

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Feet in Motion Exercise 1 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 September Trivia 3:00 Fabric & Pom Pom Organizing 4:00 Concert: Rod Stewart Live at the Royal Albert Hall 6:00 Picture Books in the Activity Room	9:00 Music, Morning Stretch & Daily Chronicles 2 10:00 Tea, & Flower Arranging 11:00 Balloon Noodle Ball 11:30 Yoga w/ Myrlene from AAFC 11:45 Namaste- Aromatherapy 1:30 Poker 2:30 Dancing Through the Ages 4:00 America Test Kitchen E5 6:00 Coloring in the Activity Room	9:00 Ribbon Dancing w/ Loree 3 10:00 Morning Snack, Hydration & Daily Chronicles 10:30 Scenic Bus Ride 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 Ring Toss & Horseshoes 3:00 No-Baking Peanut Butter Chocolate Cookies 4:00 Classic Movie: American Graffiti 6:00 Puzzles in the Activity Room	9:00 Zen Stretch w/ Loree 4 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Sun Sound Reading w/ Lee 11:45 Namaste- Aromatherapy 1:30 Sing Along w/ Maryanne 3:00 Resistance Training w/ Myrlene From AAFC 3:30 Reminisce Love Stories 4:00 Music in the Lodge	9:00 Move to Music 5 10:00 Morning Snack, Hydration & Chronicles 11:00 Noodle Ball 11:45 Namaste- Aromatherapy 1:30 Join Us for Family Bingo! 3:00 Happy Saturday w/ Tropical Smoothies 4:00 Favorite Sing Along 6:00 Word Search in the Enclave
9:00 Gentle Stretch & Shine 6 10:00 Morning Snack, Hydration & Virtual Sunday Church Service 11:00 Watercoloring Black-Eyes Susans 11:45 Namaste- Aromatherapy 1:30 Musical Sing Along w/ Linda 3:00 Banana Milkshakes 4:00 History of the American Railroads: The Golden Age	9:00 Music, Morning Stretch & Daily Chronicles 7 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Rolling Clay Shapes 11:45 Namaste- Aromatherapy 1:30 Bean Bag Twister 2:30 Yoga & Meditation w/ Loree 3:00 Popping Popcorn & A Movie: The Buddy Holly Story Labor Day	9:00 Feet in Motion Exercise 8 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 Word Hunt Showdown 3:00 Hardware & Button Sorting 4:00 Concert: The Highwaymen Live: American Outlaws 6:00 Picture Books in the Activity Room	9:00 Music, Morning Stretch & Daily Chronicles 9 10:00 Tea, & Flower Arranging 11:00 Balloon Noodle Ball 11:30 Yoga w/ Myrlene from AAFC 11:45 Namaste- Aromatherapy 1:30 Gin Rummy 2:30 Sing Along w/Linda Updike 4:00 America Test Kitchen E6 6:00 Coloring in the Activity Room	9:00 Ribbon Dancing w/ Loree 10 10:00 Morning Snack, Hydration & Daily Chronicles 10:30 Scenic Bus Ride 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 Bean Bag Toss & Horseshoes 3:00 Tea & Pastry Social 4:00 Classic Movie: The World’s Fastest Indian 6:00 Puzzles in the Activity Room	9:00 Zen Stretch w/ Loree 11 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Helping Hands Laundry Folding 11:45 Namaste- Aromatherapy 1:30 Bunco 3:00 Resistance Training w/ Myrlene From AAFC 3:30 Pet Therapy Visit w/ Lillith the Cat 4:00 Music in the Lodge Rosh Hashanah Begins	9:00 Move to Music 12 10:00 Morning Snack, Hydration & Chronicles 11:00 Roll, Count & Guess 11:45 Namaste- Aromatherapy 1:00 Family Sunflower Art Class 3:00 Happy Saturday w/ Lemonade, Chips & Salsa 4:00 Favorite Sing Along 6:00 Word Search in the Enclave
9:00 Gentle Stretch & Shine 13 10:00 Morning Snack, Hydration & Virtual Sunday Church Service 11:00 Watercoloring Cactus 11:45 Namaste- Aromatherapy 1:30 The Lodge Book Club: That Quail Robert 2:00 Church Service w/ Faith Community Church 3:00 Cookies & Cream Milkshakes 4:00 History of the American Railroads: The Years of Transition Pt1 Grandparents Day	9:00 Music, Morning Stretch & Daily Chronicles 14 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Balloon Noodle 11:45 Namaste- Aromatherapy 1:30 Craft w/ Loree: Dancing Dots 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & A Movie: Nacho Libre	9:00 Feet in Motion Exercise 15 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 Armchair Traveling: 3:00 Fabric & Pom Pom Organizing 4:00 Concert: Linda Ronstandt Live in Hollywood 6:00 Picture Books in the Activity Room	9:00 Music, Morning Stretch & Daily Chronicles 16 10:00 Tea, & Flower Arranging 11:00 Balloon Noodle Ball 11:30 Yoga w/ Myrlene from AAFC 11:45 Namaste- Aromatherapy 1:30 Blackjack 2:30 Tucson Travelers Band 4:00 America Test Kitchen E7 6:00 Coloring in the Activity Room	9:00 Ribbon Dancing w/ Loree 17 10:00 Morning Snack, Hydration & Daily Chronicles 10:30 Scenic Bus Ride 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 Ring Toss & Horseshoes 3:00 No-Baking Strawberry Shortcakes 4:00 Classic Movie: Willy Wonka & the Chocolate Factory 6:00 Puzzles in the Activity Room	9:00 Zen Stretch w/ Loree 18 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Sun Sound Reading w/ Lee 11:45 Namaste- Aromatherapy 1:30 Toe Tapping Tunes w/ Banjo Doug 3:00 Resistance Training w/ Myrlene From AAFC 3:30 Reminisce Growing Up 4:00 Music in the Lodge	9:00 Move to Music 19 10:00 Morning Snack, Hydration & Chronicles 11:00 Noodle Ball 11:45 Namaste- Aromatherapy 1:30 Join Us for Family Bingo! 3:00 Happy Saturday w/ Melon Salad 4:00 Favorite Sing Along 6:00 Word Search in the Enclave Oktoberfest Begins
9:00 Gentle Stretch & Shine 20 10:00 Morning Snack, Hydration & Virtual Sunday Church Service 11:00 Watercoloring Colorful Yarns 11:45 Namaste- Aromatherapy 1:30 Music w/ Juan Pablo 3:00 Pumpkin Milkshakes 4:00 History of the American Railroads: The Years of Transition Pt2 Yom Kippur Begins	9:00 Music, Morning Stretch & Daily Chronicles 21 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Rolling Clay Fall Leaves 11:45 Namaste- Aromatherapy 1:30 Bean Bag Twister 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & A Movie: RV	9:00 Feet in Motion Exercise 22 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 Scrapbooking 3:00 Hardware & Button Sorting 4:00 Concert: Herb Alpert & TJB Concert 6:00 Picture Books in the Activity Room Autumn Begins	9:00 Music, Morning Stretch & Daily Chronicles 23 10:00 Tea, & Flower Arranging 11:00 Balloon Noodle Ball 11:30 Yoga w/ Myrlene from AAFC 11:45 Namaste- Aromatherapy 1:30 Poker 2:30 Adkins & Anderson 4:00 America Test Kitchen E8 6:00 Coloring in the Activity Room	9:00 Ribbon Dancing w/ Loree 24 10:00 Morning Snack, Hydration & Daily Chronicles 10:30 Picnic at Agua Caliente Park 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 Bean Bag Toss & Horseshoes 3:00 September Birthday Party 4:00 Classic Movie: A Field of Dreams 6:00 Puzzles in the Activity Room 6:00 Dementia Family Support Group Q&A	9:00 Zen Stretch w/ Loree 25 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Helping Hands Laundry Folding 11:45 Namaste- Aromatherapy 1:30 Bunco 3:00 Resistance Training 3:30 Pet Therapy Visit w/ / Dolly the Poodle and Diamond the Lionhead Bunny 4:00 Music in the Lodge Sukkot Begins	9:00 Move to Music 26 10:00 Morning Snack, Hydration & Chronicles 11:00 Roll, Count & Guess 11:45 Namaste- Aromatherapy 1:30 Join Us for Family Bingo! 3:00 Happy Saturday w/Smore’s 4:00 Favorite Sing Along 6:00 Word Search in the Enclave
9:00 Gentle Stretch & Shine 27 10:00 Morning Snack, Hydration & Virtual Sunday Church Service 11:00 Watercoloring Fall Leaves 11:45 Namaste- Aromatherapy 1:30 The Lodge Book Club: That Quail Robert 2:00 Church Service w/ Faith Community Church 3:00 Caramel Apple Milkshakes 4:00 History of the American Railroads:Twilight of Steam	9:00 Music, Morning Stretch & Daily Chronicles 28 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Craft w/ Loree: Sunburst Mirrors 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & A Movie: Kit Kittredge An American Girl	9:00 Feet in Motion Exercise 29 10:00 Morning Snack, Hydration & Daily Chronicles 11:00 Hand & Arm Massages 11:45 Namaste- Aromatherapy 1:30 Group Crossword Clash 3:00 Fabric & Pom Pom Organizing 4:00 Concert: Sammy Davis Jr. Live in Australia 6:00 Picture Books in the Activity Room	9:00 Music, Morning Stretch & Daily Chronicles 30 10:00 Tea, & Flower Arranging 11:00 Balloon Noodle Ball 11:30 Yoga w/ Myrlene from AAFC 11:45 Namaste- Aromatherapy 1:30 UNO! 2:30 Desert Duo w/ John & Peggy 4:00 America Test Kitchen E9 6:00 Coloring in the Activity Room	September Sierra Del Sol The Lodge 2026 		

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