



Live here
Live well.

SEPTEMBER 2025

Resident Led Team Led Vendor Led Offsite Event	Office Closed - Labor Day Mon 1	Tue 2 10:00 Garden Club - AR 1:00 Chari Yoga - FC 2:00 Music and Sing-Along - Pub 4:00 Spanish Lesson - Pub 4:00 Decorative Cards w/Libby 7:00 Bring a Friend Loteria - AR	Wed 3 9:30 Low-Impact Circuit - FC 12:00 Mahjong - Pub 1:00 Chair Yoga - FC 6:30 Texas Hold-Em - Pub	Thu 4 8:00 Pickleball - PC 9:30 Sit to Fit - FC 11:00 Beanbag Baseball - FC 1:00 Bingo - AR 3:00 Loteria - AR 3:00 42 Dominoes Club - GR 5:00 Birthday Bash Social Hour Menu: Pizza, Salad, & Dessert	Fri 5 9:30 Aquatic Strength- Pool 11:30 Mat Pilates w/Aixa - FC 1:00 Bring a Friend Bingo - AR 2:30 Billiards and Brews - GMR 3:00 Hand and Foot - GR	Sat 6 10:15 Gentle Yoga - FC 1:00 Rumicube Club - Pub 3:00 Bring a Friend Loteria - AR	
	Sun 7 2:00 Euchre Card Club 2:00 Line Dancing w/Marilyn	Mon 8 11:00 Total Strength and Stretch - FC 1:00 Bingo - AR 3:00 Game Time - Pub 6:00 Bible Study - Pub 7:00 Pickleball Lesson - PC	Tue 9 10:00 Garden Club - AR 10:30 Michelle de Guzman Fall Prevention Demonstration 11:30 Lunch Bunch: Casa Garcia's 1:00 Chair Yoga - FC 4:00 Spanish Lesson - Pub 4:00 Decorative Cards w/Libby 7:00 Bring a Friend Bingo - AR	Wed 10 9:30 Low-Impact Circuit - FC 10:30 Resident Activity Meeting w/Mike 12:00 Mahjong- Pub 1:00 Chair Yoga - FC 6:30 Dealer's Choice Poker - Pub 7:00 Pickleball Lesson - PC	Thu 11 9:30 Aquatic Strength- Pool 12:30 Generations Downsizing Event 1:00 Bingo - AR 3:00 Loteria 3:00 42 Dominoes Club- GR 5:00 Community Social Hour Menu: Meatloaf w/Gravy Macaroni & Cheese w/ Garden Salad	Fri 12 9:30 Aqua Strength - Pool 11:30 Simple Stretch w/Aixa 1:00 Bring a Friend Bingo - AR 2:30 Billiards & Brews - GMR 3:00 Hand and Foot -GR 3:30 Smart Phone 101 w/David	Sat 13 10:15 Gentle Yoga - FC 11:30 Day Trippers Meeting 1:00 Rumicube Club - Pub 1:00 The Larkspur Cinema: 'Captain Phillips' - THTR 3:00 Bring a Friend Loteria - AR
	Sun 14 2:00 Euchre Card Club 2:00 Line Dancing w/Marilyn	Mon 15 10:00 Resident Ambassador Meeting - Pub 11:00 Total Strength and Stretch - FC 1:00 Bingo - AR 3:00 Game Time - Pub 6:00 Bible Study - Pub	Tue 16 10:00 Garden Club - AR 11:00 Denise Mayan - THTR 1:00 Chair Yoga - FC 4:00 Spanish Lesson - Pub 4:00 Decorative Cards w/Libby 6:00 Music & Sing -Along - PUB 7:00 Bring a Friend Loteria - AR	Wed 17 9:30 Low-Impact Circuit - FC 12:00 Mahjong - Pub 1:00 Chair Yoga - FC 3:00 Video Tour of Antarctica and Brazil - - THTR 6:30 Texas Hold-Em - Pub	Thu 18 8:00 Pickleball - PC 9:30 Sit to Fit - FC 11:00 Beanbag Baseball - FC 1:00 Bingo - AR 3:00 Loteria - AR 3:00 42 Dominoes Club - GR 5:00 Community Social Hour - Menu: Finger Sandwiches, Drinks, Desserts, and Good Conversation!	Fri 19 9:30 Aqua Strength - Pool 11:30 Mat Pilates w/ Aixa - FC 1:00 Bring a Friend Bingo - AR 2:30 Billiards & Brews - GMR 3:00 Hand and Foot - GR	Sat 20 10:15 Gentle Yoga - FC 1:00 Rumicube Club - Pub 3:00 Bring a Friend Loteria - AR
	Sun 21 2:00 Euchre Card Club 2:00 Line Dancing w/Marilyn	Mon 22 11:00 Total Strength and Stretch - FC 1:00 Bingo - AR 3:00 Game Time - Pub 6:00 Bible Study - Pub 7:00 Pickleball Lesson - PC	Tue 23 10:00 Garden Club - AR 11:30 Lunch Bunch: Pat's Place 1:00 Chair Yoga - FC 4:00 Spanish Lesson - Pub 7:00 Bring a Friend Bingo - AR	Wed 24 9:30 Low-Impact Circuit - FC 12:00 Mahjong- Pub 1:00 Chair Yoga - FC 6:30 Dealer's Choice Poker - Pub 7:00 Pickleball Lesson - PC	Thu 25 9:30 Aquatic Strength- Pool 1:00 Bingo - AR 3:00 Loteria 3:00 42 Dominoes Club- GR 5:00 Community Social Hour- Menu: Tex-Mex Night!	Fri 26 9:30 Aquatic Strength - Pool 11:30 Simple Stretch w/Aixa - FC 1:00 Bring a Friend Bingo - AR 2:30 Billiards & Brews - GMR 3:00 Hand and Foot - GR 3:30 Smart Phone 101 w/ David - AR	Sat 27 10:15 Gentle Yoga - FC 1:00 Rumicube Club - Pub 3:00 Bring a Friend Loteria - AR
	Sun 28 2:00 Euchre Card Club 2:00 Line Dancing w/Marilyn	Mon 29 11:00 Total Strength and Stretch - FC 1:00 Bingo - AR 3:00 Game Time - Pub 6:00 Bible Study - Pub	Tue 30 10:00 Garden Club - AR 10:30 Newton/Patel Insurance Medicare Presentation 1:00 Chair Yoga - FC 4:00 Spanish Lesson - Pub 7:00 Bring a Friend Loteria - AR				

Contact Shape Up @
512.415.2828 &
schedule an appt. to
receive a complimentary
session.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Labor Day - No Class	2 1pm Chair Yoga-FC Suzanne	3 9:30am Low Impact Circuit-FC Diane 1pm Chair Yoga-FC Liz	4 9:30am Sit to Fit-FC Diane	5 9:30am Aqua Strength-Diane	6 Gentle Yoga @ 10:15am Liz	7 No Class
8 11am Total Strength/Stretch w/ Yesi - FC	9 1pm Chair Yoga-FC Suzanne	10 9:30am Low Impact Circuit-FC Diane 1pm Chair Yoga-FC Liz	11 9:30am Aqua Strength-Diane	12 9:30am Aqua Strength-Diane	13 Gentle Yoga @ 10:15am Liz	14 No Class
15 11am Total Strength/Stretch w/ Yesi - FC	16 1pm Chair Yoga-FC Suzanne	17 9:30am Low Impact Circuit-FC Diane 1pm Chair Yoga-FC Liz	18 9:30am Sit to Fit-FC Diane	19 9:30am Aqua Strength-Diane	20 Gentle Yoga @ 10:15am Liz	21 No Class
21 11am Total Strength/Stretch w/ Yesi - FC	22 1pm Chair Yoga-FC Suzanne	23 9:30am Low Impact Circuit-FC Diane 1pm Chair Yoga-FC Liz	24 9:30am Aqua Strength-Diane	25 9:30am Aqua Strength-Diane	26 Gentle Yoga @ 10:15am Liz	27 No Class
29 11am Total Strength/Stretch w/ Yesi - FC	30 1pm Chair Yoga-FC Suzanne					