

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Location Key: CY -Courtyard NB -Norwood B Cafe O -Outing WC -Wellness Center NA -Norwood A Living Room NBL -Norwood B Library WB -Williamsburg Common Area WW -Westwood Dining Room Highlighted in Yellow -Sign up ahead of time. RED -NEW or SPECIAL Event. \$ -There is a resident charge.		1 10:00-Coffee Chat with Lisa-NB 10:15-Parkside Church-WC 10:30-Room Visits with Hula 1:00-Short Stories-NA 2:15-Chair Yoga with Lisa-NBL 3:00-Rosary-NBL 3:15-One Day University-NBL 6:00-Evening Bingo-WC	2 9:30-MInd & Body Stretch-WB 10:00-Outing to the Popcorn Shoppe and Ride Around Chagrin Falls-\$ -O 1:00-Mah Jongg-NB 1:00-Rummikub-NB 1:45-In Honor of Dolly Parton-Sing-Along and Craft-WC 3:00-Afternoon Bingo-WC 6:00-Movie-"Dolly Parton's Coat of Many Colors" -NA	3 9:30-Hydration Cart-WW-WB 10:00-Our Lady-WC 10:30-One-on-One Visits-WW 10:30-Mind & Body Stretch-WC 1:00-Scenic Bus Ride-O 1:00-Rummikub-NB 2:15-Parrot Hope Rescue-WC 3:15-Afternoon Bingo-WC 3:30-Chair Yoga-WW	4 9:30-Move with Music-WB 10:00-Coffee and a Class-One Day University-NBL 10:15-Farkle-WC 12:30-Manicures/Music-WW 1:15-Chair Dancing-NBL 2:00-Entertainment with Tony Midea-WC 3:00-Happy Hour-NB 4:00-Tic-Tac-Toe-WW	5 1:00 Yoga with Verena-NBL 1:00-Rummikub-NB 2:00-Knitting & Crocheting-WC 2:00-Mexican Train Dominoes-NB 3:00-Bingo with Judy-WC
6 1:00-Rummikub-NB 2:00-Mexican Dominoes-NB 3:00-Bingo with Judy-WC 3:00-Faithful Friends Bible Study-NA	7  Labor Day Puzzle Packets available at the Westwood Nurses Station and at the Wellness Center Labor Day	8 9:30-Mind & Body Stretch-WB 10:00-Coffee Chat with Lisa-NB 10:15-Parkside Church-WC 10:30-Room Visits with Hula 1:00-Short Stories-NA 2:00-Fall Tree Decorating-WC 2:15-Chair Yoga with Lisa-NBL 3:00-Rosary-NBL 3:15-One Day University-NBL 6:00-Evening Bingo-WC	9 9:30-MInd & Body Stretch-WB 10:45-Out to Lunch at JC's Diner and Tour of the Log Cabin-\$-O 1:00-Mah Jongg-NB 1:00-Rummikub-NB 1:00-Name That Tune-WC 2:00-One-on-One visits-WW 2:00-Book Club-NBL 3:00-Afternoon Bingo-WC 3:00-One on One Visits-WW	10 9:30-Hydration Cart-WW-WB 10:00-Our Lady-WC 10:30-One-on-One Visits-WW 10:30-Mind & Body Stretch-WC 1:00-Scenic Bus Ride-O 1:00-Rummikub-NB 1:30-What's Cooking?-NB 3:00-Afternoon Bingo and Shopping Cart-WC 3:30-Chair Yoga-WW	11 9:30-Move with Music-WB 10:00-9/11 Documentary-NA 10:15-Deliver a Treat and Thank You-Aurora First Responder-O 12:30-Manicures for Men-WW 1:15-Chair Dancing-NBL 2:00-Music with Tom Todd-WC 3:00-Kick-off Happy Hour-NB 3:45-Browns/Football Trivia-NB Rosh Hashanah begins	12 1:00 Yoga with Verena-NBL 1:00-Rummikub-NB 2:00-Knitting & Crocheting-WC 2:00-Mexican Train Dominoes-NB 3:00-Bingo with Judy-WC
13 1:00-Rummikub-NB 2:00-Mexican Dominoes-NB 3:00-Bingo with Judy-WC Grandparents Day	14 9:15-Manicures & Music-WC 10:30-Mind & Body Stretch-WB 12:30-IL Shopping Aldi's-O 1:00-Rummikub-NB 2:15-One-on-One Visits-WW 2:15-Nickel Bingo-NB 3:00-Music Therapy-WW 3:45-Make Lasagna Mosaic Craft-WC 4:00-Spelling Bee-WC	15 10:00-Coffee Chat with Lisa-NB 10:15-Parkside Church-WC 10:30-Room Visits with Hula 1:00-Short Stories-NA 2:15-Chair Yoga with Lisa-NBL 3:00-Rosary-NBL 3:15-One Day University-NBL 6:00-Evening Bingo-WC	16 10:45-Out to Lunch at Brennan's & Dessert at Lisa's House-\$-O 1:00-Mah Jongg-NB 1:00-Rummikub-NB 3:15-Afternoon Bingo-WC 3:45-Rick Steve's Travelogue-Poland-NA 6:00-Future Hope Foundation Orchestra Concert-WC	17 9:30-Hydration Cart-WW/WB 10:00-Our Lady-WC 10:30-One-on-One Visits-WW 10:30-Mind & Body Stretch-WC 1:00-Scenic Bus Ride-O 1:00-Rummikub-NB 2:15-Flower Arranging-NB 3:15-Afternoon Bingo-WC 3:30-Chair Yoga-WW	18 9:30-Move with Music-WB 10:00-Coffee and a Class-One Day University-NBL 10:00-Farkle-WC 12:30-Manicures/Music-WW 1:15-Chair Dancing-NBL 2:00-Entertainment with Joe Scigliano-WC 3:00-Happy Hour-NB 4:00-Tic-Tac-Toe-WW	19 9:30-Park Synagauge-NBL 10:00-Morning Stretch and Word Mining-WB 1:00 Yoga with Verena-NBL 1:30-Mexican Dominoes, Uno Cards or Rummikub-NB 2:00-Knitting & Crocheting-WC 3:00-Bingo with Kelli-WC 4:15-Table Talk-WW Oktoberfest Begins
20 1:00-Rummikub-NB 2:00-Mexican Dominoes-NB 3:00-Bingo with Judy-WC 3:00-Faithful Friends Bible Study-NA Yom Kippur Begins	21 9:15-Manicures & Music-WC 10:30-Mind & Body Stretch-WB 1:00-Rummikub-NB 1:30-Movie Matinee-"Steel Magnolia's" & Popcorn-NA 2:00-Kerplunk-WC 3:00-Q-Bitz-WW 4:00-Say it with Music-WW	22 9:30-Mind & Body Stretch-WB 10:00-Coffee Chat with Lisa-NB 10:15-Parkside Church-WC 10:30-Room Visits with Hula 1:00-Short Stories-NA 2:00-Autumn Discussion-WW 2:15-Chair Yoga with Lisa-NBL 3:00-Rosary-NBL 3:15-One Day University-NBL 6:00-Evening Bingo-WC First Day of Autumn	23 9:30-Mind and Body Stretch-WB 10:30-Name 10-WW 1:00-Mah Jongg-NB 1:00-Rummikub-NB 1:30-Mass with the Priest-WC 2:15-Strength & Stretch-WW 2:15-Strength & Stretch-NBL 3:00-Afternoon Bingo-WC 6:00-Family Game Night-NB	24 9:30-Hydration Cart-WW/WB 10:30-One-on-One Visits-WW 10:30-Mind & Body Stretch-WC 1:00-Scenic Bus Ride-O 1:00-Rummikub-NB 2:15-Resident Council-WC 3:00-Afternoon Bingo-WC 3:30-Chair Yoga-NB	25 9:30-Move with Music-WB 10:00-Coffee and a Class-One Day University-NBL 10:00-Farkle-WC 12:30-Manicures/Music-WW 1:15-Chair Dancing-NBL 2:00-Oktoberfest with Ron Papaleo-WC 3:00-Oktoberfest!-NB 4:00-Share-a-Moment-WW	26 1:00 Yoga with Verena-NBL 1:00-Rummikub-NB 2:00-Knitting & Crocheting-WC 2:00-Mexican Train Dominoes-NB 3:00-Bingo with Judy-WC
27 1:00-Rummikub-NB 2:00-Mexican Dominoes-NB 2:30-Parkside Church Worship Service-WC 3:30-Bingo with Judy-WC	28 9:15-Manicures & Music-WC 10:30-Mind & Body Stretch-WB 12:30-IL Shopping Marc's-O 1:00-Rummikub-NB 2:15-Craft Corner-WC 3:15-Nickle Bingo-NB 3:15-One-on-One Visits-WW 4:00-Giant Crossword Puzzles-WC	29 10:00-Coffee Chat with Lisa-NB 10:15-Parkside Church-WC 10:30-Room Visits with Hula 1:00-What's Cooking?-NB 2:15-Sound Bath-NBL 3:00-Rosary-NBL 3:15-One Day University-NBL 6:00-Evening Bingo-WC	30 9:30-Mind and Body Stretch-WB 10:15-Drive Through Cuyahoga Nat'l Park, Stop at Gift Shop and Lunch at Winking Lizard-\$-O 1:00-Mah Jongg-NB 1:00-Rummikub-NB 3:00-Afternoon Bingo-WC 3:30-Travelogue-Montreal-NA	All activities are subject to change. September 2026 Assisted and Independent Living Activity Calendar		