September 2025 Charter Senior Living of Woodbridge- Assisted Living Calendar Sunday Monday Tuesday Wednesdav Thursday Friday Saturday ☐ 10:30 • Sit and Stretch **↑** 10:30 **♦ Food Forum** 10:30 •• Morning 10:30 → Friday Fitness [LR] **Labor Day** 9:30 Shopping Trip 4 11:00 & Catholic Meeting [DR] Exercise [LR] 10:30 •• Morning Movement [LR] 10:30 Mid- Week Communion 10:30 • Mobility Exercise 11:00 Whimsical Service [LR] 11:00 🌣 Art Expression - Learn [LR] Movement [LR] the Soul [B] Colors [AR] 11:00 🌣 Free Rice Trivia [B] About the Artist [LR] 11:45 😝 Lunch Bunch - The 11:00 🦀 Guided Meditation [SP] 1:30 • Nature Walk [L] 1:30 Nature Walk [L] 1:30 Nature Walk [L] 11:45 👺 Labor Day BBQ [DR] Station [L] 1:30 Painting Class [AR] 1:30 • Crafter's Corner [AR] 2:30 Bingo with Tonya [DR] 2:15 A Mix and Mingle Happy 1:30 9 Jewelry Making Class [AR] 1:30 Wature Walk [L] 1:30 Nature Walk [L] 2:30 Spa Time [AR] 4:00 A Chat Around [LR] Hour [B] 1:30 **₩** Walk Club [L] 2:30 👺 Bingo, Bingo [AR] 3:15 Total Brain Health - Think 4:00 Circle of Knowledge [LR] 6:30 Saturday Series [LR] 4:00 🍑 Joggin' Your Noggin' [LR] 4:00 Circle of Knowledge [LR] 4:00 Prain Building [LR] Positive! [AR] 6:30 **Evening Movie [LR]** 6:30 Scrabble Challenge [LR] SENIOR LIVING 6:30 R Card Group 6:30 • Art for a Purpose [DR] 6:30 Tabletop Games [LR] of Woodbridge 10:30 S Food Forum Meeting [DR] **Grandparents Day** 10:30 **↔** Morning 9:30 Shopping Trip 10:30 • Morning 10:30 • Friday Fitness 10:30 → Sit and Stretch 10:30 •• Mid- Week Movement [LR] Movement [LR] 10:00 • Community Garden Exercise [LR] [LR] [LR] 11:00 & Catholic Communion Group [LR] 11:00 🌣 Art Expression -10:30 •• Mobility Exercise 11:00 • Chicken Soup for 11:00 🌣 Free Rice Trivia 11:00 9 Whimsical Service [LR] 10:00 & TV Catholic Mass [LR] Learn About the Artist [LR] Country Road Guided Meditation [SP] the Soul [B] 11:00 [B] Colors [AR] 10:30 Sunday Stretch [LR] 1:30 • Jewelry Making Class [AR] 1:30 • Crafter's Corner [AR] 1:00 A Movie Outing - Resident's 1:30 • Nature Walk [L] 1:30 Nature Walk [L] 1:30 Nature Walk [L] 1:00 & Build Your Own Ice Cream 1:30 Q Nature Walk [L] 1:30 •• Walk Club [L] Choice [L] 1:30 Painting Class [AR] 2:15 Mix and Mingle Happy 2:30 Bingo with Tonya [DR] 3:15 Total Brain Health - Repeat After Me Sundae Bar [B] 3:15 Total Brain Health - Tell Me 1:30 🤏 Nature Walk [L] 2:30 👺 Spa Time [AR] 4:00 A Chat Around [LR] Hour [B] 1:30 • Nature Walk [L] About It [AR] 5:30 **Music with Tom Sansone [LR]** 2:30 🎥 Bingo, Bingo [AR] 4:00 Circle of Knowledge [LR] 2:00 MOD Choice [DR] 4:00 🌣 Joggin' Your Noggin' 6:30 Saturday Series [LR] 6:30 A Card Group 6:30 Tabletop Games [LR] 4:00 Brain Building [LR] 6:30 Evening Movie [LR] 4:00 Chat Time [LR] [LR] 6:30 A Movie Night [LR] 6:30 • Art for a Purpose [DR] 6:30 Scrabble Challenge [LR] 10:30 **++ Country** 9:30 Shopping Trip 0:30 **§ Food Forum** 10:30 → Friday Fitness [LR] 10:30 • Sit and Stretch 10:00 😯 Community Calisthenics [LR] 11:00 & Catholic Garden Group Meeting [DR] 11:00 🔅 Art Expression -10:30 • Mobility Exercise 10:30 Mid- Week 11:00 • Chicken Soup for Communion [LR] 11:00 🄏 Whimsical Learn About the Artist [LR] Service [LR] the Soul [B] 10:00 🥸 TV Catholic Mass [LR] Movement [LR] Colors [AR] 11:00 🌣 Free Rice Trivia [B] 1:30 Jewelry Making Class [AR] 1:30 V Let's Learn About Home 1:00 Apple Picking Outing to 11:00 See Guided Meditation [SP] 10:30 Sunday Stretch [LR] 1:30 Nature Walk [L] 1:30 **₩** Walk Club [L] 1:30 Nature Walk [L] Hickory Hill Orchard [L] Remedies [LR] 1:30 • Crafter's Corner [AR] 1:30 • Nature Walk [L] 2:30 👺 Bingo with Tonya [DR] 3:15 Y Total Brain Health - Artful 2:15 **Farmyard Fun Happy Hour** 1:30 •• Nature Walk [L] 1:30 Wature Walk [L] 1:30 • Nature Walk [L] 2:00 9 MOD Choice [DR] 4:00 A Chat Around [LR] Explorations [AR] [FP] 2:30 Spa Time [AR] 2:30 👺 Bingo, Bingo [AR] 3:15 🌣 Total Brain Health -4:00 A Chat Time [LR] 6:30 Saturday Series [LR] 6:30 Regional Card Group 4:00 🌣 Joggin' Your Noggin' [LR] 4:00 Circle of Knowledge [LR] 4:00 🌣 Brain Building [LR] Improv Time [AR] 6:30 A Movie Night [LR] 6:30 🌣 Scrabble Challenge [LR] 6:30 Evening Movie [LR] 6:30 Art for a Purpose [DR] 6:30 Tabletop Games [LR] 10:30 🤡 Food Forum Meeting **Charter Wide Fun Day:** 10:30 **↔** Morning 9:30 **Shopping Trip** 10:30 ← Friday Fitness 10:30 •• Sit and Stretch **National Bake Your Best** Movement [LR] [LR] [LR] [LR] 10:30 •• Mid- Week Movement **Biscuits Day** 11:00 😯 Chicken Soup for 11:00 🌣 Art Expression -10:30 • Mobility Exercise 11:00 🌣 Free Rice Trivia 11:00 • Whimsical the Soul [B] Learn About the Artist [LR] 11:00 & Catholic Communion Service [LR] Colors [AR] 1:30 •• Nature Walk [L] 1:30 • Jewelry Making Class [AR] 11:00 🦀 Guided Meditation [SP] 1:30 A Ice Cream Outing to 1:30 Nature Walk [L] 1:30 Nature Walk [L] 1:30 • Painting Class [AR] 10:00 A TV Catholic Mass [LR] 1:30 **₩** Walk Club [L] Rich's Dairy [L] 2:15 **Monthly Birthday Party** 2:30 Bingo with Tonya [DR] 2:30 Spa Time [AR] 10:30 Sunday Stretch [LR] Wooden Spoon Art [AR] 3:15 Total Brain Health - It's A 1:30 9 Nature Walk [L] 1:30 •• Nature Walk [L] 4:00 Circle of Knowledge [LR] 1:30 Nature Walk [L] 4:00 A Chat Around [LR] Draw [AR] 2:30 👺 Bingo, Bingo [AR] 3:15 Total Brain Health - Math Matters 2:00 MOD Choice [DR] 4:30 **Country Roads and Kitchen** 4:00 🌣 Joggin' Your Noggin' 6:30 Saturday Series [LR] 6:30 👺 Card Group 4:00 O Brain Building [LR] Tables [LR] 4:00 A Chat Time [LR] 6:30 Ration Tabletop Games [LR] 5:00 A Music with Bob Gianotti 6:30 Movie Night [LR] 6:30 • Art for a Purpose [DR] 6:30 O Scrabble Challenge [LR] 10:30 Morning Movement 9:30 **Shopping Trip [L]** 10:00 **©** Community [LR] 0:30 •• Mobility Exercise Garden Group 11:00 🌣 Art Expression -[LR] Community & Connection Learn About the Artist [LR] **Location Keys** Activities subject to 12:30 🎥 Lunch In Trip - Chinese 10:00 🤲 TV Catholic Mass [LR] ♠ Exploration & Adventure Activities Room Takeout [AR] change without notice. 10:30 • Sunday Stretch [LR] Harmony & Introspection 1:30 Walk Club [L] 1:30 Wature Walk [L] Dining Room Intentions & Commitments 1:30 Nature Walk [L] 2:00 Music with Mike Nigretti [LR] Front Porch 2:30 **Mulled Cider and Apple** Knowledge & Learning Living Room 3:15 Total Brain Health - Keeping 2:00 MOD Choice [DR] ■ Motion & Movement Cider Donuts Social [B] Track [AR] Sun Porch Motivation & Creation 4:00 A Chat Time [LR] 4:00 Prain Building [LR] 6:30 R Card Group 6:30 🎥 Movie Night [LR] 6:30 • Art for a Purpose [DR]