

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Seabury Woods calendar is subject to change please see the daily activity sheet for the most up to date information.		9am Walking Group w/Kristen -LB 10:30 Rosary Group w/Residents -CH 11am Piggy Bankers w/Becky -CH 1:30 Travelogue: Meet me in Montreal w/Becky -CH 2:45 Rummikub w/Becky -AC (Quiet Rummikub in Chapel) 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB 8pm Virtual Meditation w/Katie (On Zoom)	10:30 MITE/Exercise w/Becky -CH* 1:30 Jeopardy w/Becky -CH 3:15 Music w/The Bradley Bros -MC 5:30 Bingo w/Michele -MC	9am Walking Group (weather permitting) w/Kristen -LB 10:30 Drumming w/Becky -CH 1:30 Manicures w/Kristen -AC 3pm Mexican Dominoes w/Kristen -AC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB	10:30 MITE/Exercise w/Kristen -CH* 1pm Hochstein Music Therapy w/Cassie -MC 1:15 Worship Service w/Rev. Hilary -CH 2:15 Bingo w/Kristen & Becky -DR* 3:30 Happy Hour w/Kristen & Becky -LB*	10:30 Art for the Young at Heart w/Terese -CH* 2pm Java Music w/Nancy -CH* 3pm Open Games w/Residents -AC
Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* 2:30 Read Aloud w/David -PDR	10am Communion (Catholic) w/Martha -CH* 10:30 Open Games w/Residents 3:30 Bible Study w/Nancy -CH Labor Day	9am Walking Group (weather permitting) w/Kristen -LB 10:30 Rosary Group w/Residents -CH 11am Wheel of Fortune w/Kristen -CH 1:30 Craft Corner w/Kristin -AC 2:45 Rummikub w/Kristen -AC (Quiet Rummikub in Chapel) 4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB 8pm Virtual Meditation w/Katie (On Zoom)	10:30 MITE/Exercise w/Becky -CH* 1:30 Family Feud w/Becky -CH 3:15 Music w/Rob Gioia -MC 5:30 Bingo w/Michele -MC	9am Walking Group (weather permitting) w/Kristen -LB 10:30 Drumming w/Becky -CH 1:30 Manicures w/Kristen -AC 3pm Mexican Dominoes w/Kristen -AC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB	10:30 MITE/Exercise w/Kristen -CH* 1pm Hochstein Music Therapy w/Cassie -MC 1:15 Worship Service w/Pastor Eric -CH 2:15 Bingo w/Kristen & Becky -DR* 3:30 Happy Hour w/Kristen & Becky -LB* Rosh Hashanah Begins	10:30 Art for the Young at Heart w/Terese -CH* 1:30 Block Party! w/music by The Bradley Brothers, refreshments and fun! -MC Garden and Gazebo
Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* 1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC* 2:30 Read Aloud w/David -PDR Grandparents Day	10am Communion (Catholic) w/Martha -CH* 10:30 MITE/Exercise w/Kristen -CH* 1:30 Chair Yoga w/Katie -COE* (meet in LB at 1:15) 3:30 Bible Study w/Nancy -CH 6pm Movie Night w/Robin-CH	9am Walking Group w/Kristen -LB 10:30 Rosary Group w/Residents -CH 11am Piggy Bankers w/Kristen -CH 1:15- Resident Council Mtg w/ Staff (for all AL Residents) -CH 2:45 Rummikub w/Kristen -AC (Quiet Rummikub in Chapel) 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB 8pm Virtual Meditation w/Katie (On Zoom)	10:30 MITE/Exercise w/Kristen -CH* 1:30 Jeopardy w/Becky -CH 3:15 Music w/Judd Sunshine -MC 5:30 Bingo w/Michele -MC	9am Walking Group (weather permitting) w/Kristen -LB 10:30 Drumming w/Becky -CH 1:30 Manicures w/Kristen -AC 2pm Armchair Travel w/Beth -MC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB 5pm Family Caregiver Support Group w/Jen -CH	10:30 MITE/Exercise w/Kristen -CH* 1pm Hochstein Music Therapy w/Cassie -MC 1:15 Worship Service w/Patti -CH 2:15 Bingo w/Kristen & Becky -DR* 3:30 Happy Hour w/Kristen & Becky -LB*	10:30 Art for the Young at Heart w/Terese -CH* 2pm Java Music w/Nancy -CH* 3pm Open Games w/Residents -AC Oktoberfest Begins
Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* 1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC* 2:30 Read Aloud w/David -PDR Yom Kippur Begins	10am Communion (Catholic) w/Martha -CH* 10:30 MITE/Exercise w/Becky -CH* 1:30 Chair Yoga w/Katie -COE* (meet in LB at 1:15) 2:30 Food Meeting w/AJ -DR 3:30 Bible Study w/Nancy -AC 6pm Movie Night w/Robin-CH	10:30 ESLC Resident Picnic at Ontario Beach Park w/Rec Staff -Meet in LB 4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe and Sam Autumn Begins	10:30 MITE/Exercise w/Becky -CH* 2:30 September Birthday Party w/Rec Staff -DR 3:15 Music w/The Misfits -MC	9am Walking Group (weather permitting) w/Kristen -LB 10:30 Drumming w/Becky -CH 1:30 Manicures w/Kristen -AC 2:45 Trash Card Game w/Becky -AC 4pm Volunteer Banquet at Irondequoit Country Club w/Becky -meet in LB	10:30 MITE/Exercise w/Kristen -CH* 1pm Hochstein Music Therapy w/Cassie -MC 1:15 Worship Service w/Rev. Hilary -CH 2:15 Bingo w/Kristen & Becky -DR* 3:30 Happy Hour w/Kristen & Becky -LB* Sukkot Begins	10:30 Art for the Young at Heart w/Terese -CH* 2pm Open Games w/Residents -AC
Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* 1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC* 2:30 Read Aloud w/David -PDR	10am Communion (Catholic) w/Martha -CH* 10:30 MITE/Exercise w/Becky -CH* 1:30 Chair Yoga w/Katie -COE* (meet in LB at 1:15) 3pm Scrabble w/Kristen -AC 6pm Movie Night w/Robin-CH	9am Walking Group w/Kristen -LB 10:30 Rosary Group w/Residents--CH 11am Trivia w/Kristen -CH 1:30 Table Tob Bowling w/Kristen -CH 2:45 Rummikub w/Kristen -AC (Quiet Rummikub in Chapel) 4pm Resident Social Hour (BYOB) w/Dorothy, Mike & Sam -LB 8pm Virtual Meditation w/Katie (On Zoom)	10:30 MITE/Exercise w/Becky -CH* 1:30 Jeopardy w/Becky -CH 3:15 Music w/Standard Times -MC 5:30 Bingo w/Michele -MC	September 2026 Seabury Woods Assisted Living		

Questions? Contact Becky 426-4950. AC=Activity Center, CH=Chapel, COE=Church of the Epiphany, DR=Dining Room, LB=Lobby, MC=Memory Care, PDR=Private Dining Room

September 2026

Seabury Woods Memory Care

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