

SUN	MON	TUE	WED	THUR	FRI	SAT
		HAPPY BIRTHDAY LINDA DIAZ HAPPY BIRTHDAY RUTH GLICK 8:00 WALKING CLUB 10:30 OLDIE BUT A GOODIE MOVIE - PRIDE & PREJUDICE (SIGN UP REQUIRED) (THEATER) 1:00 FITNESS WITH SUE (Exercise Room) 1:30 COFFEE & CHAT WITH REHAB (Private Dining Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 7:00 BINGO	8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 HINGES & TWINGES (Exercise Room) 1:30 MONTHLY BIRTHDAY/ANNIVERSARY PARTY (THE BISTRO) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 LINE DANCING WITH RENEE (Exercise Room) 3:00 SPRINGDALE WELCOMES BACK CRAIG ANDERS (THE BISTRO)	8:00 WALKING CLUB 10:00 FORM & FUNCTIONAL FITNESS (Exercise Room) 10:30 PICTONARY (COFFEE NOOK) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (COFFEE NOOK)	8:00 WALKING CLUB 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB 10:00 WEEKLY SHOPPING TRIP 12:00 NATIONAL CHEESE PIZZA DAY... A DAY EARLY (THE BISTRO) 1:15 OPENING MINDS THROUGH ART (OMA) IN ASSISTED LIVING (MEET IN THE LOBBY AT 1:00 P.M.) 1:30 FRESH FRUIT FRIDAYS (Bistro) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)	1:30 AFTERNOON MOVIE- I CAN ONLY IMAGINE 2 (SIGN UP REQUIRED) (THEATER)
3:00 Bingo! (THE BISTRO) 6:00 AFTERNOON THEATER - LABOR DAY (SIGN UP REQUIRED) (THEATER)	Labor Day HAPPY BIRTHDAY MARY RIPLEY 10:30 CATHOLIC BIBLE STUDY (Private Dining Room) 3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)	HAPPY BIRTHDAY BRITA SIMMONS RECYCLE DAY FOR COTTAGES 8:00 WALKING CLUB 10:30 OLDIE BUT A GOODIE MOVIE- SEPTEMBER (SIGN UP REQUIRED) (THEATER) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 TALK WITH STEVE NEAL (Private Dining Room) 3:30 LADIES SOCIAL (THE PUB) 7:00 BINGO	8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 HINGES & TWINGES (Exercise Room) 10:30 LET'S TALK - DR. RODNEY KIBLER, PhD., L.S.P., L.P.C. (Private Dining Room) 1:00 LINE DANCING WITH RENEE (Exercise Room) 2:00 BALANCE/YOGA CLASS (Exercise Room)	8:00 WALKING CLUB 10:00 FORM & FUNCTIONAL FITNESS (Exercise Room) 10:30 GOLF CART I SPY SCAVENGER HUNT (MEET IN THE LOBBY) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (COFFEE NOOK)	8:00 WALKING CLUB 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB 10:00 WEEKLY SHOPPING TRIP 1:15 OPENING MINDS THROUGH ART (OMA) IN ASSISTED LIVING (MEET IN THE LOBBY AT 1:00 P.M.) 1:30 FRESH FRUIT FRIDAYS (Bistro) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 4:30 KARAOKE (THE BISTRO) 6:00 MEXICAN TRAIN (COFFEE NOOK)	1:30 AFTERNOON MOVIE- SPIDER-MAN: BRAND NEW DAY (SIGN UP REQUIRED) (THEATRE)
12:00 BUFFET (THE BISTRO) 3:00 Bingo! (THE BISTRO) 6:00 AFTERNOON THEATER - THE DRESSMAKER (SIGN UP REQUIRED) (THEATER)	8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 HINGES & TWINGES (Exercise Room) 9:00 NATIONAL CREAM FILLED DOUGHNUT DAY (THE BISTRO) 10:30 CATHOLIC BIBLE STUDY (Private Dining Room) 11:00 COFFEE & KITCHEN (Bistro) 1:00 HANDIWORK GROUP (THE PUB) 1:30 RESIDENT COUNCIL MEETING (Private Dining Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)	8:00 WALKING CLUB 10:30 CARTOON ART STYLE CLASS WITH WATERCOLOR & INK (SIGN UP WITH THE CONCIERGE) (ARTS AND CRAFTS ROOM) 1:00 FITNESS WITH SUE (Exercise Room) 1:30 SPRINGDALE BOOK CLUB (Private Dining Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 TECHNOLOGY MADE SIMPLE (THE PUB) 7:00 BINGO	8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 HINGES & TWINGES (Exercise Room) 10:30 OLDIE BUT A GOODIE MOVIE- COME SEPTEMBER (SIGN UP REQUIRED) (THEATER) 11:00 CHESTERFIELD COUNTY FARMER'S MARKET (MEET IN THE LOBBY) 1:00 LINE DANCING WITH RENEE (Exercise Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 WINE & CHEESE (THE PUB) 4:30 NATIONAL GUACAMOLE DAY (THE BISTRO)	8:00 WALKING CLUB 10:00 FORM & FUNCTIONAL FITNESS (Exercise Room) 11:30 LUNCH BUNCH - CHINAMEN'S BUFFET (SIGN UP WITH THE CONCIERGE) (MEET IN THE LOBBY) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 2:30 SPRINGDALE WELCOMES OUT OF TIME (THE BISTRO) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (COFFEE NOOK)	8:00 WALKING CLUB 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB 10:00 WEEKLY SHOPPING TRIP 12:15 JOHN MARSHALL HOUSE TOUR (MEET IN THE LOBBY) 1:15 OPENING MINDS THROUGH ART (OMA) IN ASSISTED LIVING (MEET IN THE LOBBY AT 1:00 P.M.) 1:30 FRESH FRUIT FRIDAYS (Bistro) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)	1:30 AFTERNOON MOVIE- ORDINARY ANGELS (SIGN UP REQUIRED) (THEATER) 6:30 VIRGINIA TECH vs. MARYLAND FOOTBALL GAME (SIGN UP REQUIRED) (THEATER)
3:00 Bingo! (THE BISTRO) 3:00 CHESTER METHODIST CHURCH MUSICAL PERFORMANCE (SIGN UP REQUIRED) (MEET IN THE LOBBY AT 2:15 P.M.) 6:00 AFTERNOON THEATER - AMELIA (SIGN UP REQUIRED) (THEATER)	8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 HINGES & TWINGES (Exercise Room) 10:30 CATHOLIC BIBLE STUDY (Private Dining Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)	8:00 WALKING CLUB 10:30 DEVOTIONS WITH PASTOR DON (Private Dining Room) 12:30 TRIP TO BRUSTER'S ICE CREAM (SIGN UP REQUIRED) (MEET IN THE LOBBY) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 TOWN HALL MEETING (THE BISTRO) 6:15 SPRINGDALE WELCOMES ME & MARTHA (THE BISTRO) 7:00 BINGO	8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 HINGES & TWINGES (Exercise Room) 10:30 OLDIE BUT A GOODIE MOVIE- FREE WILLY (SIGN UP REQUIRED) (THEATER) 1:00 LINE DANCING WITH RENEE (Exercise Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 FALL PREVENTION & HEALTHY LIVING (THE PUB)	8:00 WALKING CLUB 10:00 FORM & FUNCTIONAL FITNESS (Exercise Room) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (COFFEE NOOK) 4:00 SPRINGDALE FAMILY FUN DAY (SIGN UP REQUIRED) (IN THE GARDENS) 6:00 FIREPIT***SMORES (IN THE GARDENS)	8:00 WALKING CLUB 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 WALKING CLUB 10:00 WEEKLY SHOPPING TRIP 11:30 SENIOR SHOWDOWN (COFFEE NOOK) 1:15 OPENING MINDS THROUGH ART (OMA) IN ASSISTED LIVING (MEET IN THE LOBBY AT 1:00 P.M.) 1:30 FRESH FRUIT FRIDAYS (Bistro) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 4:30 KARAOKE (THE BISTRO) 6:00 MEXICAN TRAIN (COFFEE NOOK)	1:30 AFTERNOON MOVIE- INTERSTELLAR (SIGN UP REQUIRED) (THEATER)
3:00 Bingo! (THE BISTRO) 6:00 AFTERNOON THEATER - SECRETARIAT (SIGN UP REQUIRED) (THEATER)	8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 9:00 HINGES & TWINGES (Exercise Room) 10:30 CATHOLIC BIBLE STUDY (Private Dining Room) 1:00 HANDIWORK GROUP (THE PUB) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 FOREFRONT DINING SERVICES MEETING (Private Dining Room) 3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK) 6:00 MEXICAN TRAIN (COFFEE NOOK)	8:00 WALKING CLUB 10:30 OLDIE BUT A GOODIE MOVIE- GONE WITH THE WIND(SIGN UP REQUIRED) (THEATER) 10:30 TRIP TO CONNER PARRISH OF BLOOMISTRY'S NEW STUDIO (SIGN UP REQUIRED) (MEET IN THE LOBBY AT 9:45 A.M.) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 7:00 BINGO	8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:45 EARNEST FOOT & ANKLE PODIATRY (SIGN UP REQUIRED) (MEET IN THE LOBBY) 9:00 HINGES & TWINGES (Exercise Room) 1:00 LINE DANCING WITH RENEE (Exercise Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 4:00 SPRINGDALE WELCOMES DAN SMITH MUSIC (THE BISTRO)			

September 2026