

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Labor Day Trivia 10:30 Ever Fit with Chris 1:30 Art & Crafts with Serria 2:30 Labor Day Ice Cream Sundae Social 3:30 Sit & Stretch with Chris 4:00 Puzzles & Word Search 6:00 Relaxation/ Hydration Labor Day	2 9:30 Welcome August Read 9:45 Morning Movement 1:30 Tuesday Matinee with Popcorn and Drinks 2:30 Table Activities 3:30 Sit & Stretch Chris 4:00 Color Pencil Blending 6:00 Puzzles and Drinks	3 9:30 Bible Study with Tim 10:30 Ever Fit with Chris 1:30 Country Drive 2:30 Monthly Gazette with Refreshments 3:30 Sit & Stretch with Chris 4:00 Quality Face to Face 6:00 Planet Earth/ Hydration	4 9:30 This Day in History 9:45 Morning Movement 1:30 EZ Dose It Trivia 2:00 Entertainment with Timothy Patrick 3:30 Sit & Stretch Chris 4:00 Puzzles & Word Search 6:00 Soundscapes/ Hydration	5 9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:45 Louis Faro Performs 3:00 September Trivia IQ 3:00 Social Visits with Barnabas 3:30 Sit & Stretch Chris 4:00 Quality Face to Face 6:00 Movie Night & Popcorn	6 GO DUCKS! 9:30 Coffee & Conversation 10:30 Senior Fitness Program 1:00 Oregon VS Montana State / Popcorn & Drinks 1:30 Country Drive 2:30 September Cranium Crunches 3:30 Afternoon Exercise 6:00 Relaxation/ Hydration
7 9:30 Coffee & Conversation 10:30 Morning Stretches 1:30 Table Games 2:30 September EZ Does It Trivia 3:30 Puzzle Club 6:00 Nature Documentary/ Snacks Grandparents Day	8 9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:30 Botton Tree Craft 2:30 Resident Council 3:30 Sit & Stretch with Chris 4:00 Quality Face to Face 6:00 Puzzles and Drinks	9 9:30 Daily Chronicle 9:45 Morning Movement 1:30 The Waterford Walk 2:00 Guss Russell Performs 3:30 Sit & Stretch with Chris 4:00 Quality Face to Face 6:00 September Word Search	10 9:30 Bible Study with Tim 10:00 Coast Trip to Florance 1:30 Puzzle Club 2:00 Aquapaint: Painting with Water 3:30 Sit & Stretch with Chris 4:00 Quality Face to Face 6:00 Table Games/ Snacks	11 9:30 This Day in History 9:45 Morning Movement 1:30 Reading with Kim 2:30 Thirsty Thursday 3:30 Sit & Stretch Chris 4:00 Puzzles Group 6:00 September Crossword	12 9:30 Daily Chronicle 10:00 Entertainment with Jeff 1:30 Cornhole 2:30 Outdoor Walk 3:00 Social Visits with Barnabas 3:30 Sit & Stretch with Chris 6:00 Movie Night & Popcorn	13 9:00 Morning Football Oregon VS Northwestern 10:30 Noodle Ball 1:30 Ice Cream Bars and Random Trivia 2:00 Tim Biggs Plays Guitar 3:30 Afternoon Exercise 6:00 Puzzles and Drinks
14 9:30 Coffee & Conversation 10:30 Morning Stretches 1:30 Puzzle Club 2:30 Table Games/ Snacks 3:30 September Trivia 6:00 Nature Documentary/ Snacks	15 9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:30 Puzzle Club 2:00 Sara Scofield Sings 3:00 Root Beer Float Social 3:30 Sit & Stretch with Chris 4:00 Quality Face to Face 6:00 Table Activities	16 9:30 Daily Chronicle 9:45 Morning Movement 1:30 Tuesday Matinee with Popcorn and Drinks 2:30 Travelogue Color Pages “Sojourn in Sweden” 3:30 Sit & Stretch with Chris 6:00 Soundscapes/ Hydration	17 9:30 Bible Study with Tim 10:30 Ever with Chris 1:30 Scenic Drive 2:00 What Am I? Trivia 3:30 Sit & Stretch with Chris 4:00 Quality Face to Face 6:00 Nature Documentary/ Snacks	18 9:30 This Day in History 9:45 Morning Movement 1:30 Julie Sings 2:30 Thirsty Thursday 3:30 Sit & Stretch Chris 4:00 August Word Search 6:00 Soundscapes/ Hydration	19 9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:30 Crafts 2:30 Root Beer Float Social 3:00 Social Visits with Barnabas 3:30 Sit & Stretch with Chris 4:00 Quality Face to Face 6:00 Movie Night & Popcorn	20 9:30 Coffee & Conversation 10:30 Senior Fitness Program 1:30 Scenic Drive 2:30 Complex Coloring 3:30 Afternoon Exercise 6:00 Table Games/ Snacks Oregon VS Oregon State (TBD) Oktoberfest Begins
21 9:30 Coffee & Conversation 10:30 Morning Stretches 1:30 Puzzle Club 2:30 Table Games/ Snacks 3:30 September Trivia 6:00 Nature Documentary/ Snacks	22 9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:30 Noodle Balloon Ball 2:30Table Games 3:45 Waterford Walk 4:00 Quality Face to Face 6:00 Soundscapes/ Hydration Rosh Hashanah Begins Autumn Begins	23 9:30 Daily Chronicle 9:45 Morning Movement 1:30 Tuesday Matinee with Popcorn and Drinks 2:30 September Color Pages 3:30 Sit & Stretch with Chris 4:00 Quality Face to Face 6:00 Foot Ball Crossword	24 9:30 Bible Study with Tim 10:30 Ever with Chris 1:30 Scenic Drive 2:00 Aquapaint: Painting with Water 3:30 Sit & Stretch with Chris 4:00 Puzzles & Word Search 6:00 Nature Documentary/ Snacks	25 9:30 This Day in History 9:45 Morning Movement 1:30 Reading with Kim 2:30 Thirsty Thursday 3:30 Sit & Stretch Chris 6:00 Table Games / Snacks	26 9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:30 Where Am I? Trivia 2:00 Reader’s Theater 3:30 Sit & Stretch with Chris 4:00 Quality Face to Face 6:00 Movie Night & Popcorn	27 9:30 Coffee & Conversation 10:30 Noodle Baloon Ball 1:30 Puzzles & Crossword 2:00 Tim Biggs Plays Guitar 3:30 Afternoon Exercise 4:30 Oregon VS Penn State 6:00 Relaxation/ Hydration
28 9:30 Coffee & Conversation 10:30 Morning Stretches 1:30 Puzzle Club 2:30 Table Games/ Snacks 3:30 September Trivia 6:00 Nature Documentary/ Snacks	29 9:30 Daily Chronicle 10:30 Ever Fit with Chris 1:30 September Craft 2:00 Tim Sings 3:30 Sit & Stretch with Chris 4:00 Quality Face to Face 6:00 Puzzles and Drinks	30 9:30 Daily Chronicle 9:45 Chair Yoga with Johanna 1:30 Tuesday Matinee with Popcorn and Drinks 2:30 Who Am I? Trivia 3:30 Sit & Stretch with Chris 4:00 Quality Face to Face 6:00 Table Games / Snacks	September 2025  Waterford Grand Assisted Living and Memory Care South Memory Care			