

| Sunday                                                                                                                                                     | Monday                                                                                                                                                                                                                                      | Tuesday                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                          | Thursday                                                                                                                                                                                                           | Friday                                                                                                                                                                                                              | Saturday                                                                                                                                                                                                                            |                                                                                                                                                                                      |
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| <div><h1>Waterford Grand</h1><p>Assisted Living and Memory Care</p></div> |                                                                                                                                                                                                                                             | <div>1</div> <p>9:30 Monthly Gazette &amp; Coffee<br/>10:00 Cardio Drum with Paz<br/>1:15 EverFit with Chris<br/>2:00 <b>Tuesday Matinee in the Dorian Theater</b> (3<sup>rd</sup> Floor)<br/>4:00 Complex Coloring<br/>6:00 Cornhole</p>        | <div>2</div> <p>9:30 Daily Chronicle 0r Bible Study with Tim<br/>9:45 Chair Chi with Chris<br/>1:30 <b>Scenic Drive</b><br/>2:00 Art &amp; Crafts with August<br/>3:00 EverFit with Chris<br/>6:00 Bowling</p>                                     | <div>3</div> <p>9:30 Daily Chronicle<br/>10:00 Sit &amp; Stretch with Paz<br/>1:30 <b>Book Nook with Kim</b><br/>2:30 <b>Thirsty Thursday with Tasty Treats</b><br/>3:45 EverFit with Chris<br/>6:00 Ring Toss</p> | <div>4</div> <p>9:30 Daily Chronicle<br/>9:45 EverFit with Chris<br/>1:30 <b>Louis Faro Performs</b><br/>2:30 EZ Does It Trivia<br/>3:00 Mindful Meditation<br/>6:00 Rhythm, Music, Dance!</p>                      | <div>5</div> <p>9:30 Morning Meditation<br/>10:30 Morning Yoga<br/>12:30 <b>Bosie State VS OR Duck's</b><br/>1:30 <b>Scenic Drive</b><br/>3:30 Puzzle Club<br/>6:00 Balloon Ball</p>                                                |                                                                                                                                                                                      |
|                                                                                                                                                            | <div>6</div> <p>9:30 Coffee &amp; Conversation<br/>10:30 Chair Chi with August<br/>11:00 Walking Club<br/>1:30 Sunday Bingo<br/>4:00 Evening Gather<br/>6:00 Sunday Night Movie with Popcorn</p>                                            | <div>7</div> <p>9:30 Daily Chronicle<br/>10:00 Cardio Drum with Paz<br/>1:15 EverFit with Chris<br/>2:00 Plant Feature of the Month "The Spider Plant"<br/>3:30 The 60's Trivia Name that Tune That Tune<br/>6:00 Ring Toss</p> <p>Labor Day</p> | <div>8</div> <p>9:30 Daily Chronicle<br/>10:00 Cardio Drum with Paz<br/>1:15 EverFit with Chris<br/>2:00 <b>Gus Russell Plays Piano</b><br/>4:00 Afternoon Outdoor Walk<br/>6:00 Cornhole</p>                                                      | <div>9</div> <p>9:30 Daily Chronicle 0r Bible Study with Tim<br/>9:45 Chair Chi with Chris<br/>1:30 <b>Scenic Drive</b><br/>2:00 Painting with August<br/>3:00 EverFit with Chris<br/>6:00 Bowling</p>             | <div>10</div> <p>9:30 Daily Chronicle<br/>10:00 Sit &amp; Stretch with Paz<br/>1:30 <b>Book Nook with Kim</b><br/>2:30 <b>Thirsty Thursday with Tasty Treats</b><br/>3:45 EverFit with Chris<br/>6:00 Ring Toss</p> | <div>11</div> <p>9:30 Daily Chronicle<br/>9:45 EverFit with Chris<br/>1:30 Noodle Ballon Ball<br/>2:30 Armchair Travelogue and Fun Facts<br/>3:00 Mindful Meditation<br/>6:00 Rhythm, Music, Dance!</p> <p>Rosh Hashanah Begins</p> | <div>12</div> <p>9:00 <b>Bosie State VS Duck's</b><br/>9:30 Morning Meditation<br/>10:30 Morning Yoga<br/>1:30 <b>Guitar with Tim</b><br/>3:30 Puzzle Club<br/>6:00 Balloon Ball</p> |
|                                                                                                                                                            | <div>13</div> <p>9:30 Coffee &amp; Conversation<br/>10:30 Chair Chi with August<br/>11:00 Walking Club<br/>1:30 Sunday Bingo<br/>4:00 Evening Gather<br/>6:00 Sunday Night Movie with Popcorn</p> <p>Grandparents Day</p>                   | <div>14</div> <p>9:30 Daily Chronicle<br/>10:00 Cardio Drum with Paz<br/>1:15 EverFit with Chris<br/>2:00 Noodle Ballon Ball<br/>3:30 This Day in History<br/>6:00 Ring Toss</p>                                                                 | <div>15</div> <p>9:30 Daily Chronicle<br/>10:00 Cardio Drum with Paz<br/>1:15 EverFit with Chris<br/>2:00 <b>Tuesday Matinee in the Dorian Theater</b> (3<sup>rd</sup> Floor)<br/>4:00 EZ Does It Trivia<br/>6:00 Cornhole</p>                     | <div>16</div> <p>9:30 Daily Chronicle 0r Bible Study with Tim<br/>9:45 Chair Chi with Chris<br/>1:30 <b>Scenic Drive</b><br/>2:00 Art &amp; Crafts with August<br/>3:00 EverFit with Chris<br/>6:00 Bowling</p>    | <div>17</div> <p>9:30 Daily Chronicle<br/>10:00 Sit &amp; Stretch with Paz<br/>1:30 <b>Complex Coloring</b><br/>2:00 <b>Sara Scofield Performs</b><br/>3:45 Everfit with Chris<br/>6:00 Ring Toss</p>               | <div>18</div> <p>9:30 Daily Chronicle<br/>9:45 EverFit with Chris<br/>1:30 Bingo<br/>2:30 Waterford Walk<br/>3:00 Mindful Meditation<br/>6:00 Rhythm, Music, Dance<br/>7:30 <b>Portland State VS Duck's</b></p>                     | <div>19</div> <p>9:30 Morning Meditation<br/>10:30 Morning Yoga<br/>1:30 <b>Scenic Drive</b><br/>3:30 Puzzle Club<br/>6:00 Balloon Ball</p> <p>Oktoberfest Begins</p>                |
|                                                                                                                                                            | <div>20</div> <p>9:30 Coffee &amp; Conversation<br/>10:30 Chair Chi with August<br/>11:00 Walking Club<br/>1:30 <b>Join Family Bingo Day!</b><br/>4:00 Evening Gather<br/>6:00 Sunday Night Movie with Popcorn</p> <p>Yom Kippur Begins</p> | <div>21</div> <p>9:30 Daily Chronicle<br/>10:00 Cardio Drum with Paz<br/>1:15 EverFit with Chris<br/>2:00 <b>Music Slide Show with Timothy Patrick</b><br/>3:30 Afternoon Walk to Garden<br/>6:00 Ring Toss</p>                                  | <div>22</div> <p>9:30 Daily Chronicle<br/>10:00 Cardio Drum with Paz<br/>1:15 EverFit with Chris<br/>2:00 <b>Tuesday Matinee in the Dorian Theater</b> (3<sup>rd</sup> Floor)<br/>4:00 Banana Word Game<br/>6:00 Cornhole</p> <p>Autumn Begins</p> | <div>23</div> <p>9:30 Daily Chronicle 0r Bible Study with Tim<br/>9:45 Chair Chi with Chris<br/>1:30 <b>Scenic Drive</b><br/>2:00 Painting with August<br/>3:00 EverFit with Chris<br/>6:00 Bowling</p>            | <div>24</div> <p>9:30 Daily Chronicle<br/>10:00 Sit &amp; Stretch with Paz<br/>1:30 <b>Book Nook with Kim</b><br/>2:30 <b>Thirsty Thursday with Tasty Treats</b><br/>3:45 EverFit with Chris<br/>6:00 Ring Toss</p> | <div>25</div> <p>9:30 Daily Chronicle<br/>9:45 EverFit with Chris<br/>1:30 Noodle Balloon Ball<br/>2:30 Popcorn and Trivia<br/>3:00 Mindful Meditation<br/>6:00 Rhythm, Music, Dance</p> <p>Sukkot Begins</p>                       | <div>26</div> <p><b>USC VS Duck's (TBA)</b><br/>9:30 Morning Meditation<br/>10:30 Morning Yoga<br/>1:30 <b>Guitar with Tim</b><br/>3:30 Puzzle Club<br/>6:00 Balloon Ball</p>        |
|                                                                                                                                                            | <div>27</div> <p>9:30 Coffee &amp; Conversation<br/>10:30 Chair Chi with August<br/>11:00 Walking Club<br/>1:30 Sunday Bingo<br/>4:00 Evening Gather<br/>6:00 Sunday Night Movie with Popcorn</p>                                           | <div>28</div> <p>9:30 Daily Chronicle<br/>10:00 Cardio Drum with Paz<br/>1:15 EverFit with Chris<br/>2:00 <b>Entertainment with Tim and Kay Biggs</b><br/>3:30 Banana Grams Game<br/>6:00 Ring Toss</p>                                          | <div>29</div> <p>9:30 Daily Chronicle<br/>10:00 Cardio Drum with Paz<br/>1:15 EverFit with Chris<br/>2:00 <b>Readers Theater in the Dorian Theater</b> (3<sup>rd</sup> Floor)<br/>4:00 Puzzle Club<br/>6:00 Cornhole</p>                           | <div>30</div> <p>9:30 Daily Chronicle 0r Bible Study with Tim<br/>9:45 Chair Chi with Chris<br/>1:30 <b>Scenic Drive</b><br/>2:00 Art &amp; Crafts with August<br/>3:00 EverFit with Chris<br/>6:00 Bowling</p>    | <div><h1>September 2026</h1><p>North Shore Memory Care</p></div>                                                                                                                                                    |                                                                                                                                                                                                                                     |                                                                                                                                                                                      |
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**Please Note:** Thurs – Sunday 1 Life Enrichment Associate is on duty-activities will rotate between Shores. All activities are subject to change.