


# Senior Wellness Programs — September 2025

Mon	Tue	Wed	Thu	Fri
Sep 1	2	3	4	5
CLOSED for Labor day	11:00am SAIL <b>Aerobics</b> 12:15pm Senior Café Lunch <i>Breakfast for Lunch</i> Tidbit Tuesday with Ashlee from Senior Helpers	10:00am Seated SAIL	10:00am SAIL <b>Aerobics</b> 11:15am Brain Games  Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	
	8	<b>Birthday Celebration</b> 9	10	
10:00am Seated SAIL  11:40am Seated SAIL with Jan  12:45pm Writers Support Group	11:00am SAIL <b>Aerobics</b> 12:15pm Senior Café Lunch <i>Chicken and Fries</i> Entertainment by CC Engel	10:00am Seated SAIL	10:00am SAIL <b>Aerobics</b> 11:15am Brain Games  Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	<div>September is a month full of natural wonders, outdoor activities, and opportunities to connect with the world around us</div>
15	16	17	18	
10:00am Seated SAIL  11:40am Seated SAIL with Jan  12:45pm Writers Support Group	11:00am SAIL <b>Aerobics</b> 12:15pm Senior Café Lunch <i>Lasagna</i> Get to Know Your Neighbor	10:00am Seated SAIL	10:00am SAIL <b>Aerobics</b> 11:15am Brain Games  Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	
22	23	24	25	
10:00am Seated SAIL  11:40am Seated SAIL with Jan  12:45pm Writers Support Group	11:00am SAIL <b>Aerobics</b> 12:15pm Senior Café Lunch <i>Slow Cooked Skirt Steak</i> Bingo	10:00am Seated SAIL	10:00am SAIL <b>Aerobics</b> 11:15am Brain Games  Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	
29	30	Oct 1	2	3
10:00am Seated SAIL  11:40am Seated SAIL with Jan  12:45pm Writers Support Group	11:00am SAIL <b>Aerobics</b> 12:15pm Senior Café Lunch <i>Baked Ziti</i> Family Feud	10:00am Seated SAIL	10:00am SAIL <b>Aerobics</b> 11:15am Brain Games  Krafty Krafter's Open House 11:30am-2:00pm  Seeds of Change Dinner 5:30-6:30pm	