

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# September 2023

## Sierra Del Sol Senior Living



<p>9:30 Prize Bingo 11:00 Virtual Non-Denominational Church Service 11:00 Scenic Bus Ride 1:30 Matinee Movie 3:00 Resident Activity Planning Meeting 5:30 Puzzles</p>	<p><b>Happy Labor Day!</b> 9:30 Communion with Deacon Dennis 10:00 Rosary Group 10:30 Rummikub 11:00 Flower Arranging 12:00 Labor Day BBQ 1:30 Everfit Reflexes 3:00 Family Feud 6:00 Documentary</p>	<p><b>National Cheese Pizza Day</b> 9:00 Walkers Club 10:00 Everfit Strength Training 10:30 Lunch at Arizona Pizza Company 1:30 Quarter Bingo w/ Shirley 3:00 Stay Sharp! w/ Dr. Andrea Russell 6:00 Tuesday Night TV Series on Netflix</p>	<p><b>National Coffee Ice Cream Day</b> 9:30 Wii Bowling 10:00 Cardio Drumming w/ Shannon 11:00 Arts &amp; Crafts w/ Kathi 1:30 Coffee Ice Cream Sundaes Social 3:00 Happy Hour w/ The Dirty Old Men Band</p>	<p>8:30 Shopping at Walmart 9:30 Watercolor Painting *Resident Led Activity 10:00 Rummikub 10:30 Sit and Be Fit 11:00 How to Prevent the Flu w/ Scan Embrace 1:00 Everfit Exercise 3:00 Coloring &amp; Wine with Katie</p>	<p><b>National School Picture Day</b> 9:00 Farkle 10:00 Everfit Full Body Movement 10:30 Quarter Bingo w/ Andrea 1:30 Sing Along with Maryanne 3:00 Crazy 8's 6:00 Classic Movie</p>	<p>9:30 Wii Bowling 10:30 Picture in Time 11:30 Question of the Week 1:00 Sealife Relaxation Room 1:30 Balloon Volleyball 3:00 Jeopardy 6:00 Saturday Night Movie and Popcorn</p>
<p><b>National Grandparents Day</b> 9:30 Prize Bingo 10:30 Grandparents Day Brunch 1:30 Matinee Movie 2:00 Church Service w/ Faith Community Church 3:15 Blackjack 5:30 Puzzles</p>	<p>9:30 Communion with Deacon Dennis 10:00 Rosary Group 10:30 Rummikub 1:30 Everfit Reflexes 2:00 Visit from Desert Christian Middle School 3:00 Family Feud 6:00 Documentary</p>	<p>9:00 Walkers Club 9:30 Goodwill 10:00 Everfit Strength Training 1:30 Quarter Bingo w/ Ralph 3:00 Stay Sharp! w/ Dr. Andrea Russell 6:00 Tuesday Night TV Series on Netflix</p>	<p><b>National Chocolate Milk Shake Day</b> 9:30 Wii Bowling 10:00 Motown Exercise w/ Maryanna 11:00 Gratitude Circle w/ Susan 1:00 Meeting w/ Chef Arine 1:30 Making Chocolate Milk Shakes! 2:30 Sing Along w/ Linda Updike</p>	<p>8:30 Shopping at Trader Joe's 10:00 Rummikub 10:30 Sit and Be Fit 11:00 Beanbag Toss 1:00 Everfit Exercise 1:30 Cooking Demo w/ Chef Marcus 3:00 Beading &amp; Jewelry Circle</p>	<p>9:00 Farkle 10:00 Everfit Full Body Movement 10:30 Quarter Bingo w/ Andrea 1:30 Sing Along with Maryanne 3:00 Crazy 8's 6:00 Classic Movie</p>	<p>9:00 Ross &amp; HomeGoods 9:30 Wii Bowling 10:30 Picture in Time 11:30 Question of the Week 1:00 Sealife Relaxation Room 1:30 Balloon Volleyball 3:00 Jeopardy 6:00 Saturday Night Movie and Popcorn</p>
<p>9:30 Prize Bingo 11:00 Virtual Non-Denominational Church Service 11:00 Scenic Bus Ride 1:30 Matinee Movie 3:00 Blackjack 5:30 Puzzles</p>	<p>9:30 Communion with Deacon Dennis 10:00 Rosary Group 10:30 Rummikub 11:00 Flower Arranging 1:30 Everfit Reflexes 2:00 Root Beer Float Social w/ Scan Embrace 3:00 Family Feud 6:00 Documentary</p>	<p>9:00 Walkers Club 9:30 Going to the Movies! 10:00 Everfit Strength Training 1:30 Quarter Bingo w/ Shirley 3:00 Stay Sharp! w/ Dr. Andrea Russell 6:00 Tuesday Night TV Series on Netflix</p>	<p>9:30 Wii Bowling 10:00 Cardio Drumming w/ Shannon 11:00 Art Therapy w/Maryanna 12:30 Celebrating Oktoberfest with Inge Larsen 2:00 Town Hall Meeting 3:00 Bowling in the Livingroom</p>	<p><b>National Pecan Cookie Day</b> 9:30 Watercolor Painting *Resident Led Activity 10:00 Rummikub 10:30 Sit and Be Fit 11:00 Q&amp;A and Donuts w/ Scan Embrace 1:00 Everfit Exercise 2:00 Let's Enjoy Some Pecan Cookies 3:00 Coloring &amp; Wine with Katie</p>	<p>9:00 Farkle 10:00 Everfit Full Body Movement 10:30 Quarter Bingo w/ Andrea 1:30 Sing Along with Katie 3:00 Crazy 8's 6:00 Classic Movie</p>	<p>9:30 Wii Bowling 10:30 Picture in Time 11:30 Question of the Week 1:00 Autumn Relaxation Room 1:30 Mexican Train Dominos 3:00 Trivia 6:00 Saturday Night Movie and Popcorn</p>
<p><b>Save Your Photos Day</b> 9:30 Prize Bingo 11:00 Share your Favorite Photo 1:30 Matinee Movie 2:00 Church Service w/ Faith Community Church 3:15 Blackjack 5:30 Puzzles</p>	<p>9:30 Communion with Deacon Dennis 10:00 Rosary Group 10:30 Rummikub 11:00 Egg Drop Challenge! 1:30 Everfit Reflexes 2:00 You be the Judge! 3:00 Margarita Monday 6:00 Documentary</p>	<p><b>Patagonia State Park Picnic</b> 9:00 Walkers Club 10:00 Everfit Strength Training 1:30 Quarter Bingo w/ Ralph 3:00 Stay Sharp! w/ Dr. Andrea Russell 6:00 Tuesday Night TV Series on Netflix</p>	<p>9:30 Wii Bowling 10:00 Motown Exercise w/ Maryanna 11:00 Craft w/ Katie 1:30 Come and Enjoy the Best Pumpkin Smoothies 3:00 Happy Hour w/ Littlest Big Band</p>	<p><b>National Drink a Beer Day</b> 8:30 Shopping at Fry's &amp; Dollar Tree 9:30 Men's Coffee and Donuts w/ Carlos 10:00 Rummikub 10:30 Sit and Be Fit 11:00 Health Talk w/ Amerigroup 1:00 Everfit Exercise 2:00 Beer Trivia 3:00 Sampling Different Types of Beers</p>	<p>9:00 Farkle 10:00 Everfit Full Body Movement 10:30 Quarter Bingo w/ Andrea 1:30 Sing Along with Katie 3:00 Crazy 8's 6:00 Classic Movie</p>	<p>9:30 Wii Bowling 10:30 Picture in Time 11:30 Question of the Week 1:00 Autumn Relaxation Room 1:30 Balloon Volleyball 3:00 Jeopardy 6:00 Saturday Night Movie and Popcorn</p>

Schedule subject to change, for the most up to date information please see the Daily. Sierra Del Sol Senior Living 8151 E Speedway Tucson AZ 85710