

September 2025 Calendar

Independent Living - Life Enrichment & Wellness

September Birthdays

Sarah Jeffries Calhoun 9/13
Celeste Fatora 9/15
Jewell Eggleston 9/19
Barb Sherbert 9/19
Jody FitzGerald 9/28
Cindy Dekun 9/30



This Month we Celebrate

Ελλάδα (GREECE)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 September is Healthy Aging Month	1 LABOR DAY 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:30 Aqua Move and Groove - P 2:30 KONA ICE @ the Portico 3:00 Newport Walmart 6:00 Bible Reading - L	2 9:30 Healthy Lower Body - CR 1:30 Exercise with Robin - CR 2:30 Resident Assoc. Mtg-HH 2:00 Stitchers Cancelled 2:00 Billiards - 5L 3:00 BINGO - CANCELLED 3:45 Library Bookmobile - L 6:00 Bible Reading - L 6:30 Hymn Sing - CR	3 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 1:00 Exercise with Robin - HH 2:00 Coloring with Alice - AS 2:00 Woodworking - WS 5:00 Dinner@Sweet Caroline's 6:00 Bible Reading - L 6:00 Card Games - CR	4 9:30 Healthy Lower Body - HH 10:00 Card-Making w/ Deb-AS 11:15 Wheel of Fortune - MT 1:30 Exercise with Robin - HH 1:30 Harris Teeter 6:00 Bible Reading - L 6:30 Dominoes - CR	5 <i>National Cheese Pizza Day</i> 10:00 Water Walking - P 10:30 Brunch @ Ebenezer Grill 1:30 Peach Stand for Ice Cream 3:00 Corn Hole - HH 6:00 Bible Reading - L	6 <i>National Pet Rock Day</i> 10:00 St. John Vendor Fair! 10:30 Choir Practice - HH 1:00 Rummikub - CR 1:30 Rummy - AS 2:00 Movies w/ Ken - MT 4:00 NARROWAY Outing 6:00 Bible Reading - HH 6:30 BINGO - HH
7 <i>Grandparents Day</i> <i>National Assisted Living Week!</i> 9:00 WPC Service on CH 98 2:00 Board Games - CR 2:00 Movies w/ Ken - MT 4:00 Vespers - HH 6:00 Bible Reading - L  September 7-13	8 9:30 Healthy Upper Body - HH 10:30 AGAPE Wellness - CR 1:00 Fitness Orientation - FR 1:30 Cardio Drumming - HH 2:00 Activities Committee - 4L 2:30 Aqua Move and Groove - P 3:00 CVS/Walgreens/Dollar Tree 6:00 Bible Reading - L <i>Windows Article Deadline!</i>	9 <i>National Sudoku Day</i> 9-11am BASHA TECH HELP 9:30 Healthy Lower Body - HH 10:30 Rock Painting - AS 1-4pm BASHA TECH HELP 1:30 Exercise with Robin - HH 2:00 Towers Stitchers - CR 2:00 Billiards - 5L 3:00 BINGO - HH 6:00 Bible Reading - L 6:30 Hymn Sing - CR	10 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 11:00 Lunch @ Kobe Japanese 1:00 Exercise with Robin - HH 2:00 Coloring with Alice - AS 2:00 Woodworking - WS 3:30 Freddy Tripp - L <i>3:00 Church Service - HH</i> 6:00 Bible Reading - L 6:00 Card Games - CR	11 <i>Patriot Day</i>  9:30 Healthy Lower Body - HH 11:15 Wheel of Fortune - MT 1:30 Exercise with Robin - HH 1:30 Harris Teeter 2:00 First ARP Bible Study-CR 6:00 Bible Reading - L 6:30 Dominoes - CR	12 <i>Nat'l Video Game Day</i> 10:00 Water Walking - P 11:00 Lunch at Casa Tequila 2:30 Coke & Peanut Social - HH 3:00 Corn Hole - HH 6:00 Bible Reading - L 7:00 Barnes Recital, Winthrop 7:00 Friday Night Lights	13 <i>National Peanut Day</i> 10:30 Choir Practice - HH 1:00 Rummikub - CR 1:30 Rummy - AS 2:00 Movies w/ Ken - MT 3:00 Patrick Hudson - HH 6:00 Bible Reading - HH 6:30 BINGO - HH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14 9:00 WPC Service on CH 98 2:00 Board Games - CR 3:00 CatholicCommunionSvc-HH 4:00 Vespers - HH 6:00 Bible Reading - L	15 <i>Make a Hat Day</i> 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:00 Emily on Piano* - L 2:30 Aqua Move and Groove - P 3:00 Newport Walmart 6:00 Bible Reading - L *Please Note Emily plays an hour earlier now	16 <i>National Guacamole Day</i> 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey BibleStudy-CR 1:30 Exercise with Robin - HH 2:00 Towers Stitchers - CR 2:00 Billiards - 5L 3:00 BINGO - HH 3:45 Library Bookmobile - L 6:00 Bible Reading - L 6:30 Hymn Sing - CR	17 <i>Int'l Country Music Day</i> 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 10:30 Lona Bartlett, Storyteller-HH 1:00 Spirit Halloween outing 1:00 Exercise with Robin - HH 2:00 Coloring with Alice - AS 2:00 Woodworking - WS 4:30 Dinner @ York Seafood 6:00 Card Games - CR	18 Port Of Call: Greece 9:30 Healthy Lower Body - HH 11:00 Audiology - CR 11:15 Wheel of Fortune - MT 1:30 Exercise with Robin - HH 1:30 Harris Teeter 6:00 Bible Reading - L 6:30 Dominoes - CR	19 <i>Talk Like a Pirate Day</i> 9:30 Donut Day! - CB 10:00 Water Walking - P 11:00 Lunch at Fish Market 3:00 Corn Hole - HH 6:00 Bible Reading - L 7:00 Friday Night Lights	20 10:30 Choir Practice - HH 1:00 Rummikub - CR 1:30 Rummy - AS 2:00 Movies w/ Ken - MT 6:00 Bible Reading - HH 6:30 BINGO - HH
21 <i>Pecan Cookie Day</i> 9:00 WPC Service on CH 98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L	22 <i>First Day of Fall</i>   9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:30 Aqua Move and Groove - P 2:00 Newsletter Committee-2L 3:00 CVS/Walgreens/Dollar Tree 6:00 Bible Reading - L 6:30 Garden Party! Basement Level	23 <i>Nat'l Checkers Day</i> 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey BibleStudy-CR 1:30 Exercise with Robin - HH 2:00 Towers Stitchers - CR 2:00 Billiards - 5L 3:00 BINGO - HH 6:00 Bible Reading - L 6:30 Hymn Sing - CR	24 9:00 B & K Nails 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 1:00 Exercise with Robin - HH 2:00 Coloring with Alice - AS 2:00 Woodworking - WS <i>3:00 Church Service - HH</i> 5:30 Dinner at Flipside 6:00 Bible Reading - L 6:00 Card Games - CR	25 <i>National Lobster Day</i>  9:30 Healthy Lower Body - HH 11:15 Wheel of Fortune - MT 1:30 Exercise with Robin - HH 1:30 Harris Teeter 3:00 New Resident Reception-HH 6:00 Bible Reading - L 6:30 Dominoes - CR	26 10:00 Water Walking - P 11:00 Lunch at Showmars 1:30 Wellness Social - CR 3:00 Corn Hole - HH 6:00 Bible Reading - L	27 9:00 ALZHEIMER'S WALK 10:30 Choir Practice - HH 1:00 Rummikub - CR 1:30 Rummy - AS 2:00 Movies w/ Ken - MT 6:00 Bible Reading - HH 6:30 BINGO - HH
28 9:00 WPC Service on CH 98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L	29 <i>National Coffee Day</i>  9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:30 Aqua Move and Groove - P 3:00 TARGET!! 6:00 Bible Reading - L	30 9:30 Healthy Lower Body - HH 10:15 Lou Ardrey BibleStudy-CR 1:30 Exercise with Robin - HH 2:00 Towers Stitchers - CR 2:00 Billiards - 5L 3:00 BINGO - HH 3:45 Library Bookmobile - L 6:00 Bible Reading - L 6:30 Hymn Sing - CR		<i># + L - # Floor Lounge</i> <i>AS - Art Studio in the Lower Level</i> <i>BR - Billiards Room - 5th floor</i> <i>CB - Coffee Bar in the Dining Room</i> <i>CH99 - Channel 99</i> <i>CR - Community Room</i> <i>CY - Courtyard</i> <i>DR - Dining Room</i> <i>FR - Fitness Room (Gym)</i> <i>GR - Garden Room in Health Center</i> <i>HH - Heritage Hall</i> <i>L - Lobby</i> <i>LL - Lower Level</i> <i>MT - Movie Theater</i> <i>WS - Woodshop in Lower Level</i>		