

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY




Travel Tuesday

1

9:00 Body Works: Spin Class
 10:00 Community Works: Appreciation Tags
 2:00 Virtual Travel Club: Explore Morocco
 3:00 Chef's Corner: Marrakech Mint Cocktails

2

9:00 Body Works: Healthy Aging Circuit
 10:00 Morning Devotional
 2:00 Wellness Works: Intro To Healthy Aging Month
 3:00 Relaxing Coloring Page

3

9:00 Coffee & Convo
 10:00 Mind Works: Crossword Pages Provided
 2:00 Cypress Baptist Church Singing and Worship
 3:00 Social Gathering

4

9:00 Sensory Works: Name the Animal Sound
 10:00 Mind Works: What's Your Coffee Name
 2:00 Music & Movement: Kopper Kettle Band
 3:00 Healthy Aging Happy Hour

5

10:00 Coffee & Convo
 2:00 Insight to the Bible
 3:00 Mind Works: Puzzles with Friends

Discover Without Limits

6

10:00 Morning Devotional
 2:00 Social Gathering
 3:00 Mind Works: Crosswords Provided

7

9:00 Coffee & Convo
 10:00 Mind Works: LABOR Categories
 2:00 Relaxing Coloring
 3:00 Relaxation

Travel Tuesday

8

9:00 Morning Briefing
 10:00 Resident Council
 2:00 Travel Cub: Exploring the Sahara
 3:00 Art Works: Star Door Hanger

9

9:00 Body Works: Ball Strike
 10:00 Morning Devotion
 2:00 Game Club: Bingo
 3:00 Wellness Works: Learn Without Limits

10

9:00 Coffee & Convo
 10:00 Mind Works: Bossier Parish Library
 2:00 Cypress Baptist Church
 3:00 Men's Club: Football Mascot Match

11

9:00 Chef's Corner: Carmel Apple Nachos
 10:00 Mind Works: Football Trivia
 2:00 Tribute For 9/11
 3:00 Rosh Hashanah Education

12

10:00 Provided Rosh Hashanah fun factor ideas
 2:00 Spiritual: 13th District Calvary Baptist Church
 3:00 Relaxing Coloring With Friends

Create Without Limits

13

10:00 Morning Devotion
 2:00 Grandparents Day fun factor
 3:00 Grandparents Social

14

9:00 Body Works: Chair Yoga
 10:00 Chef's Corner: Pita Pizza
 2:00 Monday Manicures
 3:00 Room Manicures

15

9:00 Fun Factors: Hispanic Heritage
 10:00 Music: Bobby Prim
 2:00 Travel Club: Moroccan Mosaics
 3:00 Music Works: Timeless Tunes

16

9:00 Body Works: Let's Glow Fitness
 10:00 Morning Devotional
 2:00 Game Club: Bingo
 3:00 Wellness Works: Create Without Limits

17

9:00 Body Works: Upper Reach
 10:00 Nature Works: Weather Folklore
 2:00 Cypress Baptist Church
 3:00 Mind Works: Creative Writing with Friends

18

9:00 Reel Talk: Sports Films
 10:00 Music: Five Star Karaoke
 2:00 Stars & Stripes Social
 3:00 Relaxing Coloring Stars and Stripes Page Provided

19

10:00 Coffee & Convo
 2:00 Spiritual: Insights to the Bible
 3:00 Social Gathering

Move Without Limits

20

10:00 Morning Devotion
 2:00 Mind Works: Puzzles with Friends
 3:00 Relaxing Coloring

21

9:00 Mugs & Muffins
 10:00 Nature Works: Weather Folklore
 2:00 Monday Manicures
 3:00 Room Manicures

Travel Tuesday

22

9:00 Morning Briefing
 10:00 Movie: Comedy
 2:00 Travel Club: Sensory Moroccan Market
 3:00 Art Club: Did You Know Facts & Coloring

23

9:00 Healthy Aging Circuit
 10:00 Wellness Works: Move Without Limits
 2:00 Game Club: Bingo
 3:00 Body Works: Cornhole

24

9:00 Sensory Works: Cheese Month
 10:00 Mind Works: Hispanic Heritage Roll and Explore
 2:00 Cypress Baptist Church
 3:00 Movie: Western

25

9:00 Body Works: Seated Balance
 10:00 Relaxing Coloring
 2:00 Music & Movement: One Foot in the Groove Band
 3:00 Healthy Aging Happy Hour

26

10:00 Coffee & Convo
 2:00 Spiritual: Insights to the Bible
 3:00 Music & Memory

Dream Without Limits

27

10:00 Morning Devotion
 2:00 Mind Works: Creative Writing with Friends
 3:00 Relaxation Hour

28

9:00 Table Talk Time
 10:00 Mind Works: Healthy Aging A -Z
 2:00 Monday Manicures
 3:00 Room Manicures

Travel Tuesday

29

9:00 Coffee & Donuts
 10:00 Mind Works: What Is Your Coffee Name
 2:00 Travel Club: Tastes of Morocco
 3:00 Game Club: Perk Up Your Cup

30

9:00 Body Works: Healthy Aging Circuit
 10:00 Wellness Works: Dream Without Limits
 2:00 Game Club: Bingo
 3:00 Social Gathering

SEPTEMBER 2026

Name of Community

Life Works Wellness Calendar

