



Independent Living

SEPTEMBER 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Birthdays of the Month Larry Warner Peggy Cagle Gladys Hodges 9/04 9/05 9/22		1 8:30 am 10:00 am 3:00 pm Dry Cleaning Pick Up - G Bible Study - Lifestyle Center Sitting Area Bingo - D	2 10:00 am 10:00 am 3:00 pm Exercise - MR Seamstress Doris Pee - FC Resident Council - AT	3 10:00 am 2:30 pm Smoothie Bar - B Fitness & Fun w/Lynn - MR	4 9-10 am 10:00 am 10:00 am 2:00 pm Coffee & Breakfast Sweets - B Exercise - MR Food Lion & CVS - SU Afternoon Movie - T - SU “The Six Triple Eight”	5 8 - 10 am 12:00 pm Continental Breakfast - B Lunch Buffet - D
6 12:00 pm 3:00 pm Lunch Buffet - D Vespers Service - MIC	7 Happy Labor Day 9-10 am 10:00 am 10:00 am 2:30 pm 3:00 pm Coffee & Breakfast Sweets - B Exercise - MR Art Class - AR Fitness & Fun w/Lynn - MR Boiled Peanuts & Cokes - D	8 8:30 am 10:00 am 3:00 pm 4:00 pm Dry Cleaning Pick Up - G Bible Study - Lifestyle Center Sitting Area Bingo - D Hearing Life - SU	9 10:00 am 3:00 pm Exercise - MR Trivial Pursuit - D	10 10:00 am 2:30 pm Super Walmart - SU Fitness & Fun w/Lynn - MR	11 9-10 am 10:00 am 1:45 pm Coffee & Breakfast Sweets - B Exercise - MR Food Lion & CVS - SU	12 8 - 10 am 12:00 pm Continental Breakfast - B Lunch Buffet - D
13 12:00 pm 3:00 pm Lunch Buffet - D Vespers Service - MIC	14 9-10 am 10:00 am 10:00 am 2:30 pm 4:00 pm Coffee & Breakfast Sweets - B Exercise - MR Art Class - AR Fitness & Fun w/Lynn - MR Quarterly Full Resident Meeting - D	15 8:30 am 10:00 am 3:00 pm Dry Cleaning Pick Up - G Bible Study - Lifestyle Center Sitting Area Bingo - D	16 10:00 am 10:00 am 6:30 pm Exercise - MR Seamstress Doris Pee - FC Florence Little Theatre - “Come From Away” - SU	17 10:00 am 2:30 pm Shopping at TJ Maxx/ Talbot’s - SU Fitness & Fun w/Lynn - MR	18 9-10 am 10:00 am 10:00 am 2:00 pm Coffee & Breakfast Sweets - B Exercise - MR Food Lion & CVS - SU Afternoon Movie - T - SU “Catch & Release”	19 8 - 10 am 12:00 pm Continental Breakfast - B Lunch Buffet - D
20 12:00 pm 3:00 pm Lunch Buffet - D Vespers Service - MIC	21 9-10 am 10:00 am 10:00 am 2:30 pm Coffee & Breakfast Sweets - B Exercise - MR Art Class - AR Fitness & Fun w/Lynn - MR	22 First Day of Autumn 8:30 am 10:00 am 3:00 pm Dry Cleaning Pick Up - G Bible Study - Lifestyle Center Sitting Area Bingo - D	23 10:00 am 2:00 pm Exercise - MR Afternoon Shopping @ Hamrick’s - SU	24 10:00 am 2:30 pm Harris Teeter - SU Fitness & Fun w/Lynn - MR	25 9-10 am 10:00 am 11:30 - 1:30 pm Coffee & Breakfast Sweets - B Exercise - MR Hot Dog Sale for ALZ - PT Food Lion & CVS - SU	26 8 - 10 am 12:00 pm Continental Breakfast - B Lunch Buffet - D
27 12:00 pm 3:00 pm Lunch Buffet - D Vespers Service - MIC	28 9-10 am 10:00 am 10:00 am 2:30 pm Coffee & Breakfast Sweets - B Exercise - MR Art Class - AR Fitness & Fun w/Lynn - MR	29 8:30 am 10:00 am 3:00 pm Dry Cleaning Pick Up - G Bible Study - Lifestyle Center Sitting Area Bingo - D	30 10:00 am 3:00 pm Exercise - MR September Birthday Party & Newcomers Welcome - D	AR - Art Room D - Dining Room G - Game Room LC - Lifestyle Center PT - Purchase Ticket AT - Admin Training ER - Exercise Room GC - Gallery Conservatory MP - Multipurpose Room SU - Sign Up AC - Admin Conference F - Front Desk H - Hospitality Room MIC - Ingram Chapel TV - 2nd Floor TV Room B - Bistro FC - Front Conference Room L - Library MR - Movement Room T - Theater		