30min)</div> <div>2:00 Chair Yoga with Barbara and hydration (1hr)</div> <div>3:30 Fan Tan card game with friends (1hr)</div> <div>6:00 Movie: “Houseboat” (1958) (2hrs)</div>
<div>21</div> <div>9:00 Pick up Daily Chronicle, “Apple Picking” and word puzzles (30min)</div> <div>11:00 TV-12 Grove Live (1hr)</div> <div>1:00 Bingo with Michelle! (1hr)</div> <div>6:00 Movie: “The Father” (2020) (2hrs)</div>	<div>22</div> <div>Hair Salon Open. Rosh Hashanah Begins at Sundown. Autumn Begins</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>10:45 Cut Flowers (for dining room) (30min)</div> <div>11:00 Archie dog and Lily visit (30min)</div> <div>1:30 National Centenarians and Ice Cream Cone Day! Eat a cone and celebrate! (45min)</div> <div>2:30 Create Rosh Hashanah apple gifts; Discuss Rosh Hashanah (45min)</div> <div>3:30 Bingo! and hydration (1hr)</div>	<div>23</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>10:30 Music Therapy with Raven (45min)</div> <div>1:30 Ray Charles and “The Boss” songs (45min)</div> <div>2:30 “How to Humor Your Stress” TED Talk video and discussion (30min)</div> <div>3:30 Wheel of Fortune Game: Around the House puzzles (45min)</div>	<div>24</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>1:00 St. Mary’s - Rich Bemis (30min)</div> <div>1:30 Service Projects: Wrap plasticware and unfold plastic bags (1hr)</div> <div>2:30 30-minute seated Disco Workout (30min)</div> <div>3:30 Bingo! and hydration (1hr)</div>	<div>25</div> <div>Happy Birthday, Diane!</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>10:45 LifeLoop computer: Balloon Burst word game (45min)</div> <div>1:30 Sunflower Art Installation: final (1hr)</div> <div>2:30 Passport to Fun: Canada! (1hr)</div> <div>3:30 Play (made in Canada) Trivial Pursuit game (1hr)</div> <div>6:00 Bingo with Joanna! (1hr)</div>	<div>26</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>10:45 Scenic Drive (1hr)</div> <div>1:30 Chair Volleyball and hydration (45min)</div> <div>2:00 Shop at Publix (1hr)</div> <div>2:30 Friday Funnies: Jokes and Riddles (45min)</div> <div>3:30 Hunter O’Neill performs on piano (1hr)</div>	<div>27</div> <div>10:00 Coffee, News, and Giggles with Lisa (45min)</div> <div>2:00 Chair Yoga with Barbara and hydration (1hr)</div> <div>3:30 Fan Tan card game with friends (1hr)</div> <div>6:00 Movie: “Samsara” (2011) (2hrs)</div>
<div>28</div> <div>9:00 Pick up Daily Chronicle, and variety of “September” word puzzles (30min)</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>11:00 TV-8 First Baptist Church (1hr)</div> <div>1:00 Bingo with Michelle! (1hr)</div> <div>6:00 Movie: “Bye Bye Birdie” (1963) (2hrs)</div>	<div>29</div> <div>Hair Salon Open</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>10:45 Cut Flowers (for dining room) (30min)</div> <div>1:30 Traditional Folk Songs Sing Along (45min)</div> <div>2:30 National Starbucks Day! Let’s go! (1hr)</div> <div>3:30 Bingo! and hydration (1hr)</div>	<div>30</div> <div>10:00 Sittercise Chair Exercises and hydration (45min)</div> <div>10:45 “Sights and Sounds of Nashville, TN” video and discussion (30min)</div> <div>1:30 Guess the Beatles Song Music Quiz (45min)</div> <div>2:30 Do-Re-Mi Hot Potato game (45min)</div> <div>3:30 Wheel of Fortune Game: Living Things puzzles (45min)</div>	<div> National Assisted Living Week September 8-12, 2025</div>	<div> LABOR DAY</div>	<div>Holidays and Events Labor Day - 1st Patriot Day - 11th Rosh Hashanah - 22nd-24th Autumn begins - 22nd National Grandparents Day - 7th National Assisted Living Week - 8th-12th</div>	