



2025

September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Assisted Living Calendar	1 Happy Labor Day! 10:30-Self-Lead Chair Exercise-UL 1-National Anthem-L 3-Puzzles for all-L	2 10:30-Exercise W/Jasmine-UL 11-Trivia On Scotland-UL 1:30-Minute to Win it -UL 3-Happy Hour W/Perrin-UL	3 10:30-Chair Exercise-UL 11-Quiz Channel-UL 1:30-Music Trivia-UL 3-Blitz Bingo-AR	4 10:30-Chair Exercise-UL 11-Facts & Funnies-UL 1:30-Simon/Jay Says-UL 3-Cornhole-UL	5 10:30-Chair Exercise-UL 11-Poker Lessons W/Terry-AR 2-Fridays Of Faith-UL 3-Jeopardy-UL	6 11-Chair Fitness-UL 1-Afternoon Stroll-L 2-Bingo Time-DR 3-Puzzles for all-L
	7 National Grandparents Day! 10-Online Service-L 2-Sunday Service W/Turning Point Church-UL 3-Family Visits-CY	8 10-Trip to Walmart-L 11-Self-Lead Book Club-UL 1-Afternoon Walk-L TBD-Safari Social W/Southern Grace	9 10:30-Chair Exercise-UL 11-Tech Tuesdays:How to Avoid Scams-UL 1-Prayer Group-UL 3:00- Carnival Themed Happy Hour W/Butch-UL	10 10-Farm Sip & Paint-L 10:30-Self-Lead Chair Yoga-UL 1-Afternoon Games-L 3-Blitz Bingo-AR	11 10:30-Chair Exercise-UL 11-Word In a Word-UL 1:00-Monthly Birthday Sail Away Party-UL 3:15*-Cornhole-UL	12 10:30-Chair Exercise-UL 2-Fridays Of Faith-UL 2:30-Pet Visits W/Reuben-L 3:30-Giant Tic-Tac-Toe-UL 7-Braves Watch Party-UL
	14 10-Online Service-L 2-Sunday Service W/Turning Point Church-UL 3-Sunday Stroll-L	15 10-Trip to Publix-L 10:30-Self-Lead Chair Yoga-UL 1:30-Fun Discussions W/Natalie-UL 3-Name 5 Game-AR	16 10:30-Sittercise-UL 11-Dear Abby-UL 1:30-Minute to Win it -UL 3-Happy Hour W/Jojo-UL	17 10:30-Chair Exercise-UL 11-Quiz Channel-UL 1-Afternoon Walk-L 2-Scottish Scavenger Hunt-L 3-Blitz Bingo-AR	18 10:30-Axe Throwing W/Christine-UL 1:00-Family Fued-UL 2-Courtyard Chats-CY 3-Cornhole-UL	19 10:30-Sittercise-UL 11-Poker Lessons W/Terry-AR 2-Fridays Of Faith-UL 3-Crafty Corner-AR
	21 10-Online Service-L 2-Sunday Service W/Turning Point Church-UL 3-Card Games-L	22 10:30-Games W/Eternal Hospice-AR 2-Memories&Mementos-AR 3-Scenic Drive-L	23 10:30-Chair Exercise-UL 11-Wonders of Scotland-UL 1:30-Fun Discussions W/Natalie-UL 3-Happy Hour W/Nancy-UL	24 10:30-Chair Exercise-UL 1:30-Resident Council-AR 2-Dining Council Meeting-AR 3-Blitz Bingo-AR	25 10-Scottish Games W/Brightmoor-AR 12-Lunch Outing: Cravings 1-Afternoon Stroll-L 3-Cornhole-UL	26 10:30-Dance Party W/Dj Doug-DR 2:30-Pet Visits W/Reuben-L 2-Fridays Of Faith-UL 3:30-Monthly Bingo Store-DR
28 10-Online Service-L 2-Sunday Service W/Turning Point Church-UL 3-Sunday Stroll-L	29 10-Trip to Walmart-L 10:30-Self-Lead Chair Yoga-UL 1-Roll A Topic-AR 3-Ice Cream Social-DR	30 10:30-Sittercise-UL 11-Tech Tuesdays:Any Alexa Questions? 1:30-Afternoon Walk-L 3-Happy Hour W/Heidi-UL	Directory UL-Upstairs Living Room DR-Dining Room AR-Activity Room CY-Courtyard	Assisted Living Week 7-13th Safari Theme Carnival Theme Farm Day Cruise Day/Sailing Away Braves Day	 THE CANOPY — AT WESTRIDGE — ASSISTED LIVING & MEMORY CARE	

All Activities Are Subject to Change