









Discovery and Harmony Activity Calendar

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div></div>	<div>2</div> <div>Music & Trivia Tuesday 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Connor's Piano Performance</u> 11:30 Move and Groove Exercises 12:00 Lunch and Social Hour 12:45 <u>Reminisce: Working Days & Trivia</u></div>	<div>3</div> <div>Yoga Awareness Month 10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Yoga w/ Jess & Word Game</u> H11:00 Ring Toss– Active Game 11:40 Music & Movement 12:00 Lunch and Social Hour D12:45 Jeopardy Challenge! H12:45 Reminisce & Word Game</div>	<div>4</div> <div>National Wildlife Day 10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Animal Art w/ Jess</u> H11:00 Animal videos & Trivia 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 Alternate: <u>Game Time w/ Jess</u> Celebrate Eric's Birthday</div>	<div>5</div> <div>National Cheese Pizza Day 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Sing along w/ Genevieve & Shay 11:00 <u>Creative Crew w/ Lori</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour 12:45 <u>John Monday Performs</u> 12:45 Alternate: To be determined</div>	<div></div>
<div>8</div> <div>Patsy Cline's Birthday 10:00 Coffee Klatch/ News /& Discussion D11:00 <u>Music Tribute: Patsy Cline</u> H11:00 Balloon Tennis– Active Game 11:00 <u>Alternate: Create Joy w/ Frankie</u> 11:40 Music and Movement 12:00 Lunch and Social Hour D12:30 Slot ball Challenge H12:30 Table Games & Triva</div>	<div>9</div> <div>Trivia & Dancing Tuesday 10:00 Coffee Klatch 10:30 News & Discussion 11:00 September Trivia & Quizzes 11:40 Move and Groove Exercises 12:00 Lunch and Social Hour 12:45 <u>DJ Dance Party w/ Jess</u> 12:45 Alternate: <u>Book Club w/ Jo</u></div>	<div>10</div> <div>Phil on the Guitar 10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Get crafty w/ Jess</u> H11:00 Ping Pong Table Game 11:40 Noodle & Ball Exercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 Alternate: <u>Pressed Flowers w/ Jo</u></div>	<div>11</div> <div>Thursday Fun 10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Sweet Treat w/ Jess</u> H11:00 Table Games & Trivia 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour D12:45 Balloon Parachute Fun H12:45 Chair Volleyball</div>	<div>12</div> <div>Chocolate Milkshake Day 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Fitness Friday Exercises 11:30 <u>Tigran's Piano Performance</u> 12:00 Lunch and Social Hour 12:45 <u>50's Milk Shake Social</u> 12:45 Alternate: To be determined Dress 50's: Pink, black,, or polka dots!</div>	<div></div>
<div>15</div> <div>Hispanic Heritage Month 10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>International Music Circle & Trivia</u> H11:00 Patio Social & Games 11:40 Sittercises 12:00 Lunch and Social Hour D12:30 Bowling Time! H12:30 Corn Hole Bean Bag Toss</div>	<div>16</div> <div>Musical Tuesday 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Connor's Piano Performance</u> 11:40 Move and Groove Exercises 12:00 Lunch and Social Hour 12:45 <u>Music Tribute: BB King</u> 12:45 Alternate: <u>Painting Club w/ Jo</u></div>	<div>17</div> <div>Pet Therapy 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:00 Alternate Activity w/ Paola 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 <u>The Beatles Sing along & Trivia</u> 12:45 Alternate: <u>Creative Craft w/ Jo</u></div>	<div>18</div> <div>NFL Tail Gate 10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Core Class w/ Jess & word game</u> H11:00 Picture Bingo Bash! 11:45 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 12:45 <u>NFL Tail Gate Fun w/ Shay</u> 12:45 Alternate: <u>Dominoes Club</u> Wear your favorite Football Team wear</div>	<div>19</div> <div>Happy Friday 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Jeopardy Challenge! 11:00 <u>Creative Crew w/ Lori</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 Alternate: <u>Game Time w/ Jess</u></div>	<div></div>
<div>22</div> <div>Welcome Autumn & 1st Day of Rosh Hashanah 10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Autumn Art w/ Jess</u> H11:00 Active Game 11:40 Sittercises 12:00 Lunch and Social Hour D12:30 Grab ball game H12:30 Trivia & Reminisce Autumn</div>	<div>23</div> <div>Mini Horses Visit 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Romeo & Ziggy Visit</u> 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 Alternate: <u>Harvest Art w/ Jo</u> Celebrate Ron's Birthday</div>	<div>24</div> <div>Ukulele Strummers & Singers 10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>History of Rosh Hashanah & Triva</u> H11:00 Autumn Patio Social 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 <u>Ukulele Strummer & Singers</u> 12:45 Alternate: <u>Creative Writing w/ Jo</u></div>	<div>25</div> <div>National Honey Month 10:00 Coffee Klatch 10:30 News & Discussion D11:00 International Music Circle H11:00 Guess who game 1140 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 <u>Honey Bee Fun w/ Jen</u> 12:45 Alternate: To be determined Wear the colors yellow and black!</div>	<div>26</div> <div>Celebrate Autumn 10:00 Coffee Klatch 10:30 News & Discussion D11:00 Name That Musical H11:00 <u>Jo's Baking Club</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour 12:45 <u>Autmnn Social</u> 12:45 Alternate: To be determined Wear your favorite Autumn colors!</div>	<div></div>
<div>29</div> <div>World Heart Day 10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Heart Art w/ Jess</u> H11:00 Picture Bingo Bash! 11:40 Music and Movement 12:00 Lunch and Social Hour D12:30 Fun & Games H12:30 Golf Putt Putt Tournament</div>	<div>30</div> <div>Classical Music Month 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Connor's Piano Performance</u> 11:30 Move & Groove Exercises 12:00 Lunch and Social Hour D12:45 <u>The Story of Johann S. Bach</u> H12:45 <u>Autumn Tree Project</u></div>	<div>Note: If an activity is only scheduled for Discovery group, you will see it noted with the letter D or H for Harmony. All other activities will be done in both groups. Your loved one is also welcome to join the other group if they prefer doing that activity instead of what their group is doing.</div>	<div></div>	<div></div>	<div><div>9-6 Eric B. 9-23 Ron W.</div></div>