



September 2025

Charter Senior Living of Woodbridge- Assisted Living Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div>Labor Day 1</div> <div>10:30 Morning Movement [LR]</div> <div>11:00 Art Expression - Learn About the Artist [LR]</div> <div>11:45 Labor Day BBQ [DR]</div> <div>1:30 Jewelry Making Class [AR]</div> <div>1:30 Walk Club [L]</div> <div>4:00 Circle of Knowledge [LR]</div> <div>6:30 Card Group</div>	<div>9:30 Shopping Trip [L] 2</div> <div>10:30 Mobility Exercise [LR]</div> <div>11:45 Lunch Bunch - The Station [L]</div> <div>1:30 Nature Walk [L]</div> <div>2:30 Bingo, Bingo [AR]</div> <div>4:00 Brain Building [LR]</div> <div>6:30 Art for a Purpose [DR]</div>	<div>10:30 Food Forum Meeting [DR] 3</div> <div>10:30 Mid- Week Movement [LR]</div> <div>11:00 Guided Meditation [SP]</div> <div>1:30 Crafter's Corner [AR]</div> <div>1:30 Nature Walk [L]</div> <div>3:15 Total Brain Health - Think Positive! [AR]</div> <div>6:30 Tabletop Games [LR]</div>	<div>10:30 Morning Exercise [LR] 4</div> <div>11:00 Chicken Soup for the Soul [B]</div> <div>1:30 Nature Walk [L]</div> <div>1:30 Painting Class [AR]</div> <div>2:30 Spa Time [AR]</div> <div>4:00 Circle of Knowledge [LR]</div> <div>6:30 Evening Movie [LR]</div>	<div>10:30 Friday Fitness [LR] 5</div> <div>11:00 Catholic Communion Service [LR]</div> <div>11:00 Free Rice Trivia [B]</div> <div>1:30 Nature Walk [L]</div> <div>2:15 Mix and Mingle Happy Hour [B]</div> <div>4:00 Joggin' Your Noggin' [LR]</div> <div>6:30 Scrabble Challenge [LR]</div>	<div>10:30 Sit and Stretch [LR] 6</div> <div>11:00 Whimsical Colors [AR]</div> <div>1:30 Nature Walk [L]</div> <div>2:30 Bingo with Tonya [DR]</div> <div>4:00 Chat Around [LR]</div> <div>6:30 Saturday Series [LR]</div>
<div>Grandparents Day 7</div> <div>10:00 Community Garden Group [LR]</div> <div>10:00 TV Catholic Mass [LR]</div> <div>10:30 Sunday Stretch [LR]</div> <div>1:00 Build Your Own Ice Cream Sundae Bar [B]</div> <div>1:30 Nature Walk [L]</div> <div>2:00 MOD Choice [DR]</div> <div>4:00 Chat Time [LR]</div> <div>6:30 Movie Night [LR]</div>	<div>10:30 Morning Movement [LR] 8</div> <div>11:00 Art Expression - Learn About the Artist [LR]</div> <div>1:30 Jewelry Making Class [AR]</div> <div>1:30 Walk Club [L]</div> <div>3:15 Total Brain Health - Tell Me About It [AR]</div> <div>6:30 Card Group</div>	<div>9:30 Shopping Trip [L] 9</div> <div>10:30 Mobility Exercise [LR]</div> <div>1:00 Movie Outing - Resident's Choice [L]</div> <div>1:30 Nature Walk [L]</div> <div>2:30 Bingo, Bingo [AR]</div> <div>4:00 Brain Building [LR]</div> <div>6:30 Art for a Purpose [DR]</div>	<div>10:30 Food Forum Meeting [DR] 10</div> <div>10:30 Mid- Week Movement [LR]</div> <div>11:00 Catholic Communion Service [LR]</div> <div>11:00 Country Road Guided Meditation [SP]</div> <div>1:30 Crafter's Corner [AR]</div> <div>1:30 Nature Walk [L]</div> <div>3:15 Total Brain Health - Repeat After Me! [AR]</div> <div>5:30 Music with Tom Sansone [LR]</div> <div>6:30 Tabletop Games [LR]</div>	<div>10:30 Morning Exercise [LR] 11</div> <div>11:00 Chicken Soup for the Soul [B]</div> <div>1:30 Nature Walk [L]</div> <div>1:30 Painting Class [AR]</div> <div>2:30 Spa Time [AR]</div> <div>4:00 Circle of Knowledge [LR]</div> <div>6:30 Evening Movie [LR]</div>	<div>10:30 Friday Fitness [LR] 12</div> <div>11:00 Free Rice Trivia [B]</div> <div>1:30 Nature Walk [L]</div> <div>2:15 Mix and Mingle Happy Hour [B]</div> <div>4:00 Joggin' Your Noggin' [LR]</div> <div>6:30 Scrabble Challenge [LR]</div>	<div>10:30 Sit and Stretch [LR] 13</div> <div>11:00 Whimsical Colors [AR]</div> <div>1:30 Nature Walk [L]</div> <div>2:30 Bingo with Tonya [DR]</div> <div>4:00 Chat Around [LR]</div> <div>6:30 Saturday Series [LR]</div>
<div>10:00 Community Garden Group [LR] 14</div> <div>10:00 TV Catholic Mass [LR]</div> <div>10:30 Sunday Stretch [LR]</div> <div>1:30 Nature Walk [L]</div> <div>2:00 MOD Choice [DR]</div> <div>4:00 Chat Time [LR]</div> <div>6:30 Movie Night [LR]</div>	<div>10:30 Country Calisthenics [LR] 15</div> <div>11:00 Art Expression - Learn About the Artist [LR]</div> <div>1:30 Jewelry Making Class [AR]</div> <div>1:30 Walk Club [L]</div> <div>3:15 Total Brain Health - Artful Explorations [AR]</div> <div>6:30 Card Group</div>	<div>9:30 Shopping Trip [L] 16</div> <div>10:30 Mobility Exercise [LR]</div> <div>1:00 Apple Picking Outing to Hickory Hill Orchard [L]</div> <div>1:30 Nature Walk [L]</div> <div>2:30 Bingo, Bingo [AR]</div> <div>4:00 Brain Building [LR]</div> <div>6:30 Art for a Purpose [DR]</div>	<div>10:30 Food Forum Meeting [DR] 17</div> <div>10:30 Mid- Week Movement [LR]</div> <div>11:00 Guided Meditation [SP]</div> <div>1:30 Crafter's Corner [AR]</div> <div>1:30 Nature Walk [L]</div> <div>3:15 Total Brain Health - Improv Time [AR]</div> <div>6:30 Tabletop Games [LR]</div>	<div>10:30 Morning Exercise [LR] 18</div> <div>11:00 Chicken Soup for the Soul [B]</div> <div>1:30 Let's Learn About Home Remedies [LR]</div> <div>1:30 Nature Walk [L]</div> <div>2:30 Spa Time [AR]</div> <div>4:00 Circle of Knowledge [LR]</div> <div>6:30 Evening Movie [LR]</div>	<div>10:30 Friday Fitness [LR] 19</div> <div>11:00 Catholic Communion Service [LR]</div> <div>11:00 Free Rice Trivia [B]</div> <div>1:30 Nature Walk [L]</div> <div>2:15 Farmyard Fun Happy Hour [FP]</div> <div>4:00 Joggin' Your Noggin' [LR]</div> <div>6:30 Scrabble Challenge [LR]</div>	<div>10:30 Sit and Stretch [LR] 20</div> <div>11:00 Whimsical Colors [AR]</div> <div>1:30 Nature Walk [L]</div> <div>2:30 Bingo with Tonya [DR]</div> <div>4:00 Chat Around [LR]</div> <div>6:30 Saturday Series [LR]</div>
<div>Charter Wide Fun Day: National Bake Your Best Biscuits Day 21</div> <div>10:00 Community Garden Group [LR]</div> <div>10:00 TV Catholic Mass [LR]</div> <div>10:30 Sunday Stretch [LR]</div> <div>1:30 Nature Walk [L]</div> <div>2:00 MOD Choice [DR]</div> <div>4:00 Chat Time [LR]</div> <div>6:30 Movie Night [LR]</div>	<div>10:30 Morning Movement [LR] 22</div> <div>11:00 Art Expression - Learn About the Artist [LR]</div> <div>1:30 Jewelry Making Class [AR]</div> <div>1:30 Walk Club [L]</div> <div>3:15 Total Brain Health - It's A Draw [AR]</div> <div>6:30 Card Group</div>	<div>9:30 Shopping Trip [L] 23</div> <div>10:30 Mobility Exercise [LR]</div> <div>1:30 Ice Cream Outing to Rich's Dairy [L]</div> <div>1:30 Nature Walk [L]</div> <div>2:30 Bingo, Bingo [AR]</div> <div>4:00 Brain Building [LR]</div> <div>6:30 Art for a Purpose [DR]</div>	<div>10:30 Food Forum Meeting [DR] 24</div> <div>10:30 Mid- Week Movement [LR]</div> <div>11:00 Catholic Communion Service [LR]</div> <div>11:00 Guided Meditation [SP]</div> <div>1:30 Crafter's Corner - Paint and Pour Wooden Spoon Art [AR]</div> <div>1:30 Nature Walk [L]</div> <div>3:15 Total Brain Health - Math Matters [AR]</div> <div>6:30 Tabletop Games [LR]</div>	<div>10:30 Morning Exercise [LR] 25</div> <div>11:00 Chicken Soup for the Soul [B]</div> <div>1:30 Nature Walk [L]</div> <div>1:30 Painting Class [AR]</div> <div>2:30 Spa Time [AR]</div> <div>4:00 Circle of Knowledge [LR]</div> <div>4:30 Country Roads and Kitchen Tables [LR]</div> <div>5:00 Music with Bob Gianotti</div>	<div>10:30 Friday Fitness [LR] 26</div> <div>11:00 Free Rice Trivia [B]</div> <div>1:30 Nature Walk [L]</div> <div>2:15 Monthly Birthday Party [B]</div> <div>4:00 Joggin' Your Noggin' [LR]</div> <div>6:30 Scrabble Challenge [LR]</div>	<div>10:30 Sit and Stretch [LR] 27</div> <div>11:00 Whimsical Colors [AR]</div> <div>1:30 Nature Walk [L]</div> <div>2:30 Bingo with Tonya [DR]</div> <div>4:00 Chat Around [LR]</div> <div>6:30 Saturday Series [LR]</div>
<div>10:00 Community Garden Group [LR] 28</div> <div>10:00 TV Catholic Mass [LR]</div> <div>10:30 Sunday Stretch [LR]</div> <div>1:30 Nature Walk [L]</div> <div>2:00 MOD Choice [DR]</div> <div>4:00 Chat Time [LR]</div> <div>6:30 Movie Night [LR]</div>	<div>10:30 Morning Movement [LR] 29</div> <div>11:00 Art Expression - Learn About the Artist [LR]</div> <div>1:15 Resident Council Meeting [DR]</div> <div>1:30 Walk Club [L]</div> <div>2:00 Music with Mike Nigretti [LR]</div> <div>3:15 Total Brain Health - Keeping Track [AR]</div> <div>6:30 Card Group</div>	<div>9:30 Shopping Trip [L] 30</div> <div>10:30 Mobility Exercise [LR]</div> <div>12:30 Lunch In Trip - Chinese Takeout [AR]</div> <div>1:30 Nature Walk [L]</div> <div>2:30 Mulled Cider and Apple Cider Donuts Social [B]</div> <div>4:00 Brain Building [LR]</div> <div>6:30 Art for a Purpose [DR]</div>	<div>Location Keys</div> <div>Activities Room</div> <div>Bistro</div> <div>Dining Room</div> <div>Front Porch</div> <div>Living Room</div> <div>Lobby</div> <div>Sun Porch</div> <div>AR</div> <div>B</div> <div>DR</div> <div>FP</div> <div>LR</div> <div>L</div> <div>SP</div> <div> Community & Connection</div> <div> Exploration & Adventure</div> <div> Harmony & Introspection</div> <div> Intentions & Commitments</div> <div> Knowledge & Learning</div> <div> Motion & Movement</div> <div> Motivation & Creation</div>		<div></div> <div>Activities subject to change without notice.</div>	