

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HAPPY BIRTHDAY Michelle Voll 9/1 David Jacobsen 9/4 John Wetzel 9/8 Donald Shanks 9/10	BIRTHDAY Beverly Mahady 9/11 Virginia Olsen 9/12 Margaret Jacobsen 9/12 Pauline Goolkasian 9/20	9:00 Fitness & Cardio (CL) 10:00 Seated Strength & Motion (CL) 11:00 Southbury Library (ML) 11:00 Genealogy (A) 11:00 Wii Bowling (MR) 1:00 Poker (CR) 1:00 Women's Billiards Group(B) 3:00 Men's Billiards group (B) 3:00 Game On! Cards (AS) 3:30 Caregiver Support Group (CR)	9:00 Chair Yoga (CL) 10:00 Scattergories (MR) 11: 00 Ted Talks (A) 12:30 Mahjong (CR) 1:00 Writers Workshop (MR) 1:00 Shop Rite (ML) 2:00 Sit & Be Fit (CL) 2:00 Mexican Train Dominoes (AS)	9:00 Flex & Flow (CL) 10:00 Mindful Movement (CL) 11:00 Aqua Aerobics (CL) 11:00 LTC Partner Lcture (A) 1:00 Women's Billiards Group (B) 3:00 Men's Billiard Group (B) 3:00 Beer Tasting (P)	9:00 Ukulele W/ Susan Peak [Advanced Class] (AS) 10:00 Ukulele W/Susan Peak [Beginner Class] 10:00 Strength & Tone (CL) 11:00 Hot Topics/ Current Events (A) 11:00 Stop & Shop (ML) 3:00 Happy Hour (A) 3:15 Team Trivia (A)	9:00 Seated Yoga W/Sharon (CL) 11:00 Outdoor Putting (SC) 2:00 George's This & That Music (A) 3:00 Rummikub (CR) 4:30 Sacred Heart PM Mass (ML)
8:30 Sacred Heart Mass (ML) 9:30 St James Service (ML) 10:30 St. Thomas Mass (ML) 11:30 Brunch (D) 3:00 Mark Templeton (A)	9:30 Tai Chi for Balance (CL) 10:30 Crossword Club (AS) 11:00 Trader Joe's / DSW (ML) 11:00 Outdoor Bocce (SC) 1:00 Stitch This! (MR) 1:00 Social Bridge (C) 2:00 Poetry Reading (L) 2:00 STOP! Word game (AS) 3:00 Play Reading (L)	9:00 Fitness & Cardio (CL) 10:00 Seated Strength & Motion(CL) 11:00 Book Club (CR) 11:00 Wii Bowling (MR) 1:00 Poker (CR) 1:00 Women's Billiards group(B) 2:00 Mark Alberton's Lecture (A) 3:00 Men's Billiards group (B) 3:00 Women's Sip & Share (WL)	9:00 Chair Yoga (CL) 10:00 Scattergories (MR) 11:00 Town Hall (A) 12:00 Sept.Bday Celebration (COM) 12:30 Mahjong (CR) 1:00 Writer's Workshop (MR) 1:00 LaBonne's Market (ML) 2:00 Sit & Be Fit (CL) 2:00 Mexican Train Dominoes (AS) 3:00 Sip & Paint (AS)	9:00 Flex & Flow (CL) 10:00 Mindful Movement(CL) 11:00 Aqua Aerobics (CL) 1:00 Women's Billiards Group (B) 2:00 Rick & Dawn (A) 3:00 Men's Billiards Club (B)	9:00 Ukulele w/Susan Peak [Advanced Class] (AS) 10:00 Ukulele w/Susan Peak [Beginner Class] (AS) 10:00 Strength & Tone (CL) 11:00 Hot Topics /Current Events(A) 11:00 Stop N Shop (ML) 1:30 Fired Up Pottery (AS) 3:00 Happy Hour (A) 3:15 Team Trivia (A)	9:00 Seated Yoga w/Sharon (CL) 10:00 Danbury Mall (ML) 11:00 Outdoor Putting (SC) 1:00 Baseball Hour (MR) 2:00 George's This & That Music (A) 3:00 Rummikub (CR)
8:30 Sacred Heart Mass (ML) 9:30 St James Service (ML) 10:30 St. Thomas Mass (ML) 11:30 Brunch (D) 3:00 Dean Snellback (A)	9:30 Tai Chi for Balance (CL) 10:30 Crossword Club (AS) 11:0 Outdoor Bocce (SC) 11:00 Barnes & Noble (ML) 1:00 Stitch This! (MR) 1: 00 Social Bridge (CR) 1:00 Fitness Drumming (CL) 2:00 Stop! Word Game (AS) 3:00 Play Reading (L) 3:30 Catholic Liturgy & Holy Communion (A)	9:00 Fitness & Cardio (CL) 10:00 Seated Strength & Motion(CL) 11:00 Wii Bowling (MR) 11:00 Genealogy (A) 1:00 Poker (CR)/ 1:00 Women's Billiards Group (B) 2:00 Dr. Hunt Lecture (A) 3:00 Men's Billiards Group (B) 3:00 Game On! Cards (AS)	9:00 Chair Yoga (CL) 10:00 Scarttergories (ML) 11:00 Ted Talks (A) 12:30 Mahjong (CR) 1:00 Writers Workshop (MR) 1:00 Shop Rite (ML) 2:00 Mexican Train Dominoes (AS) 2:00 Sit & Be Fit (CL)	9:00 Flex & Flow (CL) 10:00 Mindful Movements (CL) 11:00 Aqua Aerobics (CL) 1:00 Women's Billiards Group (B) 2:00 Bills Feel Good Music (A) 3:00 Men's Billiards Group (B) 3:00 Wine Tasting (P)	9:00 Ukulele w/Susan Peak [Advanced Class] (AS) 10:00 Ukulele w/Susan Peak [Beginner Class] (AS) 10:00 Strength & Tone (CL) 11:00 Hot Topics /Current Events(A) 11:00 Stop N Shop (ML) 3:00 Happy Hour (A) 3:15 Team Trivia (A)	9:00 Seated Yoga w/Sharon (CL) 10:30 Newtown Art Festival (ML) 11:00 Outdoor Putting (SC) 2:00 George's This & That Music (A) 3:00 Rummikub (CR) 4:30 Sacred Heart PM Mass (ML)
8:30 Sacred Heart Mass (ML) 9:30 St James Service (ML) 10:30 St. Thomas Mass (ML) 11:30 Brunch (D) 3:00 Swing Set Band (A)	9:30 Tai Chi for Balance (CL) 10:30 Crossword Club (AS) 11:00 DOGWOOD ART SHOW (A) 11:00 Outdoor Bocce (SC) 1:00 Social Bridge (CR) 1:00 Stitch This! (MR) 2:00 Stop! Word Game (AS) 3:00 Play Reading (L)	9:00 Fitness & Cardio (CL) 10:00 Seated Strength & Motion (CL) 11:00 Wii Bowling (MR) 11:00 Health Pro Lecture: Fall Prevention(A) 1:00 Poker (CR) 1:00 Women's Billiards Group (B) 11:00 Sweet & Bloom - Fruit Bouquets 3:00 Men's Billiards Group 3:00 Game On! Cards (AS)	9:00 Chair Yoga (CL) 10:00 Scattergories (MR) 11:00 Ted Talks (A) 12:30 Mahjong (CR) 1:00 Writers Workshop (MR) 1:00 Shop Rite (ML) 2:00 Mexican Train Dominoes (AS) 2:00 Sit & Be Fit (CL) 3:00 Jewelry Making - Fall Bracelet(AS)	9:00 Flex & Flow (CL) 10:00 Mindful Movement (CL) 11:00 Aqua Aerobics (CL) 11:00 Pray The Rosary (AS) 1:00 Women's Billiards Group (B) 2:00 Lia Levitt: Panama&Columbia (A) 3:00 Men's Billiards Group (B) 4:30 Supper Club (ML)	9:00 Ukulele W/Susan Peak [Advanced Class] (AS) 10:00 Ukulele W/Susan Peak [Beginner Class] (AS) 10:00 Strength & Tone (CL) 11:00 Hot Topics/ Current Events (A) 11:00 Stop N Shop (ML) 3:00 Happy Hour (A) 3:15 Team Trivia (A)	9:00 Seated Yoga w/Sharon (CL) 11:00 Outdoor putting (SC) 11:00 Southbury Apple Festival (ML) 2:00 George's This & That Music (A) 3:00 Rummikub (CR)
8:30 Sacred Heart Mass (ML) 9:30 St James Service (ML) 10:30 St. Thomas Mass (ML) 11:30 Brunch (D) 3:00 Bob & Claudia (A)	9:30 Tai Chi Balance (CL) 10:30 Crossword Club (AS) 11:00 Outdoor Bocce (SC) 1:00 Stitch This! (MR) 1:00 Social Bridge (CR) 1:00 Fitness Drumming (CL) 2:00 Jewish Study W/ Chaplain Ron (MR) 2:00 St. James Service (A) 3:00 Play Reading (L)	9:00 Fitness & Cardio (CL) 10:00 Seated Strength&Motion (CL) 11:00 Wii Bowling (MR) 11:00 PRIZE BINGO (A) 1:00 Poker (CR) 1:00 Women's Billiards Group (B) 1:00 Women's Billiards Group (B) 3:00 Men's Billiards Group (B) 3:00 Game On! Cards (AS)	9:00 Chair yoga (CL) 10:00 Scattergories (MR) 11:00 Ted Talks (A) 12:30 Mahjong (CR) 1:00 Writers Workshop (MR) 1:00 Shop Rite (ML) 2:00 Mexican Train Dominoes (AS) 2:00 Sit & Be Fit (CL) 3:00 Open Studio (AS)			

SEPTEMBER 2026

Independent Living

ACTIVITY LOCATOR KEY	SC-Sports Center/Putting Green	CR- Card Room
L - Library	AS- Art Studio	C-Cinema
P- Pub Bar	A- Auditorium	CL - (Pool/Gym)
MR- Meeting Room	B- Billiard Room	COM - Commons (2nd Floor)
		D - Dining Room

