

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OPTALIS OF GROSSE POINTE WOODS		1 9:00-Daily Chronicles IR 10:00-Coffee & Convo AR 10:30-Chair Aerobics AR 11:00-Nails & Rom-Com AR 1:00-Scrabble AR 2:00-BINGO 2DR 5:30- Board Games AR RR	2 9:00-Daily Chronicles IR 10:30- Catholic Communion 2DR 11:00-Grabber Games AR 1:00-Trivia (Music) AR 2:00- Horror Movie Club 'Ghost Stories '17 2DR 3:30-Horror Movie Discussion AR 5:30-Adult Coloring- AR RR	3 9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Stroll Patrol CY* 1:00-Fruit Kebabs 2DR 2:00-True Crime Episode AR 3:00-Watch Music Videos AR	4 9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 10:30- Chair Yoga AR 11:00-Labor Day Cookout CY 2:00-BINGO 2DR 3:30-Action Movie AR 5:00-Card Sharks (Assorted Games) AR	5 10:00-Daily Chronicles IR 11:00-Guided Meditation AR 1:00-Outside Time CY 2:00-Stick Man AR
6 10:00-Daily Chronicles IR 11:00-Coffee & Donuts AR 1:00-Movie & Popcorn (<i>The Best of Enemies</i> , '19) 2DR	7 9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Make a Pet Rock AR 1:00- Hot Seat Game AR 2:00- <i>The Twilight Zone</i> AR 3:00-Trouble Game AR 5:30-Watch Music Videos AR Labor Day	8 9:00-Daily Chronicles IR 10:00-Coffee & Convo AR 10:30-Chair Aerobics AR 11:00-Tattoo Shop 2DR 1:00-Stroll Patrol CY* 2:00-BINGO 2DR 5:30- Adult Coloring AR RR	9 9:00-Daily Chronicles IR 10:00-Coffee & Convo AR 11:00-Ultimate Werewolf Game AR 1:00-Acrylic Painting AR 2:00- Horror Movie Club 'Eraserhead' '77 2DR 3:30-Horror Movie Discussion AR 5:30-Music Therapy- AR RR	10 9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Outdoor Time CY* 1:00-Pictionary AR 2:00-Happy Hour (Fall Cocktail/Mocktail) 2DR 3:00- True Crime Episode AR	11 9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 10:30- Chair Yoga AR 11:00-Guided Meditation AR 2:00-BINGO 2DR 3:30-Stand Up Movie AR Rosh Hashanah Begins	12 10:00-Daily Chronicles IR 11:00-Jenga AR 1:00- Spades AR 2:00- Music Therapy AR
13 10:00-Daily Chronicles IR 11:00-Coffee & Donuts AR 1:00-Movie & Popcorn (<i>St. Vincent</i> , '14) 2DR Grandparents Day	14 9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Food & Resident Council AR 1:00- Outside Time CY 2:00- <i>The Twilight Zone Ep.</i> AR 3:00-Dominoes AR 5:30-Watch Music Videos AR	15 9:00-Daily Chronicles IR 10:00-Coffee & Convo AR 10:30-Chair Aerobics AR 11:00-Nails & Rom-Com AR 1:00-Would You Rather? 2DR 2:00-BINGO 2DR 5:30- Comedy Movie AR RR	16 9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Tai Chi AR 1:00-Seniors Advise AR 2:00- Horror Movie Club ' <i>Fido</i> , 06' 2DR 3:30-Horror Movie Discussion AR 5:30-Adult Coloring- AR RR	17 9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Fruit Smoothies 2DR 1:00-Name That Tune AR 2:00-True Crime Episode AR 3:00-Never Have I Ever AR	18 9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 10:30- Chair Yoga AR 2:00-BINGO 2DR 3:30- <i>Drama Movie</i> AR	19 10:00-Daily Chronicles IR 11:00-Outside Time CY 1:00- Hot Potato AR 2:00- Movin' & Groovin' AR Oktoberfest Begins
20 10:00-Daily Chronicles IR 11:00-Coffee & Donuts AR 1:00-Movie & Popcorn (<i>Major Payne</i> '95) 2DR Yom Kippur Begins	21 9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Watercolor Painting AR 1:00- Trivia AR 2:00- <i>The Twilight Zone</i> AR 3:00- LCR AR 5:30-Watch Music Videos AR	22 9:00-Daily Chronicles IR 10:00-Coffee & Convo AR 10:30-Chair Aerobics AR 11:00-Apples & Dips AR 1:00- Mad Libs 2DR 2:00-BINGO 2DR 5:30- Scrabble AR RR Autumn Begins	23 9:00-Daily Chronicles IR 10:00-Coffee & Convo 2DR 11:00-Jenga AR 1:00-Dominoes AR 2:00- Horror Movie Club ' <i>Obsession</i> , 26' 2DR 3:30-Horror Movie Discussion AR 5:30-Adult Coloring- AR RR	24 9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Easy Easy Easy Game AR 1:00-DANCE RAVE 2DR 2:30-True Crime Episode AR 3:00-Spades AR	25 9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 10:30- Chair Yoga AR 2:00-BINGO 2DR 3:30-Comedy Movie AR Sukkot Begins	26 10:00-Daily Chronicles IR 11:00-Guided Meditation AR 1:00-Would You Rather? AR 2:00-Charades AR
27 10:00-Daily Chronicles IR 11:00-Coffee & Donuts AR 1:00-Movie & Popcorn (<i>Drop Dead Gorgeous</i> , '99) 2DR	28 9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Dumbest Question AR 1:00-Twenty Questions AR 2:00- <i>The Twilight Zone</i> AR 3:00-Uno AR Ask A Stupid Question Day	29 9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 10:30-Chair Aerobics AR 11:00-Coffee Cart IR 1:00-Would You Rather? 2DR 2:00-BINGO 2DR Happy National Coffee Day	30 9:00-Daily Chronicles IR 10:00- Coffee & Convo 2DR 11:00-Guided Meditation AR 1:00-Spades AR 2:00- Horror Movie Club ' <i>Hush</i> , '17' 2DR 3:30-Horror Movie Discussion AR 5:30-Uno AR RR	September 2026		

ACTIVITIES ARE SUBJECT TO CHANGE, WE APPRECIATE YOUR COOPERATION- RR- RESIDENT RAN, AR- ACTIVITY ROOM, 2DR- 2ND FLOOR DINING ROOM, 1DR-1ST FLOOR DINING ROOM, CY- COURTYARD (Weather Permitting), L- Lobby