

Life Enrichment – Southfield Center

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:15 Morning News 10:45 Simon says Workout 11:00 Pictionary 12:00 Name That Tune 1:30 Participant Rights	2 Julie Bodson/ Tai Chi 10:15 Morning Gratitude 10:45 Math Gym 11:00 Community Tree Craft 12:00 Calendar Review 1:30 885 Edu	3 10:15 Breakfast and Jam 10:45 Light Physical Fitness 11:00 Community Tree Craft 12:00 Calendar Review 1:30 855 EDU	4 10:15 Coffee + Conversation 10:45 Simon says Workout 11:00 Bingo 12:00 Calendar planning 1:30 Hispanic Heritage Triva
7 CLOSED —for— LABOR DAY	8 Julie Bodson 10:15 Breakfast and Jam 10:45 Light Stretches 11:00 Jewelry Making 12:00 Calendar Planning 1:30 Participants Rights	9 Center Closed Staff Development	10 Pizza Hut Carry-Out 10:15 Breakfast and Jam 10:45 Math Gym 11:00 Tai Chi 12:00 Name That Theme song 1:30 Pokeno	11 Amando/ Carla’s Oils 10:15 Morning News 10:45 Light Physical Fitness 11:00 Paper Tree Craft 12:00 Name That Theme song 1:30 You be the judge
14 Elderific Salon 10:15 Rise + Shine 10:45 Light Physical Fitness 11:00 Bag Decorating 12:00 Higher or Lower 1:30 21-Questions	15 Dollar Tree/Tai Chi 10:15 Morning Gratitude 10:45 Math Gym 11:00 Snack Shop 12:00 Name 5 1:30 Higher + Lower	16 New Strategy 10:15 Morning News + Tunes 10:45 Simon says Workout 11:00 Snack Shop 12:00 Math Gym 1:30 21-Questions	17 Annual Picnic/ Farmers Market 	18 ANNUAL PICNIC 
21 First Day of Fall 10:15 Grateful Grateful 10:45 Monday Fitness 11:00 Oktoberfest 12:00 Math Gym 1:30 You be the judge	22 10:15 Coffee + Conversation 10:45 Big Clap Exercise 11:00 Oktoberfest 12:00 Would You Rather 1:30 Table Games	23 Birthday Party 10:15 Morning News 10:45 Wednesday Fitness 11:00 Sundae Social 12:00 Name 5 1:30 Bingo	24 Birthday Party/Dj Mike 10:15 Coffee + Conversation 10:45 Light Stretches 11:00 Sundae Social 12:00 Would You Rather 1:30 Bingo	25 Food Service Worker Day/Deblon 10:15 Rise + Shine 10:45 Simon says Workout 11:00 Family Feud 12:00 Conversation Starters 1:30 Trivia
28 Fall Choir Concert 10:15 Rise + Shine 10:45 Big Clap Exercise 11:00 Bucket Dump 12:00 Hispanic Heritage Triva 1:30 Name That tune	29 Cider Mill/Amando 10:15 Breakfast and Jam 10:45 Light Physical Fitness 11:00 Cider Social 12:00 Higher Lower 1:30 Pokeno	30 Fall into Fashon Show 10:15 Grateful Grateful 10:45 Movement to the music 11:00 Fashion Show 12:00 Best Dressed 1:30 Name that tune	Farmers Market Sep 17th Bible Study Weds 11a-12p Choir rehearsal 11a-12p Drama Club 8th & 22nd – 1:30pm	