September 2026

Sierra Del Sol Senior Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 **9:00** Low Impact Cardio **9:30** Injoy Thrift Store **9:30** Word Hunt Showdown **10:30** Concert in the Theater**:** Rod Stewart Live at the Royal Albert Hall **1:30** Prize Bingo **3:00** September Trivia Challenge **5:30** Dominos **6:00** People's Choice Cinema	**2** **9:30** Activity Planning w/ Coffee & Donuts! **11:00** Resistance Training w/ Myrlene from AAFC **1:30** Floral Designing **2:00** Beat the Heat Hydration Social **2:30** Dancing Through the Ages **5:30** The Activity Room Puzzle Club **6:00** Silver Screen Classics: Two Mules for Sister Sara	**3** **8:30** Shopping at Fry's **9:00** Balance w/ Rosanda **10:00** Match the Room **11:00** Wii Bowling **1:00** Rummikub For All **2:00** Resident Led Bible Study **3:00** Scrapbooking w/ Char **6:00** Tough Guy Movie: Gladiator **6:30** Resident Ran Crazy 8's	**4** **9:00** Low Impact Pulse w/ Rosanda **9:30** Farkle Friday Frenzy **10:30** Prize Bingo **1:30** Sing Along w/ Mary Ann **2:30** Yoga w/ Myrlene From AAFC **3:00** Social: Tropical Smoothies **5:30** Resident Led Card Games **6:00** Funny Film Feature: RV	**5** **9:00** Weekend Walkers Club **10:00** 21 or Bust Card Game! **11:00** Autumn Family Feud Social **1:30** Afternoon Stretch w/ Loree **2:00** Rummikub **3:00** Wine & Trivia Happy Hour **6:00** The Saturday Feature: 3:10 to Yuma **6:30** Resident Led Music Reminiscing w/ Ann
6 **9:00** Weekend Walkers Club **10:00** Sunday Morning Scenic Bus Ride **10:30** Virtual Church Service **1:00** Sunday Matinee: Julie & Julia **1:30** Loree's Craft Corner: Picasso Faces **2:00** Wii Bowling **3:00** Cookies & Cream Milkshakes **6:00** Falling Into Movies: You Got Mail	**7** **9:00** 15 Min Stretch & Meditation **10:00** The Rosary Circle **10:00** Balloon Noodle Ball **10:30** Coffee House Monday & Daily Chronicles **1:30** Culinary Creations with Maryanna: Custard Fruit Tart **3:00** Yoga w/ Myrlene from AAFC **6:00** FEUD: Bette and Joan E1 Labor Day	**8** **8:30** Walking Tohono Chul Humming Bird Garden $13 **9:00** Impact Cardio Low **9:30** Group Crossword Clash **10:30** Concert in the Theater: The Highwaymen Live: American Outlaws **1:30** Prize Bingo **3:00** Polishes and Pampered Hands **5:30** Dominos **6:00** People's Choice Cinema	**9** **9:30** Watercolor Escape: Rainbow Waves w/ Maryanna **10:30** Cranium Crunches **11:00** Resistance Training w/ Myrlene from AAFC **1:30** Pima Library Book Mobile **1:30** Floral Designing **2:00** Beat the Heat Hydration Social **2:30** Sing Along w/ Linda Updike **5:30** The Activity Room Puzzle Club **6:00** Silver Screen Classics: Guys & Dolls	**10** **8:30** Shopping at Walmart **9:00** Balance w/ Rosanda **10:00** A Day at the Races **11:00** Wii Bowling **1:00** Rummikub For All **2:00** Resident Led Bible Study **3:00** Badminton **6:00** Tough Guy Movie: Men of Honor **6:30** Resident Ran Crazy 8's	**11** **9:00** Low Impact Pulse w/ Rosanda **9:30** Farkle Friday Frenzy **10:30** Prize Bingo **1:30** Balloon Noodle Ball **2:30** Yoga w/ Myrlene From AAFC **3:00** Exotic Fruit Tasting **3:00** Pet Therapy Visit w/ Lillith the Cat **5:30** Resident Led Card Games **6:00** Funny Film Feature: Shanghai Noon Rosh Hashanah Begins	**12** **9:00** Weekend Walkers Club **10:00** UNO! **11:00** Right on Time or I Haven't Left? **1:30** Afternoon Stretch w/ Loree **2:00** Rummikub **3:00** Group Book Club w/ Loree That Quail Robert **6:00** The Saturday Feature: The Aviator
13 **9:00** Weekend Walkers Club **10:00** Rise & Stretch **10:30** Virtual Church Service **10:30-12:00** Grandparents Day Brunch Buffet **1:00** Sunday Matinee: Regarding Henry **2:00** Church Service w/ Faith Community Church **3:00** Banana Milkshakes 6**:00** Falling Into Movies: When Harry Met Sally Grandparents Day	**14** **9:00** 15 Min Stretch & Meditation **9:30** Communion with Deacon Dennis **10:00** The Rosary Circle **10:00** Balloon Noodle Ball **10:30** Coffee House Monday & Daily Chronicles **1:30** Culinary Creations with Maryanna: Lasagna **3:00** Ice Cream Sundaes w/ Savanaha From Arista **6:00** FEUD: Bette and Joan E2	**15** **9:00** Low Impact Cardio **9:30** Group Word Match **10:30** Concert in the Theater**:** Linda Ronstandt Live in Hollywood **11:00** Lunch at Texas Roadhouse **1:30** Prize Bingo **3:00** Shuffleboard **5:30** Dominos **6:00** People's Choice Cinema	**16** **9:30** Maryanna's Craft Corner: Hummingbird Charms **11:00** Resistance Training w/ Myrlene from AAFC **1:30** Floral Designing **2:00** Resident Townhall Meeting **2:30** Tucson Travelers Band **5:30** The Activity Room Puzzle Club **6:00** Silver Screen Classics: The Magnificent Seven	**17** **8:30** Shopping at Dollar Store **9:00** Balance w/ Rosanda **10:00** Bead & Design Studio w/ Sue **11:00** Wii Bowling **1:00** Rummikub For All **2:00** Resident Led Bible Study **3:00** Autumn Wreaths w/ Char **6:00** Tough Guy Movie: Spy Game **6:30** Resident Ran Crazy 8's	**18** **9:00** Low Impact Pulse w/ Rosanda **9:30** Farkle Friday Frenzy **10:30** Prize Bingo **1:30** Balloon Noodle Ball **2:30** Yoga w/ Myrlene From AAFC **3:00** Social: Margarita's, Chips & Salsa **5:30** Resident Led Card Games **6:00** Funny Film Feature: The Goonies	**19** **9:00** Weekend Walkers Club **10:00** 21 or Bust Card Game! **11:00** 1970's Pictionary **1:30** Afternoon Stretch w/ Loree **2:00** Rummikub **3:00** Wine & Trivia Happy Hour **6:00** The Saturday Feature**:** The Shawshank Redemption **6:30** Resident Led Music Reminiscing w/ Ann Oktoberfest Begins
20 **9:00** Weekend Walkers Club **10:00** Sunday Morning Scenic Bus Ride **10:30** Virtual Church Service **1:00** Sunday Matinee**:** The Buddy Holly Story **1:30** Loree's Craft Corner: Hanging Stars **2:00** Wii Bowling **3:00** Caramel Apple Milkshakes **6:00** Falling Into Movies: The Bridges of Madison County Yom Kippur Begins	**21** **9:00** 15 Min Stretch & Meditation **9:30** Communion with Deacon Dennis **10:00** The Rosary Circle **10:00** Balloon Noodle Ball **10:00** Food Meeting w/ Chef Arine **10:30** Coffee House Monday & Daily Chronicles **1:30** Culinary Creations with Maryanna: Rum Cake **3:00** Yoga w/ Myrlene from AAFC **6:00** FEUD: Bette and Joan E3	**22** **9:00** Low Impact Cardio **9:30** Agua Caliente Picnic **10:00** The Jumble Letter Mystery **10:30** Concert in the Theater: Herb Alpert & TJB Concert **1:30** Prize Bingo **3:00** Armchair Traveling to Montreal **5:30** Dominos **6:00** People's Choice Cinema Autumn Begins	**23** **9:30** Watercolor Escape Black-Eyed Susan w/ Maryanna **10:30** Wacky Wordies **11:00** Resistance Training w/ Myrlene from AAFC **1:30** Floral Designing **2:00** Beat the Heat Hydration Social **2:30** Adkins & Anderson **5:30** The Activity Room Puzzle Club **6:00** Silver Screen Classics**:** The Toast of New Orleans	**24** **9:00** Balance w/ Rosanda **10:00** Health Talk w/ Marianne From Bayada **11:00** Wii Bowling **1:00** Rummikub For All **2:00** Resident Led Bible Study **3:00** Badminton **6:00** Tough Guy Movie: The Rundown **6:30** Resident Ran Crazy 8's	**25** **9:00** Low Impact Pulse w/ Rosanda **9:30** Farkle Friday Frenzy **10:30** Prize Bingo **1:30** Balloon Noodle Ball **2:30** Yoga w/ Myrlene From AAFC **3:00** Social: Peanut Butter Cup Smores **3:00** Pet Therapy Visit w/ Dolly the Poodle and Diamond the Lionhead Bunny **5:30** Resident Led Card Games **6:00** Funny Film Feature: Guarding Tess Sukkot Begins	**26** **9:00** Weekend Walkers Club **10:00** UNO! **11:00** Pokeno **12:30** UofA Red vs Blue Showcase **1:30** Afternoon Stretch w/ Loree **2:00** Rummikub **3:00** Group Book Club w/ Loree That Quail Robert **6:00** The Saturday Feature**:** The Time Machine
27 **9:00** Weekend Walkers Club **10:00** Rise & Stretch **10:30** Virtual Church Service **10:30** Wii Bowling **1:00** Sunday Matinee: The World's Fastest Indian **2:00** Church Service w/ Faith Community **3:00** Pumpkin Milkshakes **6:00** Falling Into Movies: Good Will Hunting	**28** **9:00**15 Min Stretch & Meditation **9:30** Communion with Deacon Dennis **10:00** Balloon Noodle Ball **10:00** The Rosary Circle **10:30** Coffee House Monday & Daily Chronicles **11:30** Voter Registry w/ A League of Woman Voters **1:30** Culinary Creations with Maryanna: Pita w/ Hummus & Tzatziki **3:00** Yoga w/ Myrlene from AAFC **6:00** FEUD: Bette and Joan E4	**29** **9:00** Autumn Scenic Bus Ride Through Mt. Lemmon & A Stop at the General Market **9:00** Low Impact Cardio **9:30** Group Word Match **10:30** Concert in the Theater**:** Sammy Davis Jr. Live in Australia **1:30** Prize Bingo **3:00** Shuffleboard **5:30** Dominos **6:00** People's Choice Cinema	**30** **9:30** Maryanna's Craft Corner: Autumn Color Sunburst Mirror **11:00** Resistance Training w/ Myrlene from AAFC **1:30** Floral Designing **2:00** Resident Townhall Meeting **2:30** Desert Duo w/ John & Peggy **5:30** The Activity Room Puzzle Club **6:00** Silver Screen Classics: Hang 'Em High			

Schedule is Subject to change. For the most updated information please see Activity Daily. Sierra Del Sol Senior Living 8151 E Speedway Tucson AZ 85710