

Spalding Square~September Activities~ 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Restorative Exercise</u> <u>Classes Daily</u> 9:30am and following afternoon activities About 3:30or 4pm	<u>Silent Disco</u>  Saturday, 9/26/2026	1 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2pm Mindfulness Meditation (Woodside) 2:30pm Silver & Strings (Chapel / CH 33-1) Exercise to Follow (Woodside)	2 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm Rosary (Woodside) 3:00pm Armchair Travels: Arkansas (Woodside) Exercise to Follow (Woodside)	3 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm YOGA and Meditation w/ Debra Kehl (Woodside)	4 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm BINGO (Woodside) Exercise to Follow (Woodside)	5 10am Morning Joe (Sunset) 2:30pm Happy Hour (Woodside) Exercise to Follow (Woodside)
6 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm Keven Hill (Chapel / CH 33-1) Exercise to Follow (Woodside)	Labor Day 7 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2pm Musical Movie Monday "South Pacific" (Woodside) Exercise to Follow (Woodside)	8 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2pm Mindfulness Meditation (Woodside) 2:30pm BINGO (Woodside) Exercise to Follow (Woodside)	9 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm Rosary (Woodside) 3:00pm Service Day: Snacks in Sacks (Woodside) Exercise to Follow (Woodside)	10 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm Frazier Stories in Mind (Woodside) Exercise to Follow (Woodside)	11 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm BINGO (Woodside) Exercise to Follow (Woodside)	12 10am Morning Joe (Sunset) 2:30pm Happy Hour (Woodside) Exercise to Follow (Woodside)
13 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm Art with Sarah Exercise to Follow (Woodside)	14 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm A Walk Through the 2000's (Woodside) Exercise to Follow (Woodside)	15 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2pm Mindfulness Meditation (Woodside) 2:30pm BINGO (Woodside) Exercise to Follow (Woodside)	16 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm Rosary (Woodside) 3:00pm Armchair Travels: California (Woodside) Exercise to Follow (Woodside)	17 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm YOGA and Meditation w/ Debra Kehl (Woodside)	18 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm BINGO (Woodside) Exercise to Follow (Woodside)	19 10am Morning Joe (Sunset) 2:30pm Happy Hour (Woodside) Exercise to Follow (Woodside)
20 10am Morning Joe (Sunset) 11am Mass (Chapel /CH 33-1) 2:30pm Book Club(Woodside) Exercise to Follow(Woodside)	21 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2pm "Book Club Presents" Movie Monday "Project Hail Mary" (Woodside) Exercise to Follow (Woodside)	22 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2pm Mindfulness Meditation (Woodside) 2:30pm BINGO (Woodside) Exercise to Follow (Woodside)	<u>Candy For Caring</u> <u>(Cafe) 10am-2pm</u> 23 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm Rosary (Woodside) 3:00pm Shut the Box & Word Games (Woodside) Exercise to Follow (Woodside)	24 10am Morning Joe (Sunset) 11am Mass(Chapel / CH 33-1) 2:30pm Frazier Stories in Mind (Woodside) Exercise to Follow (Woodside)	25 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm BINGO (Woodside) Exercise to Follow (Woodside)	26 10am Coffee & Current Events (Sunset) 2:30pm Happy 50 th B-Day! Silent Disco (Maria Hall Patio) Exercise to Follow (Woodside)
27 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm Sunrise Nail Spa (Sunrise) Exercise to Follow (Woodside)	28 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2pm "Your Request" Movie Monday "Yours Mine and Ours"(Woodside) Exercise to Follow (Woodside)	29 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2pm Mindfulness Meditation (Woodside) 2:30pm Neighborhood Association Meeting (Woodside) Exercise to Follow (Woodside)	30 10am Morning Joe (Sunset) 11am Mass (Chapel / CH 33-1) 2:30pm Bob Busch Band (Chapel / CH 33-1) Exercise to Follow (Woodside) 4:30pm Themed Supper (Cheers)	Monday, 9/7  LABORDAY	<u>Would you like a pet to Visit from W.A.G.S.?</u> See the Life Enrichment team	<< All activities are subject to change. Please see Life Enrichment Team with any questions. >>