

Life Enrichment – Westland

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Welcome to September! Paparazzi Jewelry \$ 10:15 Sip & Socialize 10:45 Spiritual Wellness 11:00 Craft 1:00 Pom Pom Exercise 1:30 Calendar Review/Request 2:30 Monthly Trivia/ Gazette	3 Wear Your Tigers Attire! Outing to Tigers Game \$ 10:15 Talk & Tunes 10:45 Bible Study 11:00 Jewelry Making 1:00 Move & Groove 1:30 Calendar Review/Request 2:30 Senior Olympic Practice	4 10:15 Morning Music 10:45 Bible Study 11:00 Farmers' Market 1:00 Chair Zumba 1:30 Bingo 2:30 Social Hour	5 Bring pictures of grandkids! 10:15 Coffee & Converse 10:45 Spiritual Wellness 11:00 Crochet Hour 1:00 Chair Exercise 1:30 Grandparent's Day Social 2:30 Would you rather?
8 10:15 You Choose Music 10:45 Spiritual Wellness 11:00 Art Hour 1:00 Chair Exercise 1:30 Bingo 2:30 Chat w/ Diane	9 Joy of Chocolate \$ 10:15 Coffee & Converse 10:45 Spiritual Wellness 11:00 Westland Police Dept. 1:00 Seated Stretches 1:30 Decorate Cookies 2:30 Social Hour	10 Avon \$ 10:15 Sip & Socialize 10:45 Bible Study 11:00 Cards/Board Games 1:00 Pom Pom Exercise 1:30 IN2L Word Games 2:30 Activity Packet	11 Outing to Red Robin \$ 10:15 Talk & Tunes 10:45 Bible Study 11:00 Art Hour 1:00 Move & Groove 1:30 Movie Matinee 2:30 Independent Leisure	12 10:15 Morning Music 10:45 Spiritual Wellness 11:00 Bingo 1:00 Friday Fitness Fun 1:30 Shake it w/ Sheri 2:30 Trivia
15 Joy of Chocolate \$ 10:15 Morning Music 10:45 Spiritual Wellness 11:00 Senior Olympic Practice 1:00 Fitness Fun 1:30 Shelia Entertainment 2:30 855 edu./Ppt. Rights	16 10:15 Talk & Tunes 10:45 Spiritual Wellness 11:00 Plant w/ Pat 1:00 Chair Zumba 1:30 IN2L 2:30 855 edu./ Ppt. Rights	17 10:15 Coffee & Converse 10:45 Bible Study 11:00 Bingo 1:00 Wednesday Workout 1:30 DJ Mike 2:30 Trivia	18 10:15 Sip & Socialize 10:45 Bible Study 11:00 Art Hour 1:00 Pom Pom Exercise 1:30 Al Livingston Music 2:30 Chat w/ Diane	19 Football Friday, Wear your fav team! 10:15 You Choose Music 10:45 Spiritual Wellness 11:00 Bingo 1:00 Move & Groove 1:30 Men's Group/ IN2L 2:30 Velvet Art
22 First Day of Fall! 10:15 Talk & Tunes 10:45 Spiritual Wellness 11:00 Fall Craft 1:00 Move & Groove 1:30 Cider & Donuts 2:30 Fall Trivia & Raffle	23 Avon \$ 10:15 Morning Music 10:45 Spiritual Wellness 11:00 Oktoberfest 1:00 Fitness Fun 1:30 Travel to Germany & Snack 2:30 All about Oktoberfest	24 10:15 Talk & Tunes 10:45 Bible Study 11:00 Art Hour 1:00 Chair Exercise 1:30 Nutrition Edu. w/ Emily 2:30 Independent Leisure	25 Divine Cre8tions \$ 10:15 Coffee & Converse 10:45 Bible Study 11:00 Senior Olympic Practice 1:00 Seated Stretches 1:30 Bingo 2:30 IN2L	26 Gilligan's Island Day Lady V Creative Tee's \$ 10:15 Sip & Socialize 10:45 Spiritual Wellness 11:00 TV Bingo 1:00 Pom Pom Exercise 1:30 Watch Gilligan's Island 2:30 What to bring if you were stranded?
29 10:15 Sip & Socialize 10:45 Spiritual Wellness 11:00 Card/Board Games 1:00 Chair Zumba 1:30 Petting Zoo 2:30 Senior Olympic Practice	30 10:15 Talk & Tunes 10:45 Spiritual Wellness 11:00 Bingo 1:00 Move & Groove 1:30 Monthly Birthday Party 2:30 Social Hour	Life Enrichment Therapist: Julia Gaglio, CTRS (313) 500-2032 Life Enrichment Assistant: Alberta Lopez PACE # 855-445-4554 Aisha's Salon: Thursday & Friday, Sign Up! \$ *activities are subject to change*		

