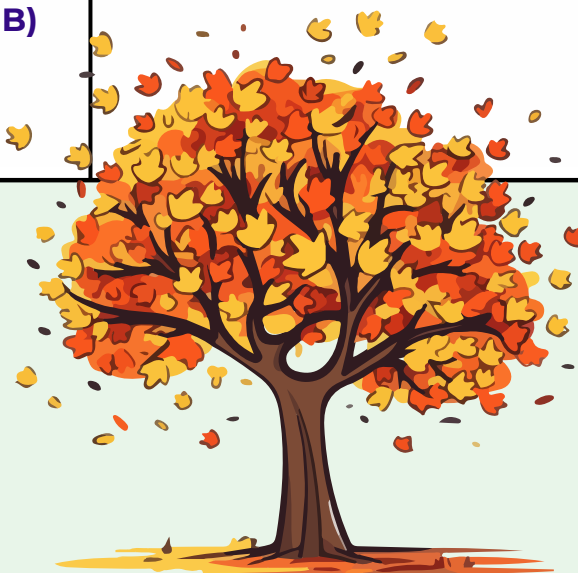


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HEARTHSIDE & GARDENS SEPTEMBER 2026 		1 AM Doctor Transports 9:45 Bands & Balls 12:30 Rummikub (JB) 1:00 Fred Meyer/ WinCo Kroger Label 10% off 2:00 Readers Theater (JB) 3:30 Music & Memories (JB) 5:45 Knives Out (2019)	2 Men's Breakfast 8:30 10:00 Bridge Group w/ Jim 2nd Floor 11:00 Casino Outing 11:15 Stretch to Strength 2:00 Bingo Blast 3:30 YouTube Jukebox	3 PM Doctor Transports 9:00 Des Moines Marina Walk 9:45 Bands & Balls 11:00 Praise & Worship 12:30 Rummikub (JB) 3:00 Reminisce (JB)	4 Mobile Library (JB) 9:00 11:15 Stretch to Strength 1:00 TGIF Bingo 2:15 Surprise Fall Activity (JB) 3:30 YouTube Jukebox	5 Catholic Communion: Service (GFR) 9:30
6 *Weekend Activity Packets Available at the Front Desk	7 Labor Day 11:15 Stretch to Strength 12:30 Rummikub (JB) 2:00 Share a Work Story (JB) 2:00 Village Singers (GD) 3:00 Labor Day Trivia (JB) 3:30 Songs of Labor Day (JB) 4:00 Therapy Dog Visits	8 AM Doctor Transports 9:45 Bands & Balls 12:30 Rummikub (JB) 1:00 Scenic Drive 2:00 Arts & Crafts 3:30 Music & Memories (JB) 5:45 Movie Night	9 Target/ Trader Joe's 9:30 10:00 Bridge Group w/ Jim 2nd Floor 11:15 Stretch to Strength 1:00 Round Table w/ Kim 2:00 Bingo Blast 3:30 Show and Tell (JB)	10 PM Doctor Transports 9:00 Game Farm Park Walk 9:45 Bands & Balls 11:00 Praise & Worship 12:30 Rummikub (JB) 2:00 Wii Bowling 3:30 YouTube Jukebox (JB)	11 Stretch to Strength 11:15 1:00 TGIF Bingo 2:15 Wine & Cheese (JB) 3:30 YouTube JukeBox (JB) Patriot Day	12 Catholic Communion: Service (GFR) 9:30
13 Grandparents Day Assisted Living Week Begins	14 Stretch to Strength 11:15 12:30 Rummikub (JB) 2:00 Bingo Blast 2:00 Village Singers (GD) 3:30 Trivia Time (JB)	15 AM Doctor Transports 9:45 Bands & Balls 12:30 Rummikub (JB) 2:00 Readers Theater (JB) 3:30 Music & Memories (JB) 5:45 Movie Night	16 Northwest Trek Lunch & Senior Day Tram Ride 9:00 10:00 Bridge Group w/ Jim 2nd Floor 2:00 Rummikub (JB)	17 PM Doctor Transports 9:00 Wapato Lake Walk 11:00 Praise & Worship 12:30 Rummikub (JB) 3:00 Reminisce (JB)	18 Stretch to Strength 11:15 1:00 TGIF Bingo 2:30 Crochet Circle Social (LB) 3:30 YouTube Jukebox (JB)	19 Catholic Communion: Service (GFR) 9:30
20	21 Stretch to Strength 11:15 12:30 Rummikub (JB) 2:00 Bingo Blast 2:00 Village Singers (GD) 3:30 Trivia Time (JB) 4:00 Therapy Dog Visits in the Lobby	22 AM Doctor Transports 9:45 Bands & Balls 12:30 Rummikub (JB) 2:00 Arts & Crafts 3:30 Music & Memories (JB) 5:45 Movie Night First Day of Autumn	23 Walmart/ Costco 9:30 10:00 Bridge Group w/ Jim 2nd Floor 11:15 Stretch to Strength 1:00 Chat w/ Charles (GD) 2:00 Bingo Blast 6:00 Annual Beach Bingo!	24 PM Doctor Transports 9:00 Redondo Walk 9:45 Bands & Balls 11:00 Praise & Worship 12:30 Rummikub (JB) 1:00 Meeting w/ Chaz (GD) 2:00 Wii Bowling 3:30 SingAlong w/ Helen (JB)	25 Stretch to Strength 11:15 1:00 Surprise Fall Activity (JB) 2:00 Mark Sterns (JB) 3:00 Happy Hour Social (JB)	26 Catholic Communion: Service (GFR) 9:30
27	28 Stretch to Strength 11:15 12:30 Rummikub (JB) 2:00 Village Singers Live Performance (JB) 3:30 Trivia Time (JB)	29 AM Doctor Transports 9:45 Bands & Balls 12:30 Rummikub (JB) 12:30 Black Bear Diner Ladies Lunch 2:00 Smartphone Help (JB) 3:30 Music & Memories (JB) 5:45 Movie Night	30 Safeway/ Dollar Store 9:30 10:00 Bridge Group w/ Jim 2nd Floor 11:15 Stretch to Strength 2:00 Bingo Blast 3:00 Cameron Keller (JB)	● - Live Entertainment ● - Medical Transports ● - Special Events ● - Seminars ● - Meetings ● - Outings • Sign Up LB - Library JB - Juice Bar GD - Gardens Dining No Tag - Activity Room GFR - Gardens Fireside Room		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FAIRFIELD & COTTAGES SEPTEMBER 2026 		1 AM Doctor Transports 10:00 Bible Study w/ John (MR) 11:00 Chair Yoga 12:00 Power Hour Fitness 1:00 Fred Meyer/ Winco Kroger Label 10% off 1:00 Rummikub 3:00 <i>Knives Out (2019)</i>	2 8:30 Men's Breakfast 10:00 Seated Dance 10:30 Dance Cardio Group 11:00 Casino Outing 12:00 Balance & Strength 3:15 Video Bingo w/ Charles 6:15 Rummikub	3 PM Doctor Transports 9:00 Des Moines Marina Walk 11:00 Stretch & Flow 12:00 Power Hour Fitness 1:00 Band Practice (MR) 1:00 Switch Bowling (GYM) 2:00 <i>When Harry Met Sally (1989)</i>	4 9:00 Mobile Library (HS) 10:00 Seated Dance 10:30 Dance Cardio Group 12:15 Power Hour Fitness 2:00 <i>Practical Magic (1998)</i>	5 11:00 Silver Stakes Dime Bingo 1:15 Rummikub 3:15 Ping Pong Group Meets Every Saturday! 6:15 Blackjack
6 *Weekend Activity Packets Available at the Front Desk	7 10:30 Dance Cardio Group 2:00 Village Singers (GD HS) 4:30 Therapy Dog - Lobby Labor Day	8 AM Doctor Transports 10:00 Bible Study w/ John (MR) 11:00 Chair Yoga 12:00 Power Hour Fitness 1:00 Scenic Drive 1:00 Rummikub 3:00 <i>Enola Holmes (2020)</i>	9 9:30 Target/ Trader Joe's 10:00 Seated Dance 10:30 Dance Cardio Group 12:00 Balance & Strength 2:00 Round Table w/ Kim 3:15 Video Bingo w/ Charles 6:15 Rummikub	10 PM Doctor Transports 9:00 Game Farm Park Walk 11:00 Stretch & Flow 1:00 Band Practice (MR) 1:00 Switch Bowling 2:00 <i>You've Got Mail (1998)</i> 3:00 Reminisce Cafe w/ Helen	11 9:00 Mobile Library (HS JB) 10:00 Seated Dance 10:30 Dance Cardio Group 1:00 Wine and Cheese (JB) 2:00 <i>Hundred-Foot (2014)</i> 4:00 Cameron Keller Patriot Day	12 11:00 Silver Stakes Dime Bingo 1:15 Rummikub 3:15 Ping Pong 6:15 Blackjack
13 Grandparents Day National Assisted Living Week — Shining Through the Years	14 10:00 Seated Dance 10:30 Dance Cardio Group 12:00 Balance & Strength 1:00 Root Beer Float Social (JB) 2:00 Village Singers (GD HS) 2:00 Bingo w/ Darlene 3:15 Trivia Showdown (JB)	15 AM Doctor Transports 10:00 St Luke's Bible Study (MR) 11:00 Chair Yoga 12:00 Power Hour Fitness 1:00 Rummikub 3:00 <i>Hugo (2011)</i>	16 9:00 Northwest Trek Lunch & Senior Day Tram Ride 10:30 Dance Cardio Group 12:00 Balance & Strength 6:15 Rummikub	17 PM Doctor Transports 9:00 Wapato Lake Walk 11:00 Stretch & Flow 12:00 Power Hour Fitness 1:00 Band Practice (MR) 1:00 Switch Bowling (GYM) 2:00 <i>The Age of Adaline (2015)</i>	18 10:00 Seated Dance 10:30 Dance Cardio Group 12:15 Power Hour Fitness 2:00 <i>The Lake House (2006)</i> 4:00 Happy Hour	19 11:00 Silver Stakes Dime Bingo 1:15 Rummikub 3:15 Ping Pong 6:15 Blackjack
20	21 10:30 Dance Cardio Group 12:00 Balance & Strength 1:00 Fall Prevention (MR) 2:00 Village Singers (GD HS) 2:00 Bingo w/ Darlene 3:15 Trivia Showdown (JB) 4:30 Therapy Dog - Lobby	22 AM Doctor Transports 10:00 St Luke's Bible Study (MR) 11:00 Chair Yoga 12:00 Power Hour Fitness 1:00 Rummikub 3:00 <i>Orient Express (2017)</i> First Day of Autumn	23 9:30 Walmart/ Costco 10:00 Seated Dance 10:30 Dance Cardio Group 12:00 Balance & Strength 2:00 Chat w/ Charles 6:00 Annual Beach Bingo!	24 PM Doctor Transports 9:00 Redondo Walk 11:00 Stretch & Flow 12:00 Power Hour Fitness 1:00 Band Practice (MR) 1:00 Switch Bowling (GYM) 2:00 Meeting w/ Chaz (AR) 2:00 <i>Autumn New York (2000)</i>	25 10:00 Seated Dance 10:30 Dance Cardio Group 12:15 Power Hour Fitness 1:00 Sewing Circle (JB) 2:15 Scripts & Sips (JB) <i>A Beautiful Day (2019)</i> 4:00 Mark Sterns (JB)	26 11:00 Silver Stakes Dime Bingo 1:15 Rummikub 3:15 Ping Pong 6:15 Blackjack
27	28 10:00 Seated Dance 10:30 Dance Cardio Group 12:00 Balance & Strength 2:00 Village Singers Performance (JB HS) 2:00 Bingo w/ Darlene 3:15 Trivia Showdown (JB)	29 AM Doctor Transports 10:00 St Luke's Bible Study (MR) 11:00 Chair Yoga 12:00 Power Hour Fitness 12:30 Black Bear Diner 1:00 Rummikub 3:00 <i>October Sky (1999)</i> 4:00 Cameron Keller	30 9:30 Safeway/ Dollar Store 10:00 Seated Dance 10:30 Dance Cardio Group 12:00 Balance & Strength 3:15 Video Bingo w/ Charles 6:15 Rummikub	● - Live Entertainment ● - Medical Transports ● - Special Events ● - Seminars ● - Meetings ● - Outings • Sign Up JB - Juice Bar HS - Hearthside MR - Meeting Room Italics - Movie Theater No Tag - Activity Room		