

Calendar of Events

Assisted Living

September 2026

Senior Star at Elmore Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Introducing our Blue Goji Bike, where residents can enjoy a fun, interactive way to stay active, explore scenic virtual rides, and support their health and wellness at their own pace	Location Keys 2nd Floor Puzzle Area 2 3rd Floor 3rd 3rd Floor Activity Room 3N 3rd Floor Card Lounge CL 3rd Floor Exercise Area 3S 3rd Floor North 3rd N. Assisted Living Dining Room ALDR Assisted Living Family Room (2nd Floor) ALFR Assisted Living Front Porch ALFP Assisted Living Theater (1st Floor) ALTH Back Patio BP Chapel CH Dining Room DR Front Desk FD Front Porch FP 11 Dining Room 11 DR	ShapeMaster Room Open 1 9:00 Walgreens Outing (RSVP 24hrs in Advance) 9:30 Library Visit 9:45 Strength Building Class [3S] 10:30 Light 'N' Lively Exercise [3S] 11:00 Garden Helpers Club [BP] 12:00 Rock Steady Boxing (Parkinson's Specific Class) [3S] 12:50 Book Club Outing: Bettendorf Library [ML] 3:00 Cornhole & Yard Games on the Porch [ALFP] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 2 9:00 Pool Class *RSVP* be in the lobby 8:45am 9:30 Bible Study with Pastor Paul [CH] 10:00 Group Balloon Volleyball [3S] 10:00 Hy-Vee Outing (RSVP 24 Hrs in Advance) [LBY] 10:30 Chair Exercise [3S] 10:45 Laughter Yoga & Guided Meditation [3S] 2:00 Bingo! [ALFR] 3:00 Shoot Pool with a Friend! 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 3 9:45 Strength Building Class [3S] 10:30 Sittercize Exercise [3S] 12:00 Rock Steady Boxing (Parkinson's Specific Class) [3S] 1:00 Catholic Mass (IL) [ILDRL] 1:30 Let's Play Euchre! [PR] 3:00 Social Happy Hour [DR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 4 9:00 Pool Class *RSVP* be in the lobby 8:45am 9:45 Senior Star Adventures: Tanzania, Zanzibar Video [ALTH] 10:00 Catholic Communion [ALFR] 10:30 Zumba (Chair Exercise) [3rd] 12:15 Lunch Outing: Peach Wave RSVP REQ'D (\$) [ML] 3:00 Trivia in the Popcorn Room! [PR] 6:00 Movie Night: Meet & Choose the Movie! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 5 9:00 Read the Newspaper [ML] 10:00 Meet Friends for Coffee [PR] 1:00 Resident Led: Walking Club [ML] 3:00 Puzzles, Puzzles, Puzzles! [2] 6:00 Movie Night: The Greatest Showman [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]
ShapeMaster Room Open 6 8:00 Church Shuttle: List of Churches at Front Desk [ML] 2:00 Porch Pals: Meet on the Porch & Chat [ALFP] 2:15 Bingo with Jasmine [ALFR] 4:00 Shoot Pool with a Friend! 6:00 Movie Night: Meet & Choose the Movie! [TH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	Labor Day ShapeMaster Room Open 7 9:00 Target Shopping Trip (RSVP) [ML] 10:30 Residents Lead: Chair Exercise [3S] 11:30 Labor Day Lunch [ALDR] 1:00 Hand & Foot Card Club [CL] 2:30 Residents Lead: Dominoes with Friends! [PR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 8 9:15 Food Forum: Dining Feedback Meeting [ALFR] 9:30 Coffee & Conversation [PR] 9:45 Strength Building Class [3S] 10:30 Light 'N' Lively Exercise [3S] 12:00 Rock Steady Boxing (Parkinson's Specific Class) [3S] 2:30 Porch Pals: Meet on the Porch & Chat [ALFP] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 9 9:00 Pool Class *RSVP* be in the lobby 8:45am 10:00 Hy-Vee Outing (RSVP 24 Hrs in Advance) [LBY] 10:15 Garden Helpers Club [BP] 10:30 Chair Exercise: Drums Alive! [3S] 12:30 Play Shuffleboard with a Friend! 1:00 Learning Mahjong with Delma [PR] 2:00 Bingo! [ALFR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 10 9:45 Strength Building Class [3S] 10:30 Sittercize Exercise [3S] 12:00 Rock Steady Boxing (Parkinson's Specific Class) [3S] 12:30 Flower Lanterns [3N] 1:30 Let's Play Euchre! [PR] 3:00 Happy Hour with Ron Lubbers! [DR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 11 9:00 Pool Class *RSVP* be in the lobby 8:45am 10:00 Catholic Communion [ALFR] 10:30 Zumba (Chair Exercise) [3rd] 11:15 Lunch Outing: Cracker Barrel RSVP REQ'D (\$) [ML] 2:30 Musical Bingo [ALFR] 6:00 Movie Night: Meet & Choose the Movie! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 12 9:30 Boredom Buster Packet- Pick up at Front Desk! [FD] 10:00 Meet Friends for Coffee [PR] 1:00 Resident Led: Walking Club [ML] 3:00 Puzzles, Puzzles, Puzzles! [2] 6:00 Movie Night: Resident Pick! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]
ShapeMaster Room Open 13 8:00 Church Shuttle: List of Churches at Front Desk [ML] 11:00 Boredom Buster Packet- Pick up at Front Desk! 3:00 Lobby Pals: Meet in the Lobby & Chat! [ML] 4:00 Shoot Pool with a Friend! 6:00 Movie Night: Meet & Choose the Movie! [TH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 14 Survey Launch Celebration Week! 9:00 Donuts with Directors (Please Attend if Able) [ALDR] 9:00 Target Shopping Trip (RSVP) [ML] 10:00 Brain Packet of the Week (Complete for a Prize!) [PR] 10:30 Chair Exercise [3S] 1:00 Hand & Foot Card Club [3rd N.] 2:00 Bridge Card Game [CL] 3:00 Karaoke with Friends! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 15 Survey Launch Celebration Week! 9:00 Walgreens Outing (RSVP 24hrs in Advance) 9:30 Coffee & Conversation [PR] 9:45 Strength Building Class [3S] 10:30 Light 'N' Lively Exercise [3S] 12:00 Rock Steady Boxing (Parkinson's Specific Class) [3S] 1:30 Baking Club: Butterscotch Bars [PR] 3:00 Penny Pitching for Prizes! [ALFR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 16 Survey Launch Celebration Week! 9:00 Pool Class *RSVP* be in the lobby 8:45am 9:30 Bible Study with Pastor Paul [CH] 10:00 Hy-Vee Outing (RSVP 24 Hrs in Advance) [LBY] 10:15 Garden Helpers Club [BP] 10:30 Chair Exercise [3S] 10:45 Laughter Yoga & Guided Meditation [3S] 1:00 Sundaes & Surveys Social [ALDR] 2:30 Bingo! [ALFR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 17 Survey Launch Celebration Week! 9:45 Strength Building Class [3S] 10:30 Sittercize Exercise [3S] 12:00 Rock Steady Boxing (Parkinson's Specific Class) [3S] 12:30 Blast from the Past: Frank Sinatra Live Performances [ALTH] 1:30 Let's Play Euchre! [PR] 3:00 Happy Hour with Glenda the Pianist! [DR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 18 Survey Launch Celebration Week! 9:00 Pool Class *RSVP* be in the lobby 8:45am 10:00 Catholic Communion [ALFR] 10:30 Zumba (Chair Exercise) [3rd] 11:15 Lunch Outing: Tings Asian Fuson RSVP REQ'D (\$) [ML] 2:00 Cookie Sundae Social [PR] 3:00 Trivia in the Popcorn Room! [PR] 6:00 Movie Night: Meet & Choose the Movie! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 19 Survey Launch Celebration Week! 9:00 Read the Newspaper [ML] 10:00 Meet Friends for Coffee [PR] 1:00 Resident Led: Walking Club [ML] 3:00 Puzzles, Puzzles, Puzzles! [2] 6:00 Movie Night: Resident Pick! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]
ShapeMaster Room Open 20 8:00 Church Shuttle: List of Churches at Front Desk [ML] 12:00 Porch Pals: Meet on the Porch & Chat [ALFP] 1:00 Non-Denominational Service with Pastor Paul 2:15 Bingo with Jasmine! [ALFR] 4:00 Shoot Pool with a Friend! 6:00 Movie Night: Meet & Choose the Movie! [TH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 21 9:00 Target Shopping Trip (RSVP) [ML] 9:45 Brain Packet of the Week (Complete for a Prize!) [PR] 10:30 Chair Exercise [3S] 1:00 Hand & Foot Card Club [3rd N.] 1:30 Bridge Card Club [CL] 2:30 Dominoes with Friends! [PR] 3:00 Alzheimer's / Dementia Care Giver Support Group [ALFR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 22 9:00 Coffee & Conversation [PR] 9:30 Coffee & Conversation [PR] 9:45 Strength Building Class [3S] 10:30 Light 'N' Lively Exercise [3S] 12:00 Rock Steady Boxing (Parkinson's Specific Class) [3S] 1:30 Baking Club: Peanut Butter Pie [PR] 3:00 Nail Painting with Baylee [PR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 23 9:00 Pool Class *RSVP* be in the lobby 8:45am 10:00 Hy-Vee Outing (RSVP 24 Hrs in Advance) [LBY] 10:15 Garden Helpers Club [BP] 10:30 Chair Exercise: Drums Alive! [3S] 12:30 How to's & Play: Wii Bowling [ALTH] 2:00 Bingo! [ALFR] 3:00 Play Shuffleboard with a Friend! 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 24 9:45 Strength Building Class [3S] 10:30 Sittercize Exercise [3S] 12:00 Rock Steady Boxing (Parkinson's Specific Class) [3S] 12:30 Fall Craft [3N] 1:30 Let's Play Euchre! [PR] 3:00 Happy Hour with Keith! [DR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 25 9:00 Pool Class *RSVP* be in the lobby 8:45am 10:00 Catholic Communion [ALFR] 10:30 Zumba (Chair Exercise) [3rd] 12:00 Pizza Party! (Must RSVP 24hrs in Advance) [ALFR] 2:00 Cornhole on the Front Porch [FP] 3:00 Trivia in the Popcorn Room! [PR] 6:00 Movie Night: Meet & Choose the Movie! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 26 9:30 Boredom Buster Packet- Pick up at Front Desk! [FD] 10:00 Meet Friends for Coffee [PR] 1:00 Resident Led: Walking Club [ML] 3:00 Puzzles, Puzzles, Puzzles! [2] 6:00 Movie Night: Resident Pick! [ALTH] 6:15 Card Club: Meet & Play Cards with Friends [CL]
ShapeMaster Room Open 27 8:00 Church Shuttle: List of Churches at Front Desk [ML] 11:00 Boredom Buster Packet- Pick up at Front Desk! 3:00 Lobby Pals: Meet in the Lobby & Chat! [ML] 4:00 Shoot Pool with a Friend! 6:00 Movie Night: Meet & Choose the Movie! [TH] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 28 9:00 Target Shopping Trip (RSVP) [ML] 9:45 Brain Packet of the Week (Complete for a Prize!) [PR] 10:00 Balloon Volleyball [3S] 10:30 Chair Exercise [3S] 1:00 Hand & Foot Card Club [3rd N.] 1:30 Bridge Card Club [CL] 2:30 Dominoes with Friends! [PR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 29 9:30 Coffee & Conversation [PR] 9:45 Strength Building Class [3S] 10:30 Light 'N' Lively Exercise [3S] 12:00 Rock Steady Boxing (Parkinson's Specific Class) [3S] 1:30 Baking Club: Birthday Cake Cookies [PR] 3:00 Finish the Word Group Activity [ALFR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	ShapeMaster Room Open 30 9:00 Pool Class *RSVP* be in the lobby 8:45am 10:00 Hy-Vee Outing (RSVP 24 Hrs in Advance) [LBY] 10:15 Garden Helpers Club [BP] 10:30 Chair Exercise [3S] 12:30 World-wide Snack Tasting [PR] 2:00 Bingo! [ALFR] 3:00 Shoot Pool with a Friend! 4:30 Tanzania Themed Dinner [ALDR] 6:15 Card Club: Meet & Play Cards with Friends [CL]	Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality The ShapeMaster® Equipment Is Available for Use 24 Hours/Day, Seven Days/Week, In the Fitness Center. Senior Star ELMORE PLACE INDEPENDENT • ASSISTED • MEMORY		