

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Winding Commons

Senior Living

Winding Commons Senior Living		1 9:00 am Full Body Exercise w/Caroline-ER 9:45 am Alpha One Blood Pressure-MR 9:45 am Trivia w/Caroline-MR 1:00 pm Poker Walk-MR 2:00-3:00 Avalon Hearing Aids-MR 6:30 pm Bingo w/Lois-MR 	2 9:00 am Full Body Exercise w/Caroline-ER 9:45 am Walking Club w/Caroline-L 11:00 am Birthday Brunch Celebration-DR 12:30 pm Stitch N Time-MR 2:30 pm Happy Hour w/ Gene Thorp-MR 3:30 pm Activities Raffle-MR 6:00 pm Tabletop Games w/Judith -2FGR 	3 HAPPY BIRTHDAY, MARY JO! HAPPY BIRTHDAY, DOLORES W! 9:00 am Yoga w/Tracy-ER 9:00 am Wii Bowling-MR 9:45 am Charades w/Caroline-ER 1:00 pm Community Meeting-MR 2:30 pm Seated Volleyball w/Caroline-ER 	4 HAPPY BIRTHDAY, NANCY H! 9:30 am Full Body Exercise-ER 12:30 pm Sequence w/Willard-MR 12:30 pm Trivia-ER 2:30 pm Cornhole-ER 	
6 9:30 am Full Body Exercise-ER 1:00 pm Water Painting-CR 1:30 pm Bridge w/John-MR 2:30 pm Darts Sticky Balls-ER 	7 HAPPY BIRTHDAY, NANCY A! STAFF HOLIDAY  HAPPY LABOR DAY	8 9:00 am Full Body Exercise w/Caroline-ER 9:45 am Trivia w/Caroline-MR 2:00 pm Craft Class-CR 6:30 pm Bingo w/Lois-MR 	9 HAPPY BIRTHDAY, CHARLENE W! 9:00 am Full Body Exercise w/Caroline-ER 9:00 am -1:00 pm Flu Shots-MR 9:45 am Walking Club w/Caroline-L 12:30 pm Stitch N Time-MR 2:30 pm Happy Hour w/ Gil Robles-MR 6:00 pm Tabletop Games w/Judith -2FGR 	10 9:00 am Yoga w/Tracy-ER 9:00 am Wii Bowling-MR 9:45 am Charades w/Caroline-ER 12:30 pm Talent Show-L 2:30 pm Cup Pong w/Caroline-ER 	11 9:00 am Yoga w/Tracy-ER 9:45 am The Game Blank Slate-MR 1:00 pm Pokeno w/Kristie-MR 2:30 pm Resident Wine Social (BYOB)-MR 6:30 pm Bingo w/Lois-MR 	12 9:30 am Full Body Exercise-ER 12:30 pm Sequence w/Willard-MR 12:30 pm Trivia-ER 2:30 pm Indoor Golf-ER 
13 9:30 am Full Body Exercise-ER 1:00 pm Coloring Pages-CR 1:30 pm Bridge w/John-MR 2:30 pm Axe Throwing-ER 	14 9:00 am Video Exercise-ER 9:45 am The Game Pictionary w/Caroline-ER 1:00 pm Word Makers-ER 2:30 pm Beanbag Baseball-ER 	15 9:00 am Full Body Exercise w/Caroline-ER 9:45 am Alpha One Blood Pressure-MR 9:45 am Trivia w/Caroline-MR 1:00 pm Chef Chat-MR 6:30 pm Bingo w/Lois-MR 	16 9:00 am Full Body Exercise w/Caroline-ER 9:45 am Walking Club w/Caroline-L 12:30 pm Stitch N Time-MR 2:30 pm Happy Hour w/ Beny Rivers-MR 6:00 pm Tabletop Games w/Judith -2FGR 	17 9:00 am Yoga w/Tracy-ER 9:00 am Wii Bowling-MR 1:30 pm Teaching Kitchen-DR 	18 9:00 am Yoga w/Tracy-ER 9:45 am The Game Blank Slate-MR 1:00 pm Pokeno w/Kristie-MR 2:30 pm Resident Wine Social (BYOB)-MR 6:30 pm Bingo w/Lois-MR 	19 9:30 am Full Body Exercise-ER 12:30 pm Sequence w/Willard-MR 12:30 pm Trivia-ER 2:30 pm Cornhole-ER 
20 9:30 am Full Body Exercise-ER 1:00 pm Card Making-CR 1:30 pm Bridge w/John-MR 2:30 pm Darts Sticky Balls-ER 	21 HAPPY BIRTHDAY, JOAN P! 9:00 am Video Exercise-ER 9:45 am The Game Pictionary w/Caroline-ER 1:00 pm Word Makers-ER 2:30 pm Beanbag Baseball-ER 	22 HAPPY BIRTHDAY, ROBERT T! 9:00 am Full Body Exercise w/Caroline-ER 9:45 am Trivia w/Caroline-MR 2:30 pm Resident Tea Social-MR 6:30 pm Bingo w/Lois-MR 	23 HAPPY BIRTHDAY, JAMES S! 9:00 am Full Body Exercise w/Caroline-ER 9:45 am Walking Club w/Caroline-L 12:30 pm Stitch N Time-MR 2:30 pm Happy Hour w/ Todd Morgan-MR 6:00 pm Tabletop Games w/Judith -2FGR 	24 9:00 am Yoga w/Tracy-ER 9:00 am Wii Bowling-MR 9:45 am Charades w/Caroline-ER 1:00 pm - 2:30 pm End of Summer Senior Olympics-L 2:30 pm Cup Pong w/Caroline-ER 	25 HAPPY BIRTHDAY, RAYMA F! 9:00 am Yoga w/Tracy-ER 9:45 am The Game Blank Slate-MR 1:00 pm Pokeno w/Kristie-MR 2:30 pm Resident Wine Social (BYOB)-MR 4:00-6:00 pm Pie Dessert Station-DR 6:30 pm Bingo w/Lois-MR 	26 9:30 am Full Body Exercise-ER 12:30 pm Sequence w/Willard-MR 12:30 pm Trivia-ER 2:30 pm Indoor Golf-ER 
27 9:30 am Full Body Exercise-ER 1:00 pm Bookmark Decorating-CR 1:30 pm Bridge w/John-MR 2:30 pm Axe throwing-ER 	28 9:00 am Video Exercise-ER 9:45 am The Game Pictionary w/Caroline-ER 1:00 pm Word Makers-ER 2:30 pm Beanbag Baseball-ER 	29 9:00 am Full Body Exercise w/Caroline-ER 9:45 am Alpha One Blood Pressure-MR 9:45 am Trivia w/Caroline-MR 2:00 pm Speed Bingo-MR 6:30 pm Bingo w/Lois-MR 	30 9:00 am Full Body Exercise w/Caroline-ER 12:30 pm Stitch N Time-MR 4:00 - 6:00 pm Sock Hop-DR 6:00 pm Tabletop Games w/Judith -2FGR	September 2026		