

Life Enrichment – Southfield

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED —for— LABOR DAY	2 10:15 Healthy Aging Month 10:45 Olympics: Bucket Ball 11:00 Foil Art Craft 12:00 Calendar Review/Request 1:30 Water Shooters	3 Devine Cre8tions \$/Tigers 10:15 HAM: Balanced Diet Tips 10:45 Olympics: Bucket Ball 11:00 Healthy Foods Bingo 12:00 This or that 1:30 Dietitian Chat	4 Avon \$ 10:15 HAM: Role of Exercise 10:45 Olympics: Bucket Ball 11:00 Grandparent's Day Bingo 12:00 Grandparent's Day Trivia 1:15 Grandparent's Day Party	5 10:15 HAM: Mental Resilience 10:45 Olympics: Bucket Ball 11:00 Grandparents' Day Party 12:00 Grandparent's Day Bingo 1:30 Grandparent's Day Trivia
8 Avon \$ 10:15 HAM: Social Connections 10:45 Olympics: Velcro Darts 11:00 Scategories Game 12:00 Name That Tune 1:30 Calendar Review/Request	9 10:15 HAM: Healthy Sleep 10:45 Olympics: Velcro Darts 11:00 Monthly Bday Party 12:00 HOSM / 855 Education 1:30 Pokeno	10 Arnold Palmer Day / Det. Zoo 10:15 Learn about Arnold Palmer 10:45 Olympics: Velcro Darts 11:00 Poke-In Crafts 12:00 HOSM / Spot the Differences 1:15 Monthly Bday Party	11 Art Club 10:15 HAM: Cognitive Exercise 10:45 Olympics: Velcro Darts 11:00 Bingo 12:00 Name That Tune 1:30 IN2L Word Game	12 Paparazzi Jewelry \$ 10:15 HAM: Fall Prevention 10:45 Olympics: Velcro Darts 11:00 Canvas Painting 12:00 Sing Along / Song Requests 1:30 Tabletop Games
15 Hands of Grace \$ 10:15 HAM: Bone Health 10:45 Olympics: Cornhole 11:00 Paper Flower Craft 12:00 HOSM / Name 5 Game 1:30 Bingo	16 Dollar General \$ 10:15 HAM: Heart Health 10:45 Olympics: Cornhole 11:00 Hustle w/ Sheri 12:00 Spot the Differences 1:30 IN2L Word Game	17 African Clothing Vendor \$ 10:15 HAM: Skin Care/Health 10:45 Olympics: Cornhole 11:00 Meet with Sylvia 12:00 Name that Tune 1:30 Fleece and Thank you	18 10:15 HAM: Hearing & Vision 10:45 Olympics: Cornhole 11:00 Casino 12:00 Name that Tune 1:30 Roulette	19 Tim Hortons Carry Out \$ 10:15 HAM: Chronic Conditions 10:45 Olympics: Cornhole 11:00 Craft 12:00 This or That 1:30 HOSM / IN2L Ppt. Choice
22 First Day of Fall 10:15 HAM: Role of Hobbies 10:45 Olympics: Ladder Golf 11:00 Fall Festival 12:00 Fall Trivia 1:30 Dance w/ DJ Silk	23 Tim Hortons Carry Out \$ 10:15 HAM: Gardening 10:45 Olympics: Ladder Golf 11:00 Cardio Drumming 12:00 Fall Trivia 1:30 Fall Festival	24 Card Club 10:15 HAM: Mindfulness 10:45 Olympics: Ladder Golf 11:00 Bingo 12:00 855 ED & Ppt. Rights 1:15 Deblon - Flutist	25 Mary Kay \$ 10:15 HAM: Creative Expression 10:45 Olympics: Ladder Golf 11:00 Snack Shop 12:00 HOSM / Name 5 Game 1:30 Fall Craft	26 Avon \$ 10:15 HAM: Technology Use 10:45 Olympics: Ladder Golf 11:00 Snack Shop 12:00 Karaoke 1:30 Pokeno
29 10:15 HAM: Intergenerational 10:45 Olympics: Basketball 11:00 Farmers Market 12:00 HOSM / Trivia 1:30 Fruits & Veggies Bingo	30 Art Club 10:15 HAM: Hydration 10:45 Olympics: Basketball 11:00 Spa Day 12:00 IN2L LEA Choice Activity 1:30 Fleece and Thank you	Spiritual Wellness- Mondays, Thursdays, and Fridays at 10:30 Bible Study- Wednesdays at 11:15 in the Orange Room Choir Practice- Mondays at 11:00		



Life Enrichment Therapists:
 Lily Hargrave-Thomas, CTRS- 313-480-3332
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