

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
World Alzheimer's Awareness Month  10:00 Gentle Shepherd Lutheran Service 10:30 Communion with Vince 2:00 Grandparents Party 	1 9:45 Chair Yoga 10:15 Dice Games 11:00 Morning Messages 2:00 Staff Choice Activities 	2 9:45 Wake Up Workout 10:15 Balloon Bash 11:00 Morning Messages 2:00 Armchair Travel to Sweden	3 10:00 Neat Nails and Virtual Mass 2:30 Lutheran Service with Ken Mellon 3:00 Neat Nails	4 9:45 Sunrise Stretches 10:15 Ring Toss 11:00 Morning Messages 2:00 A&K Carlson Music	5 9:45 Airway Aerobics 10:15 Kickball 11:00 Morning Messages 2:00 Make Mini Pizzas National Cheese Pizza Day	6 10:00 "Senior-cises" 10:30 Bean Bags 11:00 Morning Messages 2:00 Staff Choice Activity National Hummingbird Day
10:00 Gentle Shepherd Lutheran Service 10:30 Communion with Vince 2:00 Grandparents Party 	8 9:45 Chair Yoga 10:15 Kickball 11:00 Morning Messages 2:00 Make Your Own Chia Pet! National Grow a Pet Day	9 9:45 Wake Up Workout 10:15 Memory Puzzles 11:00 Morning Messages 2:00 Hosanna Lutheran Service National Teddy Bear Day	MASS AT WEST 10 10:00 Neat Nails and Water Color Painting 2:30 Twins vs Angels Party! First pitch at 3:10 Happy Birthday Doug K!	11 9:45 Sunrise Stretches 10:15 Honey Bee Craft 11:00 Morning Messages 2:30 Bob Stephan Music National Taste of Honey Day	12 9:45 Airway Aerobics 10:30 Music Memories with Kristen 2:00 Fun with Flowers National Day of Encouragement!	13 10:00 "Senior-cises" 10:30 Dice Games 11:00 Morning Messages 2:00 Staff Choice Activity 56th Anniversary of Scooby Doo!
14 10:00 Gentle Shepherd Lutheran Service 10:30 Communion with Vince 2:00 Bingo and Treats Happy Birthday Shyrl! 40th Anniversary of Golden Girls	15 9:45 Chair Yoga 10:15 Make Paper Hats 11:00 Morning Messages 2:00 Roam from Home: Army Women's Museum National Make a Hat Day 54th Anniversary of Columbo	16 9:45 Wake Up Workout 10:15 Memory Munchers 11:00 Morning Messages 2:00 Fiesta Foods and Fun National Guacamole Day	17 9:45 Rosary 10:00 Catholic Mass 2:30 Lutheran Service with Matt Moldstad National Apple Dumpling Day	18 9:45 Sunrise Stretches 10:15 Sensory Sand 11:00 Morning Messages 2:30 Patrick Rasmussen Music National Cheeseburger Day	19 9:45 Airway Aerobics 10:15 Bean Bags 11:00 Morning Messages 2:00 TV Show Bingo 55th Anniversary of the Mary Tyler Moore Show	20 10:00 "Senior-cises" 10:30 Bowling 11:00 Morning Messages 2:00 Staff Choice Activity Oktoberfest Begins
21 10:00 Gentle Shepherd Lutheran Service 10:30 Communion with Vince 2:00 Bingo and Treats World Alzheimer's Day	22 9:45 Chair Yoga 10:15 Remembering 1 Century Ago 11:00 Morning Messages 2:00 Make, decorate and eat chocolate covered Pretzels National White Chocolate Day and Centenarians Day! Rosh Hashanah Begins Autumn Begins	23 9:45 Wake Up Workout 10:15 Race to 100 card and dice games 11:00 Morning Messages 2:00 Jim Kozan Music	MASS AT WEST 24 10:00 Neat Nails and Virtual Mass 2:30 Lutheran Service with Andrew Soule National Women's Health and Fitness Day	25 9:45 Sunrise Stretches 10:15 Ring Toss 11:00 Morning Messages 2:00 Build a Boat World Maritime Day National Quesadilla Day	26 9:45 Airway Aerobics 10:30 Music Memories with Kristen 2:00 Fishing Frenzy	27 10:00 "Senior-cises" 10:30 Paint and Puzzles 11:00 Morning Messages 2:00 Staff Choice Activity National Chocolate Milk Day National Hunting and Fishing Day
28 10:00 Gentle Shepherd Lutheran Service 10:30 Communion with Vince 2:00 Bingo and Treats Happy Birthday Laurie!	29 9:45 Chair Yoga 10:15 Who's that cowboy? 11:00 Morning Messages 2:00 Design your own cowboy boot Happy Birthday Connie B! Singing Cowboy: Gene Autry Day	PODIATRY 30 9:45 Wake Up Workout 10:15 Balloon Bash 11:00 Morning Messages 2:00 Frisbee Golf National Frisbee Day 65th Anniversary of the Flintstones	September 2025 Self-Care Awareness Month and National Sewing Month			