

# September 2022

## THE WOODMARK AT SUN CITY

(623) 583-7600  
Lifestyle Programs


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>The WOODMARK at SUN CITY <small>A Pacifica Senior Living Community</small></p>	<p><u>Happy Birthday</u></p> <p>Linda P. 9/01 Nancy D. 9/05 Loren B. 9/06 Paul L. 9/06 Lois O. 9/11 Myrna H. 9/19 Sandy S. 9/23</p>	<p><u>Happy Birthday</u></p> <p>Charles G. 9/27 Paul P. 9/27</p>		<p><b>1</b></p> <p><b>S</b> 10:00 Calendar Discussion-AR <b>C</b> 12:45 BINGO-AR <b>M</b> 2:00 Chair Fitness-AR <b>L</b> 3:00 Horse Races -AR <b>O</b></p>	<p><b>2</b></p> <p><b>P</b> 10:00 Corn Hole Game - AR <b>S</b> 12:45 Bingo - AR <b>C</b> 1:00 Billiard- 2nd Floor <b>M</b> 2:00 Hand &amp; Foot Card Game - AR <b>L</b> <b>O</b></p>	<p><b>3</b></p> <p><b>P</b> 9:00 Bible Study - Conference Room <b>S</b> 10:30 Pet Visits w/Miska-Bistro <b>C</b> 12:45 Bingo - AR <b>M</b> 2:00 Knitting &amp; Crocheting-AR <b>L</b> 3:00 Coloring Class - AR <b>O</b></p>
<p><b>4</b></p> <p><b>P</b> 10:30 Chair Exercise-AR <b>S</b> 12:00 Cribbage-AR <b>C</b> 1:00 Billiards - 2nd floor <b>M</b> 2:00 Mexican Train-3rd Floor <b>L</b> 3:00 Card Game 313-AR <b>O</b></p>	<p><b>5</b></p> <p><u>Labor Day</u></p> <p><b>P</b> 10:30 Chair Fitness w/Michelle AR <b>S</b> 12:45 Bingo-AR <b>C</b> 2:00 Scrabble-AR <b>M</b> 3:00 Bible Study, White Tanks Southern Baptist Church-AR <b>L</b> <b>O</b></p>	<p><b>6</b></p> <p><b>P</b> 9:00 Avon by Carol-Bistro <b>S</b> 10:00 Yahtzee-AR <b>C</b> 12:00 Nail Painting w/Michelle -AR <b>M</b> 1:00 Billiards - 2nd Floor <b>L</b> 2:00 Hand &amp; Foot Card Game - 2:00 Movie and Popcorn-3rd Floor Movie Room <b>O</b></p>	<p><b>7</b></p> <p><u>National Salami Day</u></p> <p><b>P</b> 9:00 Fry's Shopping-Sign up sheet in AR <b>S</b> 9:15 Exercise Class w/Megan\ Gym/Fitness Center <b>C</b> 12:45 Bingo - AR <b>M</b> 2:00 Menu Chat w/Dietary <b>L</b> 3:00 Wine Down Wednesday <b>O</b></p>	<p><b>8</b></p> <p><b>P</b> 9:00 Earrings for You-Bistro <b>S</b> 10:00 Ambassador Meeting-AR <b>C</b> 12:00 Uno Game -AR <b>M</b> 2:00 Chair Fitness-AR <b>L</b> 3:00 Horse Races - AR <b>O</b></p>	<p><b>9</b></p> <p><b>P</b> 9:15 Walking Group w/Megan Fitness Center/Gym <b>S</b> 10:00 Corn Hole Game - AR <b>C</b> 12:45 Bingo - AR <b>M</b> 1:00 Billiard- 2nd Floor <b>L</b> 2:00 Hand &amp; Foot Card Game - AR <b>O</b></p>	<p><b>10</b></p> <p><b>P</b> 9:00 Bible Study - Conference Room <b>S</b> 10:30 Pet Visits w/Miska-Bistro <b>C</b> 12:45 Bingo - AR <b>M</b> 2:00 Knitting &amp; Crocheting-AR <b>L</b> 3:00 Coloring Class - AR <b>O</b></p>
<p><b>11</b></p> <p><u>Grandparents Day</u> <u>Patriot Day</u> <u>9:00 Walmart Shopping Sign-up</u></p> <p><b>P</b> 10:30 Chair Exercise-AR <b>S</b> 12:00 Cribbage-AR <b>C</b> 1:00 Billiards - 2nd floor <b>M</b> 1:00 Football Party <b>L</b> Cardinals vs. Chiefs-AR <b>O</b></p>	<p><b>12</b></p> <p><b>P</b> 10:30 Chair Fitness w/Michelle-AR <b>S</b> 12:45 Bingo-AR <b>C</b> 1:45 Angels Care Home Health Seminar-AR <b>M</b> 3:00 Bible Study, White Tanks Southern Baptist Church-CR <b>L</b> <b>O</b></p>	<p><b>13</b></p> <p><b>P</b> 10:00 Uno Card Game-AR <b>S</b> 12:00 Arts and Crafts-AR <b>C</b> 1:00 Tech Tuesday (help answer Any questions) - 2nd Floor <b>M</b> 2:00 Hand &amp; Foot Card Game - 2:00 Movie and Popcorn-3rd Floor Movie Room <b>L</b> <b>O</b></p>	<p><b>14</b></p> <p><b>P</b> 9:15 Blood Pressure Clinic w/Megan Gym/Fitness Center <b>S</b> 10:00 Muffins w/Holly-AR <b>C</b> 12:45 Bingo - AR <b>M</b> 2:00 Jigsaw Puzzle Contest-AR <b>L</b> 3:00 Wine Down Wednesday <b>O</b></p>	<p><b>15</b></p> <p><b>P</b> 10:30 Chair Fitness-AR <b>S</b> 12:30- A walk down Memory Lane please bring photos-AR <b>C</b> 2:00 Scrabble-AR <b>M</b> 3:00 Horse Races - AR <b>L</b> <b>O</b></p>	<p><b>16</b></p> <p><b>P</b> 9:15 Exercise Class w/Megan\ Gym/Fitness Center <b>S</b> 10:00 Corn Hole Game - AR <b>C</b> 12:45 Bingo - AR <b>M</b> 1:00 Billiard- 2nd Floor <b>L</b> 2:00 Hand &amp; Foot Card Game - AR <b>O</b></p>	<p><b>17</b></p> <p><u>Oktoberfest</u></p> <p><b>P</b> 9:00 Bible Study - Conference Room <b>S</b> 10:30 Pet Visits w/Miska-Bistro <b>C</b> 12:45 Bingo - AR <b>M</b> 2:00 Knitting &amp; Crocheting-AR <b>L</b> 3:00 Coloring Class - AR <b>O</b></p>
<p><b>18</b></p> <p><b>P</b> 10:30 Chair Exercise-AR <b>S</b> 12:00 Cribbage-AR <b>C</b> 1:00 Entertainment by Marrietta <b>M</b> 2:00 Mexican Train-3rd Floor <b>L</b> 3:00 Billiards - 2nd floor <b>O</b></p>	<p><b>19</b></p> <p><b>P</b> 10:30 Coloring Class-AR <b>S</b> 12:45 Bingo-AR <b>C</b> 2:00 Uno Card Game-AR <b>M</b> 3:00 Bible Study, White Tanks Southern Baptist Church-AR <b>L</b> <b>O</b></p>	<p><b>20</b></p> <p><b>P</b> 10:00 Yahtzee Game-AR <b>S</b> 12:00 Nail Painting w/Michelle -AR <b>C</b> 1:00 Billiards - 2nd Floor <b>M</b> 2:00 Hand &amp; Foot Card Game - 2:00 Movie and Popcorn-3rd Floor Movie Room <b>L</b> <b>O</b></p>	<p><b>21</b></p> <p><u>World Alzheimer's Day</u></p> <p><b>P</b> 9:00 Dollar Tree/Walgreen's Shopping Sign up sheet -AR <b>S</b> 9:15 Fit Clinic w/Megan - Fitness Room/Gym <b>C</b> 12:45 Bingo AR <b>M</b> 3:00 Wine Down Wednesday "Happy Hour"- <b>L</b> <b>O</b></p>	<p><b>22</b></p> <p><u>Autumnal Equinox Day</u></p> <p><b>P</b> 10:30 Chair Fitness-AR <b>S</b> 11:00-Lunch Outing Sign up Sheet in AR <b>C</b> 12:00 - Solitaire Card Game-AR <b>M</b> 2:00 Chair Fitness-AR <b>L</b> 3:00 Horse Races - AR <b>O</b></p>	<p><b>23</b></p> <p><b>P</b> 9:15 Exercise Class w/Megan\ Gym/Fitness Center <b>S</b> 9:00 -2:00 Desert Diamond Sign up sheet in AR <b>C</b> 10:00 Corn Hole Game - AR <b>M</b> 12:45 Bingo - AR <b>L</b> 2:00 Hand &amp; Foot Card Game - <b>O</b></p>	<p><b>24</b></p> <p><b>P</b> 9:00 Bible Study - Conference Room <b>S</b> 10:30 Pet Visits w/Miska-Bistro <b>C</b> 12:45 Bingo - AR <b>M</b> 2:00 Knitting &amp; Crocheting-AR <b>L</b> 3:00 Coloring Class - AR <b>O</b></p>
<p><b>25</b></p> <p><u>National Daughters Day</u></p> <p><b>P</b> 9:00 Fry's Shopping Sign-up <b>S</b> 10:30 Chair Exercise-AR <b>C</b> 12:00 Cribbage-AR <b>M</b> 2:00 Mexican Train-3rd Floor <b>L</b> 3:00 Billiards - 2nd floor <b>O</b> 3:00 Card Game 313-AR</p>	<p><b>26</b></p> <p><b>P</b> 10:30 Chair Fitness w/Michelle-AR <b>S</b> 11:30 Monthly Birthday Celebration-Bistro <b>C</b> 12:45 Bingo-AR <b>M</b> 2:00 Resident Council Meeting-AR open to all Residents <b>L</b> 3:00 Bible Study-CR <b>O</b></p>	<p><b>27</b></p> <p><b>P</b> 10:00 Scrabble-AR <b>S</b> 12:45 Hand Institute Seminar W/ Dr. Fitzmaurice <b>C</b> 1:00 Billiards - 2nd Floor <b>M</b> 2:00 Hand &amp; Foot Card Game - 2:00 Movie and Popcorn-3rd Floor Movie Room <b>L</b> <b>O</b></p>	<p><b>28</b></p> <p><b>P</b> 9:00 Target Shopping Sign-Up sheet-AR <b>S</b> 9:15 Walking Group-Gym <b>C</b> 10:00 Catholic Mass-AR <b>M</b> 12:45 Bingo AR <b>L</b> 2:00 Jig Saw Puzzle Contest-AR <b>O</b> 3:00 Wine Down Wednesday "Happy Hour"-</p>	<p><b>29</b></p> <p><u>National Coffee Day</u></p> <p><b>P</b> 10:00 Coffee and Donuts-AR <b>S</b> 10:30 Chair Fitness-AR <b>C</b> 12:45 BINGO-AR <b>M</b> 2:00 Meet and Greet-AR <b>L</b> All Residents Welcomed <b>O</b> 3:00 Horse Races - AR</p>	<p><b>30</b></p> <p><b>P</b> 9:15 Exercise Class w/Megan\ Gym/Fitness Center <b>S</b> 10:00 Corn Hole Game - AR <b>C</b> 12:45 Bingo - AR <b>M</b> 1:00 Billiard- 2nd Floor <b>L</b> 2:00 Hand &amp; Foot Card Game - AR <b>O</b></p>	<p><b>P</b> Physical Wellness/Fitness <b>S</b> Social/Spiritual Engagements <b>C</b> Cognitive Visual &amp; Language Skills <b>M</b> Music <b>L</b> Life Enrichment Skills <b>O</b> Outdoor Activities</p>

ALL ACTIVITIES SUBJECT TO CHANGE

# September 2022

## THE WOODMARK AT SUN CITY

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>The WOODMARK at SUN CITY</p> <p><small>A Pacifica Senior Living Community</small></p>				<p><b>1</b></p> <p><b>S</b> Morning Greeting (S) <b>C</b> Stretch Band Exercise (P) <b>L</b> Remember When . . . (R,S) <b>O</b> Board Games/Scrabble (C) <b>M</b> Painting &amp; Music (M) Ice Cream Social (S) <b>P</b> Hand Massage/Aroma Therapy</p>	<p><b>2</b></p> <p><b>S</b> Morning Greeting (S) <b>S</b> Sit &amp; Be Fit Exercise (P,M) <b>C</b> Remember When . . . (R,S) <b>L</b> Words with Friends (C) <b>O</b> Patio Partners (O) <b>M</b> Happy Hour (S) Afternoon Movie (L) <b>P</b></p>	<p><b>3</b></p> <p>Morning Greeting (S) <b>S</b> Move and Groove Exercise (P,M) <b>C</b> Remember When . . . (R,S) <b>L</b> Brain Games (C) Patio Time (O) <b>O</b> Snack &amp; Chat (S) <b>M</b> <b>P</b></p>
<p><b>4</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Sunday Stretch &amp; Smile (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Puzzles (C) <b>O</b> Outdoor Walk (O) <b>O</b> Gospel Songs (M) <b>M</b> Afternoon Movie (L)</p>	<p><b>5</b></p> <p><b>P</b> Morning Fitness (P) Remember When . . . (R,S) <b>S</b> Puzzles and Music (M) <b>C</b> Patio Chat (O) <b>L</b> Afternoon Movie (L) <b>O</b> Bingo (C) <b>M</b></p>	<p><b>6</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Balloon Toss (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Craft Time (C) <b>O</b> Outdoor Walk (O) <b>O</b> Name That Tune (M) <b>M</b> Coffee &amp; Daily News (L)</p>	<p><b>7</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Sit and Be Fit (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Corn Hole (P) <b>O</b> Bingo (C) <b>O</b> Patio Partners (O) <b>M</b> Sing-a-Long (M)</p>	<p><b>8</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Stretch Band Exercise (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Painting &amp; Music (M) <b>O</b> Root Beer Floats (S) <b>M</b> Fancy Fingers/Manicures (L)</p>	<p><b>9</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Sit &amp; Be Fit Exercise (P,M) <b>C</b> Remember When . . . (R,S) <b>L</b> Words with Friends (C) <b>O</b> Patio Partners (O) <b>O</b> Happy Hour (S) <b>M</b> Afternoon Movie (L)</p>	<p><b>10</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Move and Groove Exercise (P,M) <b>C</b> Remember When . . . (R,S) <b>L</b> Brain Games (C) Patio Time (O) <b>O</b> Snack &amp; Chat (S) <b>M</b></p>
<p><b>11</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Sunday Stretch &amp; Smile (P) <b>C</b> Remember When . . . (R,S) <b>M</b> Puzzles (C) <b>L</b> Outdoor Walk (O) <b>O</b> Gospel Songs (M) <b>P</b> Afternoon Movie (L) <b>S</b></p>	<p><b>12</b></p> <p><b>P</b> Morning Greeting (S) Parachute Fun (P) <b>S</b> Remember When . . . (R,S) <b>C</b> Let's Make Some Music (M) <b>L</b> Patio Chat (O) <b>O</b> Afternoon Movie (L) <b>M</b> Bingo (C)</p>	<p><b>13</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Beach Ball Toss (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Craft Time (C) <b>O</b> Patio Chat (O) <b>O</b> Hand Massage/Aroma Therapy (L) <b>M</b> Bingo (C)</p>	<p><b>14</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Sit and Be Fit (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Corn Hole (P) <b>O</b> Bingo (C) <b>O</b> Patio Partners (O) <b>M</b> Name That Tune (M)</p>	<p><b>15</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Stretch Band Exercise (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Board Games/Scrabble (C) <b>O</b> Painting &amp; Music (M) <b>O</b> Ice Cream Social (S) Hand Massage/Aroma Therapy</p>	<p><b>16</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Sit &amp; Be Fit Exercise (P,M) <b>C</b> Remember When . . . (R,S) <b>L</b> Words with Friends (C) <b>O</b> Patio Partners (O) <b>O</b> Happy Hour (S) Afternoon Movie (L)</p>	<p><b>17</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Move and Groove Exercise (P,M) <b>C</b> Remember When . . . (R,S) <b>L</b> Brain Games (C) Patio Time (O) <b>O</b> Snack &amp; Chat (S)</p>
<p><b>18</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Sunday Stretch &amp; Smile (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Puzzles (C) <b>O</b> Outdoor Walk (O) <b>M</b> Gospel Songs (M) Afternoon Movie (L)</p>	<p><b>19</b></p> <p><b>P</b> Morning Fitness (P) <b>S</b> Remember When . . . (R,S) <b>C</b> Puzzles and Music (M) <b>L</b> Patio Chat (O) <b>O</b> Afternoon Movie (L) <b>M</b> Bingo (C)</p>	<p><b>20</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Balloon Toss (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Craft Time (C) <b>O</b> Outdoor Walk (O) <b>O</b> Name That Tune (M) <b>M</b> Coffee &amp; Daily News (L)</p>	<p><b>21</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Sit and Be Fit (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Corn Hole (P) <b>O</b> Bingo (C) <b>O</b> Patio Partners (O) <b>M</b> Sing-a-Long (M)</p>	<p><b>22</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Stretch Band Exercise (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Painting &amp; Music (M) <b>O</b> Root Beer Floats (S) <b>M</b> Fancy Fingers/Manicures (L)</p>	<p><b>23</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Sit &amp; Be Fit Exercise (P,M) <b>C</b> Remember When . . . (R,S) <b>L</b> Words with Friends (C) <b>O</b> Patio Partners (O) <b>O</b> Happy Hour (S) <b>M</b> Afternoon Movie (L)</p>	<p><b>24</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Move and Groove Exercise (P,M) <b>C</b> Remember When . . . (R,S) <b>L</b> Brain Games (C) Patio Time (O) <b>O</b> Snack &amp; Chat (S) <b>M</b></p>
<p><b>25</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Sunday Stretch &amp; Smile (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Puzzles (C) <b>O</b> Outdoor Walk (O) <b>M</b> Gospel Songs (M) Afternoon Movie (L)</p>	<p><b>26</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Parachute Fun (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Let's Make Some Music (M) <b>O</b> Patio Chat (O) <b>M</b> Afternoon Movie (L) Bingo (C)</p>	<p><b>27</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Beach Ball Toss (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Craft Time (C) <b>O</b> Monthly Birthday sing-a-long <b>O</b> Hand Massage/Aroma Therapy (L) <b>M</b> Bingo (C)</p>	<p><b>28</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Sit and Be Fit (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Corn Hole (P) <b>O</b> Bingo (C) <b>O</b> Patio Partners (O) <b>M</b> Name That Tune (M)</p>	<p><b>29</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Stretch Band Exercise (P) <b>C</b> Remember When . . . (R,S) <b>L</b> Board Games/Scrabble (C) <b>O</b> Painting &amp; Music (M) <b>O</b> Ice Cream Social (S) <b>M</b> Hand Massage/Aroma Therapy</p>	<p><b>30</b></p> <p><b>P</b> Morning Greeting (S) <b>S</b> Sit &amp; Be Fit Exercise (P,M) <b>C</b> Remember When . . . (R,S) <b>L</b> Words with Friends (C) <b>O</b> Patio Partners (O) <b>O</b> Happy Hour (S) <b>M</b> Afternoon Movie (L)</p>	<p><b>Physical Wellness/Fitness</b> <b>S</b> Social/Spiritual Engagements <b>C</b> Cognitive Visual &amp; Language Skills <b>M</b> Music <b>L</b> Life Enrichment Skills <b>O</b> Outdoor Activities</p>