

# September 2025

| Sunday                                                                                     | Monday                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                  | Wednesday                                                                                                                                                                                                                                                   | Thursday                                                                                                                                                                                                                         | Friday                                                                                                                                                                                                                                   | Saturday                                                                                                                                                                                                               |
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| <b>National Assisted Living Week</b><br><b>Sept. 7<sup>th</sup> –12<sup>th</sup>, 2025</b> | <b>1 Labor Day</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Reading Group on the Patio<br>1:00 <b>Therapy Dog Visit: Symcoe</b><br>2:00 Bingo L1 (1 Hour)<br>4:30 Ball Toss & Evening Stretch L1<br><br>Eve. Dominoes L2                         | <b>2</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Watercolor Painting L1<br><b>1:30 Music with Jeffrey</b><br>3:00 Recipe Rascals: L1<br>“Layered Fruit Cups”<br>4:30 Adult Coloring Pages & Chat L2                                               | <b>3</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Mukilteo Library Visit<br>1:30 Small Jigsaw Puzzle Groups L1<br><b>2:30 Bible Study L2</b><br>3:30 Movie & Popcorn: “Moana” L1<br>4:30: Manicures                                                   | <b>4</b><br><b>10:30 Music with Bob Theis L1</b><br>1:30 Watercolor Painting with Plants L2<br>3:30 Brain Power Hour L1<br>4:00 Sip and Chat: Coffee or Tea<br><br>Eve. Memory Joggers Trivia L2                                 | <b>5</b><br>10:45 Seniors in Motion Fitness: L2<br>11:45 Finish the Sentence L1<br>1:30 Bingo with Joe L2 (1 Hour)<br>3:45 Touropia: Medievel Towns L2<br>4:30 Reading Aloud L1<br><br>Eve. Tea Time & Chat                              | <b>6</b><br>10:45 Seniors in Motion Fitness: L2<br>11:45 Yahtzee! L1<br>1:30 Singalong L2<br>3:45 Bowling L1<br><br>Eve. Evening Bingo L2                                                                              |
|                                                                                            | <b>7 Grandparents Day</b><br>10:45 Seniors in Motion Fitness: L2<br>11:15 Manicures<br>1:30 Afternoon Walks<br><b>2:00 TV Church/Worship Music L2</b><br><b>3:30 Grandparents Day Social: Banana Splits &amp; Punch L1</b><br><br>Eve. Words in a Word | <b>8 Luckie Farms Day</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Reading Group on the Patio<br>1:00 <b>Therapy Dog Visit: Symcoe</b><br>2:00 Bingo L1 (1 Hour)<br>4:30 Ball Toss & Evening Stretch L1<br><br>Eve. Dominoes L1                    | <b>10 Snacks Around the World</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Visit Germany (Travel Station)<br>1:30 Visit Spain (Courtyard)<br><b>2:30 Bible Study L2</b><br>3:30 Visit France (Soda Station)<br>4:30: Visit Australia (Garden Station) | <b>11 Ivar’s &amp; Ferry Day</b><br>10:45 Seniors in Motion Fitness: L2<br>11:30 Nat Geo’s “A Real Bugs Life”<br>1:30 Fall Craft: Yarn Pumpkins L1<br><b>3:00 Music with The Cabaret L2</b><br><br>Eve. Memory Joggers Trivia L2 | <b>12 Family game Night</b><br>10:45 Seniors in Motion Fitness: L2<br>11:45 Finish the Sentence L1<br><br><b>2-4 Family Fun Night Social Mini Pizzas, Games &amp; Fun</b><br><br>Eve. Tea Time & Chat                                    | <b>13</b><br>10:45 Seniors in Motion Fitness: L2<br>11:45 Yahtzee! L1<br>1:30 Singalong L2<br>3:45 Cornhole L1<br><br>Eve. Evening Bingo L2                                                                            |
|                                                                                            | <b>14</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Manicures L1 & L2<br>1:30 Afternoon Walks<br><b>2:00 TV Church/Worship Music L2</b><br>3:30 Sunday Social: Donuts & Coffee L1<br><br>Eve. Words in a Word                                     | <b>15</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Reading Group on the Patio<br>1:00 <b>Therapy Dog Visit: Phoebe</b><br>2:00 Bingo L1 (1 Hour)<br>4:30 Ball Toss & Evening Stretch L1<br><br>Eve. Dominoes L2                                    | <b>16</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Canvas Painting L1<br>1:30 Scattergories L2<br>3:00 Recipe Rascals: L1<br>“Moose Farts”<br>4:30 Adult Coloring Pages & Chat L2                                                                     | <b>17</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Mukilteo Library Visit<br>1:30 Small Jigsaw Puzzle Groups L1<br><b>2:30 Bible Study L2</b><br>3:30 Movie & Popcorn: “Freaky Friday” L1<br>4:30: Manicures               | <b>18</b><br>10:45 Seniors in Motion Fitness: L2<br>11:30 Nat Geo’s “A Real Bugs Life”<br>1:30 Watercolor “Wet on Wet” Leaves L2<br>3:30 Brain Power Hour L1<br>4:00 Sip and Chat: Coffee or Tea<br><br>Eve. Memory Joggers Trivia L2    | <b>19</b><br>10:45 Seniors in Motion Fitness: L2<br>11:45 Finish the Sentence L1<br>1:30 Bingo with Joe L2 (1 Hour)<br>3:45 Touropia: 30 Most Beautiful Cities L2<br>4:30 Reading Aloud L1<br><br>Eve. Tea Time & Chat |
|                                                                                            | <b>21</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Granite Falls Museum<br>1:30 Afternoon Walks<br><b>2:00 Church/Worship Music L2</b><br>3:30 Sunday Social: Pie & Coffee L1<br><br>Eve. Words in a Word                                        | <b>22 First Day of Fall</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Reading Group on the Patio<br>1:00 <b>Therapy Dog Visit: Phoebe</b><br>2:00 Bingo L1 (1 Hour)<br><b>3-4:00 MMC Tailgate Party &amp; Football Game</b><br><br>Eve. Dominoes L1 | <b>23</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Canvas Painting L1<br>1:30 Scattergories L2<br>3:00 Recipe Rascals: L1<br>“Pinwheels”<br>4:30 Adult Coloring Pages & Chat L2                                                                       | <b>24</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Mukilteo Library Visit<br>1:30 Small Jigsaw Puzzle Groups L1<br><b>2:30 Bible Study L2</b><br>3:30 Movie & Popcorn: “Jungle Cruise” L1<br>4:30: Manicures               | <b>25</b><br>10:45 Seniors in Motion Fitness: L2<br>11:30 Nat Geo’s “A Real Bugs Life”<br>1:30 Watercolor “Wet on Wet” Leaves L2<br>3:30 Brain Power Hour L2<br>4:00 Sip and Chat: Coffee or Tea L2<br><br>Eve. Memory Joggers Trivia L2 | <b>26</b><br>10:45 Seniors in Motion Fitness: L2<br>11:45 Finish the Sentence L1<br>1:30 Bingo with Joe L2 (1 Hour)<br>3:45 Earth Discoveries: France L2<br>4:30 Reading Aloud L1<br><br>Eve. Tea Time & Chat          |
|                                                                                            | <b>28</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Manicures L1 & L2<br>1:30 Afternoon Walks<br><b>2:00 Church/Worship Music L2</b><br>3:30 Sunday Social: Brownies & Milk L1<br>Eve. Words in a Word                                            | <b>29</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Reading Group on the Patio<br>1:00 <b>Therapy Dog Visit: Phoebe &amp; Symcoe</b><br>2:00 Bingo L1 (1 Hour)<br>4:30 Ball Toss & Evening Stretch L1<br><br>Eve. Dominoes L2                       | <b>30</b><br>9:45 Seniors in Motion Fitness: L2<br>10:45 Canvas Painting L1<br>1:30 Scattergories L2<br>3:00 Recipe Rascals: L1<br>“Lemon Truffles”<br>4:30 Adult Coloring Pages & Chat L2                                                                  |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                          |                                                                                                                                                                                                                        |