




Life Enrichment – Sterling Heights				September 2025	
Monday	Tuesday	Wednesday	Thursday	Friday	
<b>1</b> <b>CLOSED</b> —for— <b>LABOR DAY</b>	<b>2</b> <b>Elderific Salon</b> 10:00 Salon Sign-Up 10:30 Morning Stretches 10:45 Hand Care/Spa Day 11:30 Calendar Review 1:00 <b>Cardio Drumming</b>	<b>3</b> <b>ANNUAL PICNIC</b> 	<b>4</b> <b>ANNUAL PICNIC</b> 	<b>5</b> <b>Grandparents Day (7<sup>th</sup>)</b> 10:00 This Day in History 10:30 Chair Aerobics 10:45 Conversation Starters 11:30 Calendar Review 1:00 Newspaper Race	
<b>8</b> <b>Willy Wonka Party</b> 10:00 Morning Gratitude 10:30 Movement to Music 10:45 Oompa Loompa Bowling 11:30 Golden Ticket Raffle 1:00 <b>Paul Ritchie/Bingo</b>	<b>9</b> <b>Willy Wonka Party</b> 10:00 Music & Mingle 10:30 Chair Yoga 10:45 Golden Ticket Raffle 11:30 Activity Planning 1:00 <b>Dynamic Duo/Bingo</b>	<b>10</b> <b>Zoo Outing</b> 10:00 This Day in History 10:30 Cornhole 10:45 Guided Meditation 11:30 <b>Participant Art Show</b> 1:00 September Trivia/ <b>Euchre</b>	<b>11</b> Patriots' Day 10:00 Daily Wordle 10:30 Basketball 10:45 Bird Feeder Craft 11:30 <b>Participant Art Show</b> 1:00 <b>Olympics/Garden Club</b>	<b>12</b> <b>Elderific Salon</b> 10:00 Hand Care/Spa Day 10:30 Walk 'n' Roll 10:45 Bird Feeder Craft 11:30 Activity Planning 1:00 Wheelchair Car Wash	
<b>15</b> <b>Detroit Lions Week</b> 10:00 Music & Mingle 10:30 Morning Stretches 10:45 Detroit Lions Trivia 11:30 Day Center Etiquette 1:00 Pie Social/ <b>MEG</b>	<b>16</b> 10:00 This Day in History 10:30 Chair Aerobics 10:45 <b>Seafoam Art w/Kim</b> 11:30 Day Center Etiquette 1:00 <b>Theo Spight/Bingo</b>	<b>17</b> <b>Fall Bazaar</b> 10:00 Nat'l Country Music Day 10:30 Movement to Music 10:45 Independent Leisure 11:30 855 Education 1:00 Family Tree Project	<b>18</b> <b>Tiger's Game Outing</b> 10:00 Coffee & Conversation 10:30 Chair Yoga 10:45 Jumbo Balloon Toss 11:30 SCAM Prevention Educ. 1:00 Family Tree Project	<b>19</b> <b>Meet &amp; Greet Cheerleaders</b> 10:00 Morning Gratitude 10:30 <b>Seafoam Art w/Kim</b> 10:45 <b>Detroit Lions Party</b> 11:30 SCAM Prevention Educ. 1:00 <b>Lions Cheerleaders</b>	
<b>22</b> First Day of Fall 10:00 This Day in History 10:30 Velcro Darts 10:45 <b>Oktoberfest</b> 11:30 Learn German 1:00 <b>Dynamic Duo/Garden</b>	<b>23</b> 10:00 Daily Wordle 10:30 Walk 'n' Roll 10:45 <b>Oktoberfest/Baking Club</b> 11:30 HOS-M Surveys 1:00 Autumn Wreath Craft	<b>24</b> 10:00 Coffee & Conversation 10:30 Morning Stretches 10:45 Conversation Starters 11:30 October Outing Sign-Up 1:00 Autumn Wreath/ <b>Euchre</b>	<b>25</b> <b>Farmer's Market</b> 10:00 Morning Gratitude 10:30 Chair Aerobics 10:45 Walker Decorating 11:30 October Outing Sign-Up 1:00 <b>Olympics/Ind. Leisure</b>	<b>26</b> <b>Walmart Outing</b> 10:00 Music & Mingle 10:30 Movement to Music 10:45 Walker Decorating 11:30 HOS-M Surveys 1:00 <b>PACE Choir Concert</b>	
<b>29</b> <b>Pet Therapy</b> 10:00 Daily Wordle 10:30 Chair Yoga 10:45 Pokeno 11:30 Henna with Lia 1:00 <b>Craft Club/Bingo</b>	<b>30</b> <b>Fishing Outing</b> 10:00 Coffee & Conversation 10:30 Basketball 11:00 <b>Tai Chi</b> 11:30 855 Education 1:00 <b>Olympics/Mocktails</b>	<b>Book Club:</b> Tuesday, September 2 <sup>nd</sup> @ 11:00 a.m. <b>Bible Study Thursdays</b> <b>Men's Empowerment Group (MEG):</b> Monday, Sept. 15 <sup>th</sup> <b>Choir Club Fridays</b>			



Life Enrichment Therapists: Chelsea Roginski, CTRS (248) 763-4611  
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