

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 WWW.SENIORLIFESTYLE.COM Activities are subject to change  a Senior Lifestyle community  Outing  _BRAIN HEALTH UNIVERSITY  _CONNECT  _CONTRIBUTE  _FEEL  _GROW  _MOVE  _REFLECT Location Keys Cafe' Card Room Craft Center Dining Room Lobby Loft Movie Theater Outing CA CR CC DR LB LO MT OT				“When life is sweet, say thank you and celebrate. And when life is bitter, say thank you and grow.” — Shauna Niequist	September Birthday's Jim 9/15 Ardyce 9/22 Bill 9/23	10:15  Daily Calm Morning Meditation [MT] 1:00  Audible Book Club: Reminders of Him [MT] 2:00  Rummikub [CR] 3:00  BHU: Fast Friends [CA] 3:00  Happy Hour [CA] 6:00  Movie: Residents' Choice [MT] 6:00  Skip-Bo Card Club [LO]	10:00  Billiards [LO] 1:00  Left, Right, Center [LO] 1:15  Docuseries: Great Wonders of the World 1:45  Rummikub [LB] 3:00  Player's Choice 6:00  Movie: Residents' Choice [MT]
8:30  Church Shuttle [OT] 10:30  Catholic Communion [MT] 11:00  Billiards [LO] 1:00  Wii Bowling Club [CC] 2:15  Bunco Group [LO] 3:00  Ice Cream Cone Social [CA] 6:00  Movie: Residents' Choice [MT] 3		9:45  Shopping: Fry's [OT] 10:15  Skip-Bo [CR] 1:00  BHU: Brain Tapping [CC] 1:45  Monday Matinee [MT] 2:00  Bingo [CR] 3:00  Root Beer Floats & Sherbet Coolers [CA] 6:00  Movie: Residents' Choice [MT] 4	9:00  Walk This Way Indoor Walking Club [LB] 10:00  *Tech-Tutor: Learn to On-Line Grocery Shop [CR] 12:30  Audible Book Club [MT] 2:00  Happy Hour [DR] 2:00  Live Music w/David Grimes [DR] 6:00  Movie: Residents' Choice [MT] 6:00  Skip-Bo Card Club [LO] 5	9:00  Faith & Fellowship [CC] 10:00  Pianist: Nancy Riggs [LB] 10:15  Hand & Foot Card Game [CR] 1:00  Rhythmic Tapping & Cardio Blend [CC] 2:00  Docuseries: The Chosen [MT] 2:30  Maricopa County Public Library [OT] 3:00  BHU: Team Building Challenge [CA] 6:00  Movie: Residents' Choice [MT] 6	10:15  Strengthen & Tone [CC] 10:30  Catholic Divine Mercy class [MT] 12:45  Flower Arranging [CC] 1:00  Wii Bowling Club [CC] 2:00  5 Crowns Card Game [CR] 2:00  Food for Thought Dining Meeting 3:00  Health & Wellness w/Bri [MT] 3:30  Rummikub [CR] 6:00  Movie: Residents' Choice [MT] 7	10:15  BHU: De-stress Guided Meditation [MT] 10:30  Activity Planning Meeting [CR] 1:00  Audible Book Club: Reminders of Him [MT] 2:00  Rummikub [CR] 3:00  Happy Hour [CA] 6:00  Movie: Residents' Choice [MT] 6:00  Skip-Bo Card Club [LO] 8	10:00  Billiards [LO] 1:00  Left, Right, Center [LO] 1:15  Docuseries: Great Wonders of the World 1:45  Rummikub [LB] 3:00  Player's Choice 6:00  Movie: Residents' Choice [MT] 9
8:30  Church Shuttle [OT] 10:00  AZ Cardinals @Commanders [MT] 10:30  Catholic Communion [MT] 11:00  Billiards [LO] 1:00  Wii Bowling Club [CC] 2:15  Bunco Group [LO] 3:00  Grandparents Day Concert [LB] 3:00  Ice Cream Cone Social [CA] 6:00  Movie: Residents' Choice [MT] 10		9:45  Shopping: Fry's [OT] 10:15  Skip-Bo [CR] 1:00  High Energy Exercise [CC] 1:45  Monday Matinee [MT] 2:00  Bingo [CR] 3:00  BHU: Benefits of Gratitude [CA] 3:00  Root Beer Floats & Sherbet Coolers [CA] 6:00  Movie: Residents' Choice [MT] 11	8:00  BHU: Morning Sun & Sleepy Yoga [CC] 10:00  *Tech-Tutor: Learn to On-Line Grocery Shop [CR] 10:30  Eagles' Wings Ministry Monthly Meeting [CC] 12:30  Audible Book Club [MT] 2:00  Happy Hour [DR] 2:00  Live Music w/Carl Block [DR] 6:00  Movie: Residents' Choice [MT] 6:00  Skip-Bo Card Club [LO] 12	9:00  Faith & Fellowship [CC] 10:00  Pianist: Nancy Riggs [LB] 10:15  Hand & Foot Card Game [CR] 1:00  Rhythmic Tapping & Cardio Blend [CC] 2:00  Docuseries: The Chosen [MT] 6:00  Movie: Residents' Choice [MT] 13	10:15  Strengthen & Tone [CC] 10:30  Catholic Divine Mercy class [MT] 12:45  Flower Arranging [CC] 1:00  Wii Bowling Club [CC] 1:30  Town Hall Meeting [CA] 2:00  5 Crowns Card Game [CR] 3:30  Rummikub [CR] 6:00  Movie: Residents' Choice [MT] 14	10:15  Daily Calm Morning Meditation [MT] 1:00  Audible Book Club: Reminders of Him [MT] 2:00  Rummikub [CR] 3:00  BHU: An Avocado-a-Day [CA] 3:00  Happy Hour [CA] 6:00  Movie: Residents' Choice [MT] 6:00  Skip-Bo Card Club [LO] 15	10:00  Billiards [LO] 1:00  Left, Right, Center [LO] 1:15  Docuseries: Great Wonders of the World 1:45  Rummikub [LB] 3:00  Player's Choice 6:00  Movie: Residents' Choice [MT] 16
8:30  Church Shuttle [OT] 10:30  Catholic Communion [MT] 11:00  Billiards [LO] 1:00  Wii Bowling Club [CC] 1:05  Giants vs AZ Cardinals [MT] 2:15  Bunco Group [LO] 3:00  Ice Cream Cone Social [CA] 6:00  Movie: Residents' Choice [MT] 17		9:45  Shopping: Fry's [OT] 10:15  Skip-Bo [CR] 1:00  High Energy Exercise [CC] 1:45  Monday Matinee [MT] 2:00  Bingo [CR] 3:00  BHU: What's Up w/Wordle [CA] 3:00  Root Beer Floats & Sherbet Coolers [CA] 6:00  Movie: Residents' Choice [MT] 18	9:00  BHU: Clear Mind + Energy for Focus [MT] 10:00  *Tech-Tutor: Learn to On-Line Grocery Shop [CR] 12:30  Audible Book Club [MT] 2:00  Happy Hour [DR] 2:00  Live Music w/Dan Wiebe [DR] 6:00  Movie: Residents' Choice [MT] 6:00  Skip-Bo Card Club [LO] 19	9:00  Faith & Fellowship [CC] 10:00  Pianist: Nancy Riggs [LB] 10:15  Hand & Foot Card Game [CR] 1:00  Rhythmic Tapping & Cardio Blend [CC] 2:00  Docuseries: The Chosen [MT] 2:30  Maricopa County Public Library [OT] 6:00  Movie: Residents' Choice [MT] 20	10:15  Strengthen & Tone [CC] 10:30  Catholic Divine Mercy class [MT] 12:45  Flower Arranging [CC] 1:00  Wii Bowling Club [CC] 2:00  5 Crowns Card Game [CR] 3:30  Rummikub [CR] 6:00  Movie: Residents' Choice [MT] 21	10:15  Daily Calm Morning Meditation [MT] 11:30  BHU: Kona Grill Sushi Power Lunch [OT] 1:00  Audible Book Club: Reminders of Him [MT] 2:00  Rummikub [CR] 3:00  Happy Hour [CA] 6:00  Movie: Residents' Choice [MT] 6:00  Skip-Bo Card Club [LO] 22	10:00  Billiards [LO] 1:00  Left, Right, Center [LO] 1:15  Docuseries: Great Wonders of the World 1:45  Rummikub [LB] 3:00  Player's Choice 6:00  Movie: Residents' Choice [MT] 23
8:30  Church Shuttle [OT] 10:30  Catholic Communion [MT] 11:00  Billiards [LO] 1:00  Wii Bowling Club [CC] 1:25  Cowboys vs AZ Cardinals [MT] 2:15  Bunco Group [LO] 3:00  Ice Cream Cone Social [CA] 6:00  Movie: Residents' Choice [MT] 24		9:45  Shopping: Fry's [OT] 10:15  Skip-Bo [CR] 1:00  High Energy Exercise [CC] 1:45  Monday Matinee [MT] 2:00  Bingo [CR] 3:00  Root Beer Floats & Sherbet Coolers [CA] 6:00  Movie: Residents' Choice [MT] 25	9:00  Walk This Way Indoor Walking Club [LB] 10:00  *Tech-Tutor: Learn to On-Line Grocery Shop [CR] 10:15  BHU: DIY Lavendar Linen Spray & Sleep Tips [CA] 12:30  Audible Book Club [MT] 2:00  Happy Hour [DR] 2:00  Live Music w/Carlotta Wheeler [DR] 6:00  Movie: Residents' Choice [MT] 6:00  Skip-Bo Card Club [LO] 26	9:00  Faith & Fellowship [CC] 10:00  Pianist: Nancy Riggs [LB] 10:15  Hand & Foot Card Game [CR] 1:00  Rhythmic Tapping & Cardio Blend [CC] 2:00  Docuseries: The Chosen [MT] 3:00  BHU: Riddle Challenge [CA] 6:00  Movie: Residents' Choice [MT] 27	10:15  Strengthen & Tone [CC] 10:30  Catholic Divine Mercy class [MT] 12:45  Flower Arranging [CC] 1:00  Wii Bowling Club [CC] 2:00  5 Crowns Card Game [CR] 3:00  Blackjack w/Chef Kevin [LO] 3:30  Rummikub [CR] 6:00  Movie: Residents' Choice [MT] 28	10:15  Daily Calm Morning Meditation [MT] 1:00  Audible Book Club: Reminders of Him [MT] 2:00  Rummikub [CR] 3:00  BHU Graduation Celebration [CA] 6:00  Movie: Residents' Choice [MT] 6:00  Skip-Bo Card Club [LO] 29	10:00  Billiards [LO] 1:00  Left, Right, Center [LO] 1:15  Docuseries: Great Wonders of the World 1:45  Rummikub [LB] 3:00  Player's Choice 6:00  Movie: Residents' Choice [MT] 30