

| Sunday                                                                                                                                                                                                                                                                                                                         | Monday                                                                                                                                                                                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                                                                                                                                      | Friday                                                                                                                                                                                                                                                                                    | Saturday                                                                                                                                                                                                                                                                    |
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| <div>LABOR DAY LUNCHEON</div>                                                                                                                                                                                                                                                                                                  | <div>SEPTEMBER 7, 2026<br/>12PM<br/>DINING ROOM ABP/TS</div> <div>Join us for a specially curated luncheon from Culinary, accompanied by patriotic tunes as we celebrate Labor Day!</div>                                                                                                                                                                       | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Sit &amp; Be Fit (GA) </div> <div>11:30 Brain Booster Games</div> <div>1:15 Bridge (LI) *</div> <div>1:30 Happy Nails &amp; Spa (GA)</div> <div>2:15 Roll and Hit Game (LI)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 Guitarist Tender Polman (ALDR) </div>                                            | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Meeting of the Minds w/ Chaplain Scott (GA)</div> <div>11:35 Chair Fitness w/ OG Fitness Coach (GA) </div> <div>1:30 Rick Steves' Docu Series (GA)</div> <div>2:00 Bingo! (LI)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 Sing-Along w/ Tony Nalker (ALDR) </div>                                    | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Sit &amp; Be Fit (GA) </div> <div>11:30 Brain Booster Games</div> <div>11:30 Resident Council Meeting (LR)</div> <div>1:00 Pianist Jerry Roman (ALDR)</div> <div>1:15 Swan Making (LI)</div> <div>2:15 What Year is it? (LR)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 News &amp; Neighbor Conversations (LI)</div> | <div>10:30 Catholic Communion w/ Father Melmer (MP)</div> <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Chair Aerobics w/ Jay (SB)</div> <div>2:00 Bingo! (LI)</div> <div>3:00 Pie Social (LR)</div> <div>4:00 Accordionist Dave Lovins (ALDR) </div>                                | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Sit &amp; Be Fit (GA) </div> <div>11:30 Word Scramble (LR)</div> <div>2:00 Movie Matinee (TH)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 Resident Board Game Hour (LI) *</div>                                     |
| <div>10:00 Chair Yoga w/ Ying (SB) </div> <div>10:45 Virtual Nondenom. Service (GA)</div> <div>11:00 Pianist Roberta (ALDR) </div> <div>11:30 Virtual Catholic Service (GA)</div> <div>2:00 Sunday Classic Matinee (TH)</div> <div>4:00 Resident Board Game Hour (LI) *</div>                                                  | <div>Labor Day</div> <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Brain Boosters (LR)</div> <div>11:35 Chair Fitness w/ OG Fitness Coach (GA) </div> <div>12:00 Labor Day Luncheon (ALDR)</div> <div>1:30 Trivia (LR)</div> <div>2:30 Classic Comedies (GA)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 News &amp; Neighbor Conversations (LI)</div> | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Sit &amp; Be Fit (GA) </div> <div>11:30 Brain Booster Games</div> <div>12:30 Outing: Big Buns Good Burgers </div> <div>1:15 Bridge (LI) *</div> <div>1:30 Happy Nails &amp; Spa (GA)</div> <div>2:15 Ping Pong Fish Game (GA)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 Pianist Jim West (ALDR) </div> | <div>National Teddy Bear Day</div> <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Meeting of the Minds w/ Chaplain Scott (GA)</div> <div>11:35 Chair Fitness w/ OG Fitness Coach (GA) </div> <div>1:15 Make Your Own Teddy Bear (GA)</div> <div>2:00 Bingo! (LI)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 Sing-Along w/ Tony Nalker (ALDR) </div> | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Sit &amp; Be Fit (GA) </div> <div>11:30 Brain Booster Games</div> <div>1:15 Chalk-Led Project (LI)</div> <div>1:30 Survey Says ... (LR)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 News &amp; Neighbor Conversations (LI)</div>                                                                                      | <div>Patriot Day</div> <div>10:30 Catholic Communion w/ Father Melmer (MP)</div> <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Chair Aerobics w/ Jay (SB)</div> <div>2:00 Bingo! (LI)</div> <div>3:00 Nachos Social w/ Fafa (LR)</div> <div>4:00 Oldies but Goodies Hour (LR) </div> | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Sit &amp; Be Fit (GA) </div> <div>11:30 The Brand Challenge (LR)</div> <div>2:00 Movie Matinee (TH)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 Resident Board Game Hour (LI) *</div>                               |
| <div>National Grandparents Day</div> <div>10:00 Chair Yoga w/ Ying (SB) </div> <div>10:45 Virtual Nondenom. Service (GA)</div> <div>11:30 Virtual Catholic Service (GA)</div> <div>2:00 Tacy Music Foundation (ALDR)</div> <div>3:00 Generation of Sweetness Social (LR)</div> <div>4:00 Resident Board Game Hour (LI) *</div> | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Brain Boosters (LR)</div> <div>11:35 Chair Fitness w/ OG Fitness Coach (GA) </div> <div>1:30 Name That Tune (LR)</div> <div>2:30 Classic Comedies (GA)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 News &amp; Neighbor Conversations (LI)</div>                                                         | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Sit &amp; Be Fit (GA) </div> <div>11:30 Brain Booster Games</div> <div>1:15 Bridge (LI) *</div> <div>1:30 Happy Nails &amp; Spa (GA)</div> <div>2:15 Ring Toss (GA)</div> <div>3:00 Social Hour (LR)</div>                                                                                                    | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Meeting of the Minds w/ Chaplain Scott (GA)</div> <div>11:35 Chair Fitness w/ OG Fitness Coach (GA) </div> <div>1:30 Rick Steves' Docu Series (GA)</div> <div>2:00 Bingo! (LI)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 Sing-Along w/ Tony Nalker (ALDR) </div>                                    | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Sit &amp; Be Fit (GA) </div> <div>11:30 Brain Booster Games</div> <div>1:30 Music w/ Bill Crews (ALDR)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 News &amp; Neighbor Conversations (LI)</div>                                                                                                                       | <div>10:30 Catholic Communion w/ Father Melmer (MP)</div> <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Chair Aerobics w/ Jay (SB)</div> <div>2:00 Bingo! (LI)</div> <div>3:00 Ice Cream Sandwich Social (LR)</div> <div>4:00 Keyboardist Bob Clarks (ALDR) </div>                   | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 ACTS Ministry (SB)</div> <div>11:00 Sit &amp; Be Fit (GA) </div> <div>11:30 Scattergories (LR)</div> <div>2:00 Movie Matinee (TH)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 Resident Board Game Hour (LI) *</div> |
| <div>10:00 Chair Yoga w/ Ying (SB) </div> <div>10:45 Virtual Nondenom. Service (GA)</div> <div>11:30 Virtual Catholic Service (GA)</div> <div>2:00 Sunday Classic Matinee (TH)</div> <div>4:00 Resident Board Game Hour (LI) *</div>                                                                                           | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Brain Boosters (LR)</div> <div>11:35 Chair Fitness w/ OG Fitness Coach (GA) </div> <div>1:30 Trivia (LR)</div> <div>2:30 Classic Comedies (GA)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 News &amp; Neighbor Conversations (LI)</div>                                                                 | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Sit &amp; Be Fit (GA) </div> <div>11:30 Brain Booster Games</div> <div>1:15 Bridge (LI) *</div> <div>1:30 Happy Nails &amp; Spa (GA)</div> <div>2:15 Higher or Lower Card Game (GA)</div> <div>3:00 Social Hour (LR)</div>                                                                                    | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Meeting of the Minds w/ Chaplain Scott (GA)</div> <div>11:35 Chair Fitness w/ OG Fitness Coach (GA) </div> <div>1:30 Rick Steves' Docu Series (GA)</div> <div>2:00 Bingo! (LI)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 Sing-Along w/ Tony Nalker (ALDR) </div>                                    | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Pianist Roberta (ALDR) </div> <div>11:00 Sit &amp; Be Fit (GA) </div> <div>11:30 Brain Booster Games</div> <div>1:00 Watercolor Painting w/ Sara (PS)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 News &amp; Neighbor Conversations (LI)</div>                                                                        | <div>10:30 Catholic Communion w/ Father Melmer (MP)</div> <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Chair Aerobics w/ Jay (SB)</div> <div>2:00 Bingo! (LI)</div> <div>3:00 September Birthday Social (LR)</div> <div>4:00 Oldies but Goodies Hour (LR) </div>                    | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Sit &amp; Be Fit (GA) </div> <div>11:30 Crack The Code (LR)</div> <div>2:00 Movie Matinee (TH)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 Resident Board Game Hour (LI) *</div>                                    |
| <div>10:00 Chair Yoga w/ Ying (SB) </div> <div>10:45 Virtual Nondenom. Service (GA)</div> <div>11:30 Virtual Catholic Service (GA)</div> <div>2:00 Sunday Classic Matinee (TH)</div> <div>4:00 Resident Board Game Hour (LI) *</div>                                                                                           | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Brain Boosters (LR)</div> <div>11:35 Chair Fitness w/ OG Fitness Coach (GA) </div> <div>1:30 Name that Tune (LR)</div> <div>1:30 Scenic Drive: National Harbor </div> <div>2:30 Classic Comedies (GA)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 News &amp; Neighbor Conversations (LI)</div>          | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Sit &amp; Be Fit (GA) </div> <div>11:30 Brain Booster Games</div> <div>1:15 Bridge (LI) *</div> <div>1:30 Happy Nails &amp; Spa (GA)</div> <div>2:15 What's in The Bag? (GA)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 Music w/ Vince Borelli (ALDR) </div>                                            | <div>10:30 Morning News Cafe (LR)</div> <div>11:00 Meeting of the Minds w/ Chaplain Scott (GA)</div> <div>11:35 Chair Fitness w/ OG Fitness Coach (GA) </div> <div>1:30 Rick Steves' Docu Series (GA)</div> <div>2:00 Bingo! (LI)</div> <div>3:00 Social Hour (LR)</div> <div>4:00 Sing-Along w/ Tony Nalker (ALDR) </div>                                    | <div>Location Key</div> <div>GA-Galley (1st Floor)</div> <div>LI-Library (1st Floor)</div> <div>ML-Main Lobby (2nd Floor)</div> <div>LR-Living Room (1st Floor)</div> <div>PA-Patio (1st Floor)</div> <div>PS-Portside (2nd, 400 Side)</div> <div>SB-Starboard (2nd, 300 Side)</div> <div>TH-Theater (1st Floor)</div> <div>*-Resident-Led</div>                              | <div>Please Note</div> <div>All activities are subject to change. Please refer to daily announcements and posted updates for the most current schedule and event information.</div>                                                                                                       | <div>★ 9/11 ★</div> <div>PATRIOT DAY</div> <div>We will never forget September 11, 2001</div> <div>25th Anniversary • 2001-2026</div>                                                                                                                                       |