



Live here  
Live well.

SEPTEMBER 2026

| Sunday                                                                                                | Monday                                                                                                                                                                               | Tuesday                                                                                                                                                                   | Wednesday                                                                                                                                                                                  | Thursday                                                                                                                                                                          | Friday                                                                                                                                                                                                         | Saturday                                                                                             |
|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <div><div></div> Resident Led</div> <div><div></div> Team Led</div> <div><div></div> Vendor Led</div> |                                                                                                                                                                                      | <div>10:00am-1 Walking Club</div> <div>1:00pm-MR Matine Movie Series</div> <div>6:45pm-CR 7:00pm-MR Game Night Bible Study</div>                                          | <div>10:00am-4th floor 2 Balls, Bands, &amp; Balance</div> <div>12:00pm-Pop-Up-Lunch Marlow's Tavern</div> <div>5:00PM-4TH FLOOR 6:00pm-CR Soical Hour YOGA</div>                          | <div>1:00pm-CR-4th floor 3 Seniorcise Play Practice</div> <div>5:30pm-4th floor Line Dancing</div> <div>6:45pm-CR Game Night</div>                                                | <div>8:30am-MR 4 Morning Devotions W/Amelia</div> <div>10:00am-4th floor Balls, Bands, &amp; Balance</div> <div>3:00pm- CR 6:00pm MR Games w/friends Movie Night</div>                                         | <div>5:00pm-Lawn/CR</div> <div>Sunset Happy Hour</div> <div>Potluck/Appetizer's</div>                |
| <div>6</div> <div>Duluth Farmers Market</div> <div>Town Green</div> <div>2:00pm-5:00pm</div>          | <div>10:00am-4th floor 7 Balls, Bands, &amp; Balance</div> <div>3:00pm-CR 5:00PM-4TH Rummikub FLOOR YOGA</div> <div>Labor Day Office Closed</div>                                    | <div>10:00am-8 Walking Club</div> <div>1:00pm-MR Matine Movie Series</div> <div>3:00pm- LAWN CORNHOLE/SNACKS</div> <div>6:45pm-CR Game Night</div>                        | <div>10:00am-4th floor 9 Balls, Bands, &amp; Balance</div> <div>12:00pm-Pop- Up-Lunch Biba's Italian</div> <div>4:00pm-CR Cookies &amp; Games</div> <div>5:00pm-2nd floor GYM ZUMBA</div>  | <div>1:00pm-CR-4th floor 10 Seniorcise Play Practice</div> <div>5:30pm-4th floor Line Dancing</div> <div>6:45pm-CR Game Night</div>                                               | <div>8:30am-MR 11 Morning Devotions W/Amelia</div> <div>10:00am-4th floor Balls, Bands, &amp; Balance</div> <div>5:00pm-CR 6:00pm MR \$BINGO\$ Movie Night</div>                                               | <div>12</div> <div>1:00pm-CR</div> <div>Muffins, Mimosa and Community Tour</div>                     |
| <div>13</div> <div>Games time with Frineds</div>                                                      | <div>10:00am-4th floor 14 Balls, Bands, &amp; Balance</div> <div>1:00PM-CR-Book Club</div> <div>3:00pm-CR Rummikub</div> <div>5:00PM-4TH 5:00pm-2nd floor FLOOR GYM YOGA ZUMBA</div> | <div>10:00am-15 Walking Club</div> <div>1:00pm-MR Matine Movie Series</div> <div>3:00pm- LAWN CORNHOLE/SNACKS</div> <div>6:45pm-CR 7:00pm-MR Game Night Bible Study</div> | <div>10:00am-4th floor 16 Balls, Bands, &amp; Balance</div> <div>12:00pm-Pop-Up-Lunch Red Lobster</div> <div>5:00PM-4TH 6:00pm-CR Social Hour/Special Guest Entertainment FLOOR YOGA</div> | <div>1:00pm-CR 17 Seniorcise Play Practice</div> <div>2:00pm-CR Lunch &amp; Learn</div> <div>w/MDC Healthcare</div> <div>5:30pm-4th floor 6:45pm-CR Line Dancing Game Night</div> | <div>8:30am-MR 18 Morning Devotions W/Amelia</div> <div>10:00am-4th floor Balls, Bands, &amp; Balance</div> <div>3:00pm-CR Injury Prevention</div> <div>Ergonomic Class</div> <div>6:00pm MR Movie Night</div> | <div>19</div> <div>6:00pm- LAWN</div> <div>Golden Hour</div> <div>Gathering</div>                    |
| <div>20</div> <div>Duluth Farmers Market</div> <div>Town Green</div> <div>2:00pm-5:00pm</div>         | <div>10:00am-4th floor 21 Balls, Bands, &amp; Balance</div> <div>3:00pm-CR Rummikub</div> <div>5:00pm-2nd floor GYM ZUMBA</div> <div>5:00PM-4TH FLOOR YOGA</div>                     | <div>10:00am-22 Walking Club</div> <div>1:00pm-MR Matine Movie Series</div> <div>3:00pm- LAWN CORNHOLE/SNACKS</div> <div>6:45pm-CR Game Night</div>                       | <div>10:00am-4th floor 23 Balls, Bands, &amp; Balance</div> <div>Pop-Up-Lunch CUE BBQ</div> <div>5:00PM-4TH 4:00pm-CR Cookies &amp; Games FLOOR YOGA</div>                                 | <div>1:00pm-CR 24 Seniorcise Play Practice</div> <div>5:30pm-4th floor Line Dancing</div> <div>6:00pm-CR 6:45pm-CR Comfort Game Night Keepers</div>                               | <div>8:30am-MR 25 Morning Devotions W/Amelia</div> <div>10:00am-4th floor Balls, Bands, &amp; Balance</div> <div>6:00pm MR Movie Night</div>                                                                   | <div>26</div> <div>1:00pm-LAWN</div> <div>REMATCH!!!</div> <div>CORNHOLE WITH EVERLEIGH DULUTH</div> |
| <div>27</div> <div>Coffee and Conversation</div>                                                      | <div>10:00am-4th floor 28 Balls, Bands, &amp; Balance</div> <div>3:00pm-CR Rummikub</div> <div>5:00pm-2nd floor GYM ZUMBA</div> <div>5:00PM-4TH FLOOR YOGA</div>                     | <div>10:00am-29 Walking Club</div> <div>1:00pm-MR Matine Movie Series</div> <div>6:45pm-CR 7:00pm-MR Game Night Bible Study</div>                                         | <div>10:00am-4th floor 30 Balls, Bands, &amp; Balance</div> <div>12:00:Pop-Up-Lunch Chabi Thai</div> <div>5:00PM-4TH 6:00pm-CR Soical Hour FLOOR YOGA</div>                                | <div>LOCATION OF ACTIVITIES</div> <div>CR-Community Room</div> <div>MR-Media Room</div> <div>CR-4th floor Exercise Room</div> <div>2nd floor Gym</div> <div>Lawn</div>            | <div>Book of the Month: TO KILL A MOCKINBIRD</div>                                                                                                                                                             |                                                                                                      |

