

September		Independent Living				2026	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
All activities are subject to change		1 9:15AM: Trip to HEB (Must Sign Up) 9:30AM: Water Aerobics (Pool) 11:00AM: Ladies Lunch to Monument Cafe (Must Sign Up) 1:00PM: Mahjong (AR) 2:30PM: Trip to Marshalls (Must Sign Up) 2:00PM: Rummikub (CR) 3:00PM: FREE Hearing Aid Cleaning (APT 2105) 3:00PM: Meet the New Executive Director! (TR) 4:00PM: Happy Hour (JSB) 7:00PM: Mexican Train (CR) 7:00PM: Classic Movie Tuesday (TR)	2 9:00AM: Beginner Strength & Stamina Class (GYM) 9:00AM-2:00PM: Blood Drive (TR) 10:45AM: WowMobile GTX Library (LOBBY) 11:00AM: Card Club for Donations! (AS) 11:30AM: Men's Bible Study and Lunch with Michael (CY) (Please Sign Up) 12:30PM: Pinochle (AR) 2:30PM: Rummikub (CR) 4:00PM: Social Hour (2FL) 6:30PM: Jewelry Class with Pam & Barbara (AS) 7:00PM: Western Wednesday (TR)	3 9:15AM: Trip to Walmart (Must Sign Up) 10:30AM: Exercise with Fox Rehab (GYM) 11:00AM: The Book Worms Book Club (2FL) 1:00PM: Bridge Group (AR) 2:00PM: BUNCO (AS) 4:00PM: TTD 80's Music Happy Hour (JSB) 6:30PM: Billiards (GR) 7:00PM: Rummikub (CR)	4 9:00AM: Hybrid Tai Chi Class (TR) 10:30AM: Devotional (TR) 12:15PM: Water Aerobics (Pool) 12:30PM: Hand & Foot Canasta (AR) 1:00PM: Bingo! (TR) 1:00PM: Poker "Texas Hold' Em" (GR) 3:00PM: Mexican Train (CR) 4:00PM: Hymn Singing (TR) 5:00PM: Tippy Coloring Group (JSB) 5:30PM: Shuffleboard (GR) 7:00PM: Friday Night Flicks (TR)	5 9:00AM: Open Gym Time (GYM) 10:00AM: Music Therapy (TR) 10:30AM: Exercise Class! (GYM) 10:30AM: The Next Chapter (JSB) 1:00PM: Rummikub (CR) 2:00PM: Bingo (TR) 6:30PM: Shuffleboard (GR) 7:00PM: The Weekend Watch Party (TR)	
6 10:00AM: Catholic Service (TR) 11:15AM: The Worship Place (TR) 2:30PM: Women's Bible Study (TR) 3:00PM: Chess & Checkers (CR) 4:00PM: Social Hour (2FL) 5:00PM: The Chosen (TR) 6:00PM: Shuffleboard (GR) 6:00PM: The Chosen Round Table (TR)	7 Labor Day 9:00AM: Beginner Balance Class (TR) 11:00AM: Knitting & Crocheting for NICU Donations (AS) 1:00PM: Bridge Group (AR) 3:00PM: Mexican Train (CR) 6:30PM: Billiards (GR)	8 9:15AM: Trip to HEB (Must Sign Up) 9:30AM: Water Aerobics (Pool) 10:30AM: Singing Bowl Sound Bath Meditation (TR) 11:00AM: Shopping at Wolf Ranch (Must Sign Up) 1:00PM: Mahjong (AR) 2:30PM: Trip to Hobby Lobby (Must Sign Up) 2:00PM: Rummikub (CR) 4:00PM: Happy Hour (JSB) 7:00PM: Mexican Train (CR) 7:00PM: Classic Movie Tuesday (TR)	9 9:00AM: Beginner Strength & Stamina Class (GYM) 10:30AM: Chair Pilates (GYM) 11:00AM: Card Club for Donations! (AS) 12:30PM: Pinochle (AR) 2:30PM: Rummikub (CR) 4:00PM: Social Hour (2FL) 6:30PM: Jewelry Class with Pam & Barbara (AS) 7:00PM: Western Wednesday (TR)	10 9:15AM: Trip to Walmart (Must Sign Up) 10:30AM: Exercise with Fox Rehab (GYM) 11:00AM: Tour of The Caring Place Food Pantry (Must Sign Up) 1:00PM: Bridge Group (AR) 1:30PM: TTD Neon Bingo with Eloy (TR) 2:00PM: BUNCO (AS) 4:00PM: Happy Hour (JSB) 6:30PM: Billiards (GR) 7:00PM: Rummikub (CR)	11 9:00AM: Hybrid Tai Chi Class (TR) 10:30AM: Devotional (TR) 12:15PM: Water Aerobics (Pool) 12:30PM: Hand & Foot Canasta (AR) 1:00PM: Poker "Texas Hold' Em" (GR) 2:00PM: Blood Pressure Clinic (TR) 3:00PM: Mexican Train (CR) 4:00PM: Hymn Singing (TR) 4:00PM: TTD 80's Murder Mystery Dinner (Must RSVP) 5:30PM: Shuffleboard (GR) 7:00PM: Friday Night Flicks (TR)	12 9:00AM: Open Gym Time (GYM) 10:00AM: Caregiver to Care Partner Workshop (TR) 10:30AM: Exercise Class! (GYM) 1:00PM: Rummikub (CR) 2:00PM: Bingo (TR) 6:30PM: Shuffleboard (GR) 7:00PM: The Weekend Watch Party (TR)	
13 10:15AM: Catholic Service with St. Helen's (TR) 11:15AM: The Worship Place (TR) 1:00PM: Jewlery Booth with Tracy (LIB) 2:30PM: Women's Bible Study (TR) 3:00PM: Chess & Checkers (CR) 4:00PM: Social Hour (2FL) 5:00PM: The Chosen (TR) 6:00PM: Shuffleboard (GR) 6:00PM: The Chosen Round Table (TR)	14 9:00AM: Beginner Balance Class (TR) 9-4: Massage Therapist Visit (Must Sign Up) 10:30AM: Speak2 Help (TR) 11:00AM: Knitting & Crocheting for NICU Donations (AS) 12:00PM: Monthly Activity Meeting (TR) 1:00PM: Bridge Group (AR) 1:30PM: Movie Matinee (TR) 2:00PM: Bubble Wrap Tree Painting (AS) 3:00PM: Mexican Train (CR) 4:00PM: Learn Poker with Brittney (JSB) 6:30PM: Billiards (GR)	15 9:15AM: Trip to HEB (Must Sign Up) 9:30AM: Water Aerobics (Pool) 11:00AM: Nails with Sales (Must Sign Up) 1:00PM: Mahjong (AR) 2:30PM: Trip to Home Goods (Must Sign Up) 2:00PM: Rummikub (CR) 4:00PM: VIP Welcome Group (JSB) 7:00PM: Mexican Train (CR) 7:00PM: Classic Movie Tuesday (TR)	16 9:00AM: Beginner Strength & Stamina Class (GYM) 10:30AM: Chair Pilates (GYM) 11:00AM: Card Club for Donations! (AS) 12:30PM: Pinochle (AR) 1:00PM: TTD Painting Neon Art (AS) 2:30PM: Rummikub (CR) 4:00PM: Social Hour (2FL) 6:30PM: Jewelry Class with Pam & Barbara (AS) 7:00PM: Western Wednesday (TR)	17 9:15AM: Trip to Walmart (Must Sign Up) 10:30AM: Exercise with Fox Rehab (GYM) 11:00AM: TTD DIY Friendship Bracelet (AS) 1:00PM: Bridge Group (AR) 2:00PM: BUNCO (AS) 3:30PM: Dining Discussions (JSB) 4:00PM: Western Happy Hour with Freddie the Singing Cowboy (JSB) 6:30PM: Billiards (GR) 7:00PM: Rummikub (CR)	18 9:00AM: Hybrid Tai Chi Class (TR) 10:30AM: Devotional (TR) 12:15PM: Water Aerobics (Pool) 12:30PM: Hand & Foot Canasta (AR) 1:00PM: Poker "Texas Hold' Em" (GR) 2:00PM: Blood Pressure Clinic (TR) 3:00PM: Mexican Train (CR) 4:00PM: Hymn Singing (TR) 5:00PM: Tippy Coloring Group (JSB) 5:30PM: Shuffleboard (GR) 7:00PM: Friday Night Flicks (TR)	19 9:00AM: Open Gym Time (GYM) 10:00AM: Music Therapy (TR) 10:30AM: Exercise Class! (GYM) 1:00PM: Rummikub (CR) 2:00PM: Bingo (TR) 6:30PM: Shuffleboard (GR) 7:00PM: The Weekend Watch Party (TR)	
20 10:15AM: Catholic Service with St. Helen's (TR) 11:15AM: The Worship Place (TR) 2:30PM: Women's Bible Study (TR) 3:00PM: Chess & Checkers (CR) 4:00PM: Social Hour (2FL) 5:00PM: The Chosen (TR) 6:00PM: Shuffleboard (GR) 6:00PM: The Chosen Round Table (TR)	21 9:00AM: Beginner Balance Class (TR) 9-4: Massage Therapist Visit (Must Sign Up) 10:30AM: Speak2 Help (TR) 11:00AM: Knitting & Crocheting for NICU Donations (AS) 1:00PM: Bridge Group (AR) 1:30PM: Movie Matinee (TR) 4:00PM: Learn Poker with Brittney (JSB) 3:00PM: Mexican Train (CR) 6:30PM: Billiards (GR)	22 9:15AM: Trip to HEB (Must Sign Up) 9:30AM: Water Aerobics (Pool) 10:00AM: SoulShine Rhythm Drumming (TR) 11:30AM: Men's Lunch to Longhorn Steakhouse (Must Sign Up) 1:00PM: Mahjong (AR) 2:00PM: Rummikub (CR) 4:30PM: Casino Night (The Poppy) (Must Sign Up) 7:00PM: Mexican Train (CR) 7:00PM: Classic Movie Tuesday (TR)	23 9:00AM: Beginner Strength & Stamina Class (GYM) 10:30AM: Chair Pilates (GYM) 11:00AM: Card Club for Donations! (AS) 12:30PM: Pinochle (AR) 1:00PM: TTD DIY Record Cassette Craft (AS) 2:30PM: Rummikub (CR) 4:00PM: Social Hour (2FL) 6:30PM: Jewelry Class with Pam & Barbara (AS) 7:00PM: Western Wednesday (TR)	24 9:15AM: Trip to Walmart (Must Sign Up) 10:30AM: Exercise with Fox Rehab (GYM) 12:00PM: Lunch & Learn (TR) (Must Sign Up) 1:00PM: Bridge Group (AR) 2:00PM: BUNCO (AS) 4:00PM: Birthday Party Happy Hour (JSB) 6:30PM: Billiards (GR) 7:00PM: Rummikub (CR)	25 9:00AM: Hybrid Tai Chi Class (TR) 10:30AM: Devotional (TR) 12:15PM: Water Aerobics (Pool) 12:30PM: Hand & Foot Canasta (AR) 1:00PM: Poker "Texas Hold' Em" (GR) 1:00PM: TTD 80s Trivia (TR) 2:00PM: Blood Pressure Clinic (TR) 3:00PM: Mexican Train (CR) 4:00PM: Hymn Singing (TR) 5:00PM: Tippy Coloring Group (JSB) 4:30PM: Guys Night to The Barking Armadillo Brewery (Must Sign Up) 5:30PM: Shuffleboard (GR) 7:00PM: Friday Night Flicks (TR)	26 9:00AM: Open Gym Time (GYM) 10:00AM: Music Therapy (TR) 10:30AM: Exercise Class! (GYM) 1:00PM: Rummikub (CR) 2:00PM: Bingo (TR) 6:30PM: Shuffleboard (GR) 7:00PM: The Weekend Watch Party (TR)	
27 10:00AM: Catholic Service (TR) 11:15AM: The Worship Place (TR) 2:30PM: Women's Bible Study (TR) 3:00PM: Chess & Checkers (CR) 4:00PM: Social Hour (2FL) 5:00PM: The Chosen (TR) 6:00PM: Shuffleboard (GR) 6:00PM: The Chosen Round Table (TR)	28 Nat. Drink Beer Day 9:00AM: Beginner Balance Class (TR) 9-4: Massage Therapist Visit (Must Sign Up) 10:30AM: Speak2 Help (TR) 11:00AM: Knitting & Crocheting for NICU Donations (AS) 12:00PM: TTD Remembering the 80's Discussion Jar (TR) 1:00PM: Bridge Group (AR) 1:30PM: Movie Matinee (TR) 3:00PM: Mexican Train (CR) 4:00PM: Oktoberfest Drinking Games Happy Hour (JSB) 6:30PM: Billiards (GR)	29 9:15AM: Trip to HEB (Must Sign Up) 9:30AM: Water Aerobics (Pool) 11:00AM: Lunch & Shopping at BIG (Must Sign Up) 1:00PM: Mahjong (AR) 12:00PM: Lunch & Learn with Pain Specialists of America (TR) (Must Sign Up) 2:30PM: Trip to Uplift Wilco Thrift Store (Must Sign Up) 2:00PM: Rummikub (CR) 4:00PM: TTD Ladies Evening (TR) (Must Sign Up) 7:00PM: Mexican Train (CR) 7:00PM: Classic Movie Tuesday (TR)	30 9:00AM: Beginner Strength & Stamina Class (GYM) 10:30AM: Chair Pilates (GYM) 10:45AM: WowMobile GTX Library (TR) 11:00AM: Card Club for Donations! (AS) 12:30PM: Pinochle (AR) 2:30PM: Rummikub (CR) 3:00PM: Fun With Fox Bingo (AR) 4:00PM: Social Hour (2FL) 6:30PM: Jewelry Class with Pam & Barbara (AS) 7:00PM: Western Wednesday (TR)	<i>The</i> OSCAR AT GEORGETOWN			