

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023

Sierra Del Sol The Lodge

<p>9:00 Hymn Sing Along w/ Rainer 10:30 Fruit & Daily Chronicles 11:00 Go Traveler: Mexico One Plate at a Time 11:45 Namaste 1:30 Balloon Volleyball 3:00 Meet Me at the Movies w/ Popcorn</p>	<p>Happy Labor Day! 9:45 Communion 10:00 Fishbowl Social 10:30 Fruit & Daily Chronicles 11:00 Arts & Crafts 11:45 Namaste 1:00 Everfit Exercise 2:30 Mockarita Monday 3:00 Jack Benny Show</p> <p>Labor Day</p>	<p>National Cheese Pizza Day 9:00 Sunshine in the Courtyard 9:30 Everfit Exercise 10:00 Movin & Groovin w/ Kevin 10:30 Fruit & Daily Chronicles 11:00 Bingo 11:45 Namaste 1:30 Art Therapy w/ Katie 2:30 Mini Cheese Pizza Snack Social 3:00 Brain Games</p>	<p>National Coffee Ice Cream Day 9:30 Everfit Exercise 10:00 Cardio Drumming w/ Shannon 10:30 Coffee & Donuts 11:00 Group Crossword 1:30 Coffee Ice Cream Social 3:00 Happy Hour w/ The Dirty Old Men Band</p>	<p>9:00 Sunshine in the Courtyard 9:30 Morning Stretch 10:30 Fruit & Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste 1:30 Bingo 3:00 Root Beer Float Social 4:30 Jeopardy</p>	<p>9:00 Baking Homemade Bread 9:30 Everfit Exercise 10:00 Lodge Spa 10:30 Fruit & Daily Chronicles 11:00 Sun Sound Reader 1:30 Brain Games 2:30 Snack Social 3:00 Afternoon Fitness</p>	<p>9:30 Good News & Coffee in the Courtyard 10:30 Morning Stretch 11:00 Sing Along 11:45 Namaste 1:30 Bingo 2:30 Afternoon Snack 3:00 Noodle Ball</p>
<p>National Grandparents Day 9:00 Hymn Sing Along w/ Rainer 10:30 Fruit & Daily Chronicles 11:00 Go Traveler: Mexico One Plate at a Time 12:00 Grandparents Day Lunch 11:45 Namaste 2:00 Church Service w/ Faith Community Church 3:00 Meet Me at the Movies w/ Popcorn</p> <p>Grandparents Day</p>	<p>9:45 Communion 10:00 Chat Ball Toss 10:30 Fruit & Daily Chronicles 11:00 Categories 11:45 Namaste 1:00 Everfit Exercise 2:00 Visit from Desert Christian Middle School 2:30 Snack Social 3:00 Jack Benny Show</p>	<p>9:00 Sunshine in the Courtyard 9:30 Everfit Exercise 10:00 Movin & Groovin w/ Kevin 10:30 Fruit & Daily Chronicles 11:00 Bingo 11:45 Namaste 1:30 Steel Feathers Chair Zumba w/ Liz 3:00 Music w/ Amber</p>	<p>National Chocolate Milk Shake Day 9:30 Everfit Exercise 10:00 Flower Arranging 10:30 Coffee & Donuts 11:00 Group Crossword 11:45 Namaste 1:00 Milk Shake Social 1:30 Sun Sound Reader 2:30 Sing Along w/ Linda Updike 6:30 Wheel of Fortune</p>	<p>9:00 Sunshine in the Courtyard 9:30 Morning Stretch 10:30 Fruit & Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste 1:30 Bingo 3:00 Ice Cream Sundaes Social 4:30 Jeopardy</p>	<p>9:00 Baking Homemade Bread 9:30 Everfit Exercise 10:00 Lodge Spa 10:30 Fruit & Daily Chronicles 11:00 Sun Sound Reader 1:30 Balloon Volleyball 2:30 Snack Social 3:00 Banjo Doug</p> <p>Rosh Hashanah Begins</p>	<p>9:30 Good News & Coffee in the Courtyard 10:30 Morning Stretch 11:00 Sing Along 11:45 Namaste 1:30 Bingo 2:30 Afternoon Snack 3:00 Noodle Ball</p> <p>Oktoberfest Begins</p>
<p>9:00 Hymn Sing Along w/ Rainer 10:30 Fruit & Daily Chronicles 11:00 Go Traveler: Mexico One Plate at a Time 11:45 Namaste 1:30 Balloon Volleyball 3:00 Meet Me at the Movies w/ Popcorn</p>	<p>9:45 Communion 10:00 Fishbowl Social 10:30 Fruit & Daily Chronicles 11:00 Arts & Crafts 11:45 Namaste 1:00 Everfit Exercise 2:30 Mockarita Monday 3:00 Jack Benny Show</p>	<p>9:00 Sunshine in the Courtyard 9:30 Everfit Exercise 10:00 Movin & Groovin w/ Kevin 10:30 Fruit & Daily Chronicles 11:00 Bingo 11:45 Namaste 1:30 Beading Circle 3:00 September Birthday Party!</p>	<p>9:30 Everfit Exercise 10:00 Cardio Drumming w/ Shannon 10:30 Coffee & Donuts 11:00 Group Crossword 11:45 Namaste 12:30 Celebrating Oktoberfest with Inge Larsen 1:30 Making Butterscotch Pudding 3:00 Oktoberfest Trivia</p>	<p>National Pecan Cookie Day 8:30 Breakfast at Biscuits Country Cafe 9:00 Sunshine in the Courtyard 10:30 Fruit & Daily Chronicles 11:45 Namaste 1:30 Bingo 3:00 Pecan Cookies Social 4:30 Jeopardy</p>	<p>9:00 Baking Homemade Bread 9:30 Everfit Exercise 10:00 Color Your Mind 10:30 Fruit & Daily Chronicles 11:00 Brain Games 1:30 Balloon Volleyball 2:30 Snack Social 3:00 Afternoon Fitness</p>	<p>First Day of Autumn 9:30 Good News & Coffee in the Courtyard 10:30 Morning Stretch 11:00 Sing Along 11:45 Namaste 1:30 Bingo 2:30 Afternoon Snack 3:00 Bowling</p> <p>Autumn Begins</p>
<p>Save Your Photos Day 9:00 Hymn Sing Along w/ Rainer 10:30 Fruit & Daily Chronicles 11:00 Go Traveler: Mexico One Plate at a Time 11:45 Namaste 2:00 Church Service w/ Faith Community Church 3:00 Meet Me at the Movies w/ Popcorn</p> <p>Yom Kippur Begins</p>	<p>9:45 Communion 10:00 Chat Ball Toss 10:30 Fruit & Daily Chronicles 11:00 Categories 11:45 Namaste 1:00 Everfit Exercise 2:30 Snack Social 3:00 Jack Benny Show</p>	<p>9:00 Sunshine in the Courtyard 9:30 Everfit Exercise 10:00 Movin & Groovin w/ Kevin 10:30 Fruit & Daily Chronicles 11:00 Bingo 11:45 Namaste 1:30 Steel Feathers Chair Zumba w/ Liz 3:00 Brain Games</p>	<p>9:30 Everfit Exercise 10:00 Flower Arranging 10:30 Coffee & Donuts 11:00 Group Crossword 11:45 Namaste 1:00 Pumpkin Smoothie Social 1:30 Sun Sound Reader 3:00 Happy hour w/ Littlest Big Band 6:30 Wheel of Fortune</p>	<p>9:00 Sunshine in the Courtyard 9:30 Morning Stretch 10:30 Fruit & Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste 1:30 Bingo 3:00 Ice Cream Sundaes Social 4:30 Jeopardy</p>	<p>9:00 Baking Homemade Bread 9:30 Everfit Exercise 10:00 Lodge Spa 10:30 Fruit & Daily Chronicles 11:00 Brain Games 1:30 Balloon Volleyball 2:30 Snack Social 3:00 Afternoon Fitness</p> <p>Sukkot Begins</p>	<p>9:30 Good News & Coffee in the Courtyard 10:30 Morning Stretch 11:00 Sing Along 11:45 Namaste 1:30 Bingo 2:30 Afternoon Snack 3:00 Noodle Ball</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