

# September 2021

## Sage Glendale Activities & Events



| Sunday                              | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   |  |
|-------------------------------------|--|---|--|--|---|--|--|
| <br>The new standard in excellence. |  |   | 8:30 <b>PE</b> Morning Walk [P] <b>1</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:30 <b>SS</b> Inspiring Words for Today [A]<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>2:00 <b>LL</b> Mid-Week Matinee [T]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]   | 8:30 <b>PE</b> Morning Exercise [P] <b>2</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:30 <b>CE</b> Sweet Life Cooking Club [DK]<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>3:00 <b>LL</b> Tea & Talk [B]<br>6:30 <b>LL</b> Learn to Play Backgammon [C]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR] | 8:30 <b>PE</b> Morning Exercise [P] <b>3</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:00 <b>LL</b> Step by Step Painting [A]<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>3:00 <b>LL</b> TGIF Social [B]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]   | 8:30 <b>PE</b> Morning Exercise [P] <b>4</b><br>10:00 <b>LL</b> Nostalgia TV [T]<br>10:30 <b>LL</b> Fur Friends Pet Visit [P]<br>1:30 <b>PE</b> Stretch & Meditation [A]<br>3:00 <b>LL</b> Bingo! [A]  |  |
|                                     | 8:30 <b>PE</b> Morning Exercise <b>5</b><br>10:00 <b>LL</b> Coffee Club [B]<br>10:30 <b>LL</b> Let's Play Monopoly! [C]<br>1:00 <b>CE</b> Academic Club [T]<br>1:45 <b>PE</b> Table Tennis [P]<br>3:00 <b>LL</b> Ice Cream Social [B]<br>6:00 <b>LL</b> Movie & Popcorn [T]                            | <b>Labor Day</b> <b>6</b><br>Rosh Hashana begins at Sundown<br>8:30 <b>PE</b> Morning Exercise [L]<br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:00 <b>LL</b> Holiday Sing-A-Long w/ Larry Evans<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>3:00 <b>LL</b> Labor Day Word Games<br>3:00 <b>AB</b> Snacks & Crafts<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR] | 8:30 <b>PE</b> Morning Walk <b>7</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:30 <b>CC</b> Learn to Play Rummikub [C]<br>11:30 <b>LL</b> One to One Room Visits<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:00 <b>LL</b> Shopping at Target [L]<br>1:30 <b>PE</b> Open Gym [FC]<br>3:00 <b>LL</b> Bingo!<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR] | 8:30 <b>PE</b> Morning Walk <b>8</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:30 <b>SS</b> Inspiring Words for Today [A]<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>2:00 <b>LL</b> Mid-Week Matinee [T]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]   | 8:30 <b>PE</b> Morning Exercise [P] <b>9</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:30 <b>CE</b> Sweet Life Cooking Club [DK]<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>3:00 <b>LL</b> Tea & Talk [B]<br>6:30 <b>LL</b> Let's Play UNO! [C]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]   | 8:30 <b>PE</b> Morning Exercise [P] <b>10</b><br>8:30 <b>PE</b> Patio Exercise [P]<br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:00 <b>AB</b> Meditative Drawing<br>11:30 <b>LL</b> Good News [A]<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>3:00 <b>LL</b> TGIF Social [B]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]  | 8:30 <b>PE</b> Morning Exercise [P] <b>11</b><br>10:00 <b>LL</b> 9/11 Remembrance [LR]<br>11:00 <b>LL</b> Nostalgia TV [T]<br>11:30 <b>LL</b> Guess The Phrase! [B]<br>1:30 <b>PE</b> Stretch & Meditation [A]<br>3:00 <b>LL</b> Bingo! [A]                                    |
|                                     | 8:30 <b>PE</b> Morning Exercise <b>12</b><br>10:00 <b>LL</b> Coffee Club [B]<br>10:30 <b>LL</b> Let's Play Monopoly! [C]<br>1:00 <b>CE</b> Academic Club [T]<br>1:45 <b>PE</b> Table Tennis [P]<br>3:00 <b>LL</b> Ice Cream Social [B]<br>6:00 <b>LL</b> Movie & Popcorn [T]                           | 8:30 <b>PE</b> Morning Exercise [L] <b>13</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:30 <b>LL</b> Let's Play Cards! [C]<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>2:00 <b>LL</b> Sing-A-Long W/Judy Kjos<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]  | 8:30 <b>PE</b> Morning Walk <b>14</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:30 <b>CC</b> Learn to Play Rummikub [C]<br>11:30 <b>LL</b> One to One Room Visits<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:00 <b>LL</b> Shopping at Target [L]<br>1:30 <b>PE</b> Open Gym [FC]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]                         | <b>Yom Kippur Begins at Sunset</b> <b>15</b><br>8:30 <b>PE</b> Morning Walk<br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:30 <b>SS</b> Inspiring Words for Today [A]<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>2:00 <b>LL</b> Mid-Week Matinee [T]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]          | <b>Yom Kippur Ends at Nightfall</b> <b>16</b><br>8:30 <b>PE</b> Morning Exercise [P]<br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:30 <b>CE</b> Sweet Life Cooking Club [DK]<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>3:00 <b>LL</b> Tea & Talk [B]<br>6:30 <b>LL</b> Karaoke & Dance w/Robin [C]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR] | 8:30 <b>PE</b> Morning Exercise [P] <b>17</b><br>8:30 <b>PE</b> Patio Exercise [P]<br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:00 <b>LL</b> Step by Step Painting [A]<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>3:00 <b>LL</b> TGIF Social [B]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]  | 8:30 <b>PE</b> Morning Exercise [P] <b>18</b><br>10:00 <b>LL</b> Coffee Club [B]<br>10:00 <b>LL</b> Nostalgia TV [T]<br>10:30 <b>LL</b> Fur Friends Pet Visit<br>11:30 <b>LL</b> Guess The Phrase! [B]<br>1:30 <b>PE</b> Stretch & Meditation [A]<br>3:00 <b>LL</b> Bingo! [A] |
|                                     | 8:30 <b>PE</b> Morning Exercise <b>19</b><br>10:00 <b>LL</b> Coffee Club [B]<br>10:30 <b>LL</b> Let's Play Monopoly! [C]<br>11:30 <b>LL</b> Bingo!<br>1:00 <b>CE</b> Academic Club [T]<br>1:45 <b>PE</b> Table Tennis [P]<br>3:00 <b>LL</b> Ice Cream Social [B]<br>6:00 <b>LL</b> Movie & Popcorn [T] | 8:30 <b>PE</b> Morning Exercise [L] <b>20</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:30 <b>LL</b> Let's Play Cards!<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>3:00 <b>AB</b> Snacks & Crafts<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]  | 8:30 <b>PE</b> Morning Walk <b>21</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:30 <b>CC</b> Learn to Play Rummikub [C]<br>11:30 <b>LL</b> One to One Room Visits<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:00 <b>LL</b> Shopping at Target [L]<br>1:30 <b>PE</b> Open Gym [FC]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]                         | 8:30 <b>PE</b> Morning Walk <b>22</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:00 <b>LL</b> Live Piano with Larry Evans<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>2:00 <b>LL</b> Mid-Week Matinee [T]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]  | 8:45 <b>PE</b> Morning Exercise [P] <b>23</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:30 <b>CE</b> Sweet Life Cooking Club [DK]<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>3:00 <b>LL</b> Tea & Talk [B]<br>6:30 <b>LL</b> Let's Play Blackjack! [C]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]  | 8:30 <b>PE</b> Morning Exercise [P] <b>24</b><br>8:30 <b>PE</b> Patio Exercise [P]<br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:00 <b>AB</b> Meditative Drawing<br>11:30 <b>LL</b> Good News [A]<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>3:00 <b>LL</b> TGIF Social W/Francesca Sola [B]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]                                     | 8:30 <b>PE</b> Morning Exercise [P] <b>25</b><br>10:00 <b>LL</b> Coffee Club [B]<br>10:00 <b>LL</b> Nostalgia TV [T]<br>11:30 <b>LL</b> Guess The Phrase! [B]<br>1:30 <b>PE</b> Stretch & Meditation [A]<br>3:00 <b>LL</b> Bingo! [A]  |
|                                     | 8:30 <b>PE</b> Morning Exercise <b>26</b><br>10:00 <b>LL</b> Coffee Club [B]<br>10:30 <b>LL</b> Let's Play Monopoly! [C]<br>11:30 <b>LL</b> Bingo!<br>1:00 <b>CE</b> Academic Club [T]<br>1:45 <b>PE</b> Table Tennis [P]<br>3:00 <b>LL</b> Ice Cream Social [B]<br>6:00 <b>LL</b> Movie & Popcorn [T] | 8:30 <b>PE</b> Morning Exercise [L] <b>27</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:30 <b>LL</b> Let's Play Cards!<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>3:00 <b>AB</b> Snacks & Crafts<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]  | 8:30 <b>PE</b> Morning Walk <b>28</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:30 <b>CC</b> Learn to Play Rummikub [C]<br>11:30 <b>LL</b> One to One Room Visits<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:00 <b>LL</b> Shopping at Target [L]<br>1:30 <b>PE</b> Open Gym [FC]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]                         | 8:30 <b>PE</b> Morning Walk <b>29</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:00 <b>SS</b> Inspiring Words for Today<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>2:00 <b>LL</b> Mid-Week Matinee [T]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]  | 8:45 <b>PE</b> Morning Exercise [P] <b>30</b><br>9:00 <b>LL</b> Morning News (TV) [LR]<br>10:00 <b>LL</b> Coffee Club [B]<br>11:30 <b>CE</b> Sweet Life Cooking Club [DK]<br>1:00 <b>PE</b> Chair Aerobics [FC]<br>1:30 <b>PE</b> Open Gym [FC]<br>3:00 <b>LL</b> Tea & Talk [B]<br>6:30 <b>LL</b> Learn to Play Backgammon [C]<br>7:00 <b>LL</b> Jeopardy (TV) [LR]<br>7:30 <b>LL</b> Wheel of Fortune (TV) [LR]                                       | <b>Location Keys</b><br>Activities Room, 1st Floor A<br>Bistro, 1st Floor B<br>Card Room, 1st Floor C<br>Demo Kitchen, 5th Floor DK<br>Fitness Center, 3rd Floor FC<br>Living Room, 1st Floor LR<br>Meet in Lobby, 1st Floor L<br>Patio, 1st Floor P<br>Theatre, 1st Floor T<br><b>AE</b> Artistic Expression<br><b>CC</b> Community Connections<br><b>CE</b> Continuing Educations<br><b>LL</b> Lifestyle & Leisure<br><b>PE</b> Physical Engagement<br><b>SS</b> Spiritual Support |  |