

Calendar of Events										Independent Living										September 2026 Senior Star at Elmore Place														
Sunday					Monday					Tuesday					Wednesday					Thursday					Friday					Saturday				
Location Keys 2nd Floor Card Room CR 2nd Floor Table by Rm 210 2nd Floor Assisted Living Family Room (2nd Floor) ALFR Bar/Lounge B/L Fitness Room FR 2nd IL Dining Room ILDR Meet in Lobby ML Multipurpose Room (2nd Floor) MR Pool P Pool Table PT Puzzle Lounge (By Rm 115) PL					🧠 Brain Power 🏃 Exercise & Movement 🧠 Expression 💪 Inner Strength 🍏 Nourishment & Health 🍷 Socialization ☀️ Spirituality					8:30 🦋 Ronald McDonald Pop Tab Collection Kickoff! [B/L] 1 9:00 🥁 Drums Alive [MR] 9:30 📖 Visit from the Library [B/L] 9:45 🌟 Light & Lively [MR] 10:30 🌞 Rosary [MR] 11:00 🏊 Open Swim w/ a Buddy [P] 12:00 🎉 25 Cent Double Card Bingo! [ILDR] 1:00 🍴 Food Forum - Dining Room Feedback Meeting [ILDR] 2:00 🏊 Balance Improv. Class [MR] 2:30 🏊 Beginner Line Dancing with Kate [MR]					8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (w/Buddy) [P] 8:30 🧠 Wordscapes with Kate [B/L] 9:45 🏐 Exercises + Balloon Volleyball [MR] 10:00 🌿 Hy-Vee Outing (RSVP 24 hours in Advance) [ML] 10:45 🌞 Bible Study with Paul [ILDR] 12:30 🧠 Jeopardy [B/L] 1:00 🧠 Let's Play Cards: Poker for Beginners 2:00 🏃 Mobility & Motion - Stretching Class [ILDR] 2:30 🧠 'Not your typical' Current Events with Kate [B/L]					8:30 🧠 Morning Brain Games With Kate [B/L] 3 9:45 🏊 Small Ball Exercises [MR] 11:00 🌞 Devotionals - 'It's a God Thing' [B/L] 11:00 🏊 Open Swim w/ a Buddy [P] 12:00 🦋 National Wildlife Day Scavenger Hunt [ML] 1:00 🌞 Catholic Mass (IL) [ILDR] 2:00 🍷 25 Cent Bingo [ILDR] 3:00 🧠 Hand Craft Group (Quilting, Crocheting, Knitting, etc.) [2nd Floor]					8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (w/Buddy) [P] 9:45 🏊 Sit & Be Fit [MR] 10:15 🧠 Mindful Meditation [MR] 11:00 🧠 Brain & Body Boost *NEW CLASS* [MR] 12:00 🧠 Let's play Cards: Euchre for Beginners [CR] 12:00 🍷 Outing: Peach Wave Frozen Yogurt (RSVP Req'd) [ML] 2:00 🍷 National Play Outside Day + Happy Hour (Yard Games, Music, + FUN!) [ML] 6:00 🧠 Kings in the Corner Card Game (Beginner Cards)					10:00 🏊 Resident Led Balloon Volleyball [MR] 5 11:00 🏊 Walking Club [ML] 1:00 🧠 Resident Led Card Games [CR] 2:00 🍷 Shoot Pool with a Neighbor! [PT] 3:15 🍷 Iowa Hawkeyes V. Northern IL [B/L] 3:30 🍷 Coffee & Conversation [B/L] 6:00 🍷 Movie Night: Arthur The King (Netflix-Based on a True Story) [B/L]				
8:00a 🌞 Church Transportation [ML] 6 1:00 🧠 Resident Led Card Games [CR] 2:00 🍷 Shoot Pool with a Neighbor! [PT] 3:00 🧠 Jigsaw Puzzles [PL] 3:15 🏊 Walk with a Neighbor! [ML]					Labor Day 7 8:30 🏊 Meet with Friends & Play Dividat Senso Games! [FR 2nd] 9:45 🏊 Resident Led Balloon Volleyball [MR] 11:30 🍏 Labor Day Buffet (RSVP Req'd for Guests) [ILDR] 3:00 🍷 Movie Matinee + Popcorn: You, Me & Tuscany (Peacock - New Release) [B/L]					8:30 🧠 Morning Muffins & Program Suggestions! [ILDR] 8 9:00 🥁 Drums Alive [MR] 9:45 🌟 Light & Lively [MR] 10:30 🌞 Rosary [MR] 11:00 🏊 Open Swim w/ a Buddy [P] 11:00 🌿 Walgreen's Outing (RSVP 24hrs in Advance) [ML] 11:30 🍏 Cooking with Kate: Ham & Cheese Hawaiian Sliders [ILDR] 2:00 🏊 Balance Improv. Class [MR] 2:30 🏊 Beginner Line Dancing with Kate [MR]					8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (w/Buddy) [P] 8:30 🧠 Wordscapes with Kate [B/L] 9:45 🏐 Exercises + Balloon Volleyball [MR] 10:00 🌿 Hy-Vee Outing (RSVP 24 hours in Advance) [ML] 10:30 📖 Good News Day! Share your Good News; Big or Small! [B/L] 12:30 🧠 Jeopardy [B/L] 1:00 🧠 Let's Play Cards: Poker for Beginners 2:00 🏃 Mobility & Motion - Stretching Class [ILDR] 2:30 🧠 'Not your typical' Current Events with Kate [B/L]					8:30 🧠 Morning Brain Games With Kate [B/L] 10 9:45 🏊 Small Ball Exercises [MR] 10:30 🧠 Dividat Senso Demonstration [FR 2nd] 11:00 🏊 Open Swim w/ a Buddy [P] 12:00 🍷 25 Cent Bingo: Football Themed [ILDR] 1:15 🧠 Football Tailgate Themed Happy Hour with Entertainment by Ron Lubbers [ILDR] 2:30 🧠 Wordscapes with Kate [B/L] 3:00 🧠 Hand Craft Group (Quilting, Crocheting, Knitting, etc.) [2nd Floor]					8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (w/Buddy) [P] 9:45 🏊 Sit & Be Fit [MR] 10:15 🧠 Mindful Meditation [MR] 11:00 🧠 Brain & Body Boost *NEW CLASS* [MR] 11:15 🍷 Lunch Outing: Cracker Barrel (RSVP Req'd) [ML] 12:00 🧠 Let's play Cards: Euchre for Beginners [CR] 2:00 🍷 Happy Hour [ML] 6:00 🧠 Kings in the Corner Card Game (Beginner Cards)					10:00 🏊 Resident Led Balloon Volleyball [MR] 12 11:00 🏊 Walking Club [ML] 1:00 🧠 Resident Led Card Games [CR] 2:00 🍷 Shoot Pool with a Neighbor! [PT] 3:30 🍷 Coffee & Conversation [B/L] 6:00 🍷 Movie Night: Mrs. Harris goes to Paris (Netflix) [MR] 6:30 🍷 Iowa Hawkeyes V. Iowa State [B/L]				
Grandparents Day! 13 8:00a 🌞 Church Transportation [ML] 1:00 🧠 Resident Led Card Games [CR] 2:00 🍷 Shoot Pool with a Neighbor! [PT] 3:00 🧠 Jigsaw Puzzles [PL] 3:15 🏊 Walk with a Neighbor! [ML]					8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (w/Buddy) [P] 9:00 🌿 Target Trip (RSVP 24 hours in Advance) [ML] 9:45 🏊 Sit & Be Fit [MR] 10:15 🧠 Mindful Mediation [MR] 10:30 🧠 Dividat Senso Demonstration [FR 2nd] 12:00 🍷 Ice-Cream Sundaes & Resident Survey Kickoff! [ILDR] 1:15 🏊 Advanced Tai Chi with Nichol [MR] 1:45 🏊 Beginner Tai Chi [MR] 2:30 🧠 Monday Social Hour & Games: Strawberry Basil Spritzer [B/L]					8:30 🧠 Wordscapes with Kate [B/L] 15 9:00 🥁 Drums Alive [MR] 9:45 🌟 Light & Lively [MR] 10:30 🌞 Rosary [MR] 11:00 🏊 Open Swim w/ a Buddy [P] 12:00 🧠 Color me Calm + Meditative Music [B/L] 1:00 🧠 Tech Help with Kate [B/L] 2:00 🏊 Balance Improv. Class [MR] 2:30 🧠 Crafty Creations: Fall Leaf Fairy Light Mason Jars [MR]					8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (w/Buddy) [P] 8:30 🧠 Wordscapes with Kate [B/L] 9:45 🏐 Exercises + Balloon Volleyball [MR] 10:00 🌿 Hy-Vee Outing (RSVP 24 hours in Advance) [ML] 10:45 🌞 Bible Study with Paul [ILDR] 12:30 🧠 Jeopardy [B/L] 1:00 🧠 Let's Play Cards: Poker for Beginners 2:00 🏃 Mobility & Motion - Stretching Class [ILDR] 2:30 🧠 'Not your typical' Current Events with Kate [B/L]					8:30 🧠 Morning Brain Games With Kate [B/L] 17 9:45 🏊 Small Ball Exercises [MR] 11:00 🌞 Devotionals - 'It's a God Thing' [B/L] 11:00 🏊 Open Swim w/ a Buddy [P] 12:30 🧠 Pastries & Coffee Social + Survey Help [ILDR] 2:00 🍷 25 Cent Bingo [ILDR] 3:00 🧠 Hand Craft Group (Quilting, Crocheting, Knitting, etc.) [2nd Floor] 3:00 🌞 Non-Denominational Service with Beth Claeys (NEW!) All are Welcome! [ILDR]					8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (w/Buddy) [P] 9:45 🏊 Sit & Be Fit [MR] 10:15 🧠 Mindful Meditation [MR] 11:00 🧠 Brain & Body Boost *NEW CLASS* [MR] 11:15 🍷 Lunch Outing: Ting's Asian Fusion (RSVP Req'd) [ML] 12:00 🧠 Let's play Cards: Euchre for Beginners [CR] 2:00 🍷 September Birthday Party + Happy Hour with Entertainment by Jim Ryan [ML] 6:00 🧠 Kings in the Corner Card Game (Beginner Cards)					8:30 🧠 Walk to End Alzheimer's At The Mark-Vibrant Arena [ML] 19 10:00 🏊 Resident Led Balloon Volleyball [MR] 11:00 🏊 Walking Club [ML] 1:00 🧠 Resident Led Card Games [CR] 2:00 🍷 Shoot Pool with a Neighbor! [PT] 3:00 🍷 Iowa Hawkeyes V. Northern Iowa [B/L] 3:30 🍷 Coffee & Conversation [B/L] 6:00 🍷 Movie Night: The Help (Peacock) [B/L]				
8:00a 🌞 Church Transportation [ML] 20 1:00 🌞 Non-Denominational Church Service with Pastor Paul - IL [MR] 1:00 🧠 Resident Led Card Games [CR] 2:00 🍷 Shoot Pool with a Neighbor! [PT] 3:00 🧠 Jigsaw Puzzles [PL] 3:15 🏊 Walk with a Neighbor! [ML]					8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (w/Buddy) [P] 9:00 🌿 Target Trip (RSVP 24 hours in Advance) [ML] 9:45 🏊 Sit & Be Fit [MR] 10:15 🧠 Mindful Meditation [MR] 11:30 🍏 Cooking with Kate: Apple Turnovers [ILDR] 1:00 🧠 Travelogue to Tanzania [B/L] 1:15 🏊 Advanced Tai Chi with Nichol [MR] 1:45 🏊 Beginner Tai Chi [MR] 3:00 🧠 Alzheimer's / Dementia Support Group [ALFR]					8:30 🧠 Wordscapes with Kate [B/L] 22 9:00 🥁 Drums Alive [MR] 9:45 🌟 Light & Lively [MR] 10:30 🌞 Rosary [MR] 11:00 🏊 Open Swim w/ a Buddy [P] 11:00 🌿 Walgreen's Outing (RSVP 24hrs in Advance) [ML] 12:00 🎉 25 Cent Double Card Bingo! [ILDR] 2:00 🏊 Balance Improv. Class [MR] 2:30 🏊 Beginner Line Dancing with Kate [MR]					8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (w/Buddy) [P] 8:30 🧠 Wordscapes with Kate [B/L] 9:45 🏐 Exercises + Balloon Volleyball [MR] 10:00 🌿 Hy-Vee Outing (RSVP 24 hours in Advance) [ML] 12:30 🧠 Jeopardy [B/L] 1:00 🧠 Let's Play Cards: Poker for Beginners 2:00 🏃 Mobility & Motion - Stretching Class [ILDR] 2:30 🧠 'Not your typical' Current Events with Kate [B/L]					8:30 🧠 Morning Brain Games With Kate [B/L] 24 9:45 🏊 Small Ball Exercises [MR] 11:00 🌞 Devotionals - 'It's a God Thing' [B/L] 11:00 🏊 Open Swim w/ a Buddy [P] 12:00 🧠 Universal Yum Box: Turkey [B/L] 2:00 🍷 25 Cent Bingo [ILDR] 3:00 🧠 Hand Craft Group (Quilting, Crocheting, Knitting, etc.) [2nd Floor] 4:30 🍏 Themed Dinner: Tanzania [ILDR]					8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (w/Buddy) [P] 9:45 🏊 Resident Led Sit & Be Fit [MR] 11:00 🧠 Brain & Body Boost *NEW CLASS* [MR] 12:00 🧠 Let's play Cards: Euchre for Beginners [CR] 2:00 🍷 Happy Hour with Entertainment by Jordan Danielsen [ML] 6:00 🧠 Kings in the Corner Card Game (Beginner Cards)					10:00 🏊 Resident Led Balloon Volleyball [MR] 26 11:00 🏊 Walking Club [ML] 1:00 🧠 Resident Led Card Games [CR] 2:00 🍷 Shoot Pool with a Neighbor! [PT] 3:30 🍷 Coffee & Conversation [B/L] 6:00 🍷 Movie Night: Good Will Hunting (Peacock) [B/L]				
8:00a 🌞 Church Transportation [ML] 27 1:00 🧠 Resident Led Card Games [CR] 2:00 🍷 Shoot Pool with a Neighbor! [PT] 3:00 🧠 Jigsaw Puzzles [PL] 3:15 🏊 Walk with a Neighbor! [ML]					8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (w/Buddy) [P] 9:00 🌿 Target Trip (RSVP 24 hours in Advance) [ML] 9:45 🏊 Sit & Be Fit [MR] 10:15 🧠 Mindful Meditation [MR] 11:30 🍏 Cooking with Kate: Spinach & Mushroom Quesadillas [ILDR] 2:00 🧠 Town Hall Meeting w/ Executive Director Annette Martinez [ILDR] 2:30 🧠 Monday Social Hour & Games: Fall Coffee Cocktails & Mocktails [B/L]					8:30 🧠 Tech Help with Kate [B/L] 29 9:00 🥁 Drums Alive [MR] 9:45 🌟 Light & Lively [MR] 10:30 🌞 Rosary [MR] 11:00 🏊 Open Swim w/ a Buddy [P] 12:30 🧠 Crafty Creations: Fall Burlap & Flower Door Wreaths [MR] 2:00 🏊 Balance Improv. Class [MR] 2:30 🏊 Beginner Line Dancing with Kate [MR]					8:00 🏊 Pool Class [P] 8:30 🏊 Open Swim (w/Buddy) [P] 8:30 🧠 Wordscapes with Kate [B/L] 9:45 🏐 Exercises + Balloon Volleyball [MR] 10:00 🌿 Hy-Vee Outing (RSVP 24 hours in Advance) [ML] 11:00 🏃 Mobility & Motion - Stretching Class [ILDR] 12:30 🧠 Jeopardy [B/L] 1:00 🧠 Let's Play Cards: Poker for Beginners 2:30 🧠 Book Club Book Discussion [B/L]					Rock Steady Boxing A Parkinson's Specific Exercise class now offered on Tuesday's & Thursday's from 12pm- 1pm in Assisted Living (3rd Floor) Give Parkinson's Disease a good PUNCH and have fun while doing it!					Dividat Senso is a cognitive-motor training program that is suitable for everyone who wants to strengthen physical-cognitive interplay! It is used for prevention, as well as in therapy & rehabilitation! Sign up today & find the joy in play, with benefits for your whole body!					Resident Birthdays Sharon M. 9/10 Jim K. 9/12 Joy H. 9/21 John A. 9/26 Beverly K. 9/26 Robert L. 9/30 Pella F. 9/30 Ray V. 9/30				