

September 2025

Fraser Lifestyle Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:15 Prayer Circle (ES) 10:00 Weights Exercise (HS1) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game (CR3) 2:30 Pokeno Game - Like Bingo (HH) 4:00 Happy Hour (HS1) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	10:00 Exercise Bands (HS1) 10:30 Shuffleboard Tourney (SAR) 1:00 Black Jack Card Game-Bring Dimes (HH) 2:30 Beverages in the Pub (HP3) 3:00 Jewelry Making (HS1) 4:00 Resident Rosary Prayer (ES) 6:30 Music Trivia (CD)	9:00 Men's Coffee Talk-Fire Men Visit (CS2) 10:00 Chair Yoga (HS1) 10:30 Bridge Card Game- 3rd Floor (CR3) 10:50 Pet Therapy w/Melody & Zoey (HS1) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:30 Game Night (CS2)	10:00 Cardio Drumming (HS1) 1:00 Baking for Birthdays (HS1) 1:00 Dominoes (DL) 3:00 Celebrate Birthdays (HH) 4:00 Resident Rosary Prayer (ES) 6:30 Discuss Favorite Recipes (CD)	9:30 Yoga & Cardio (HS1) 10:00 Ladies Coffee & Laughs (CS2) 11:00 iPhone 101 Class (BT) 1:00 LCR Dice Game (HH) 1:00 Pitch Card Game-3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Discuss Favorite Recipes (CD)	10:30 Cribbage - Resident-Led (HS1) 1:30 Pokeno Game - Like Bingo-Resident Led (HH) 2:30 Bridge Card Game - Resident Led (DL)
9:45 Catholic Communion Service (ES) 10:30 Movement Exercise - Resident-Led (HS1) 1:00 Bridge Card Game - Resident-Led (DL) 1:00 Canasta Card Game (DL) 3:30 Ladies Coffee & Laughs (HS1)	9:15 Prayer Circle (ES) 10:00 Weights Exercise (HS1) 10:30 Catholic Mass w/ Father Vince (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game (CR3) 1:30 Improving Balancing & Falls (BT) 2:30 Pokeno Game - Like Bingo (HH) 3:30 Pet Therapy w/Sandy & Darby (HS1) 4:00 Happy Hour (HS1) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	9:00 Dog Park Trip 10:00 BINGO & Storm Chasers Game-Trip 10:00 Exercise Bands (HS1) 1:00 Monthly Book Club (HH) 2:00 Husker Jewelry Making (CS2) 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES)	9:00 Men's Coffee Talk-Fire Men Visit (CS2) 10:00 Chair Yoga (HS1) 10:30 Bridge Card Game- 3rd Floor (CR3) 10:50 Pet Therapy w/Melody & Zoey (HS1) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:30 Game Night (CS2)	10:00 Cardio Drumming (HS1) 1:00 Dominoes (DL) 1:00 Lifelong Learning (Mike Talk): History of Musical Instruments (BT) 2:30 Soaring Wings Winery Trip (DL) 3:00 LCR Dice Game (HS1) 4:00 Resident Rosary Prayer (ES)	9:30 Yoga & Cardio (HS1) 10:00 Ladies Coffee & Laughs (CS2) 11:00 Life Loop Training on Devices (BT) 1:00 LCR Dice Game (HH) 1:00 Pitch Card Game-3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 4:00 Resident Rosary Prayer (ES) 6:30 UNO Card Game (HS1)	10:30 Cribbage - Resident-Led (HS1) 1:30 Pokeno Game - Like Bingo-Resident Led (HH) 2:30 Bridge Card Game - Resident Led (DL) 6:30 Shuffleboard (SAR)
9:45 Catholic Communion Service (ES) 10:30 Movement Exercise - Resident-Led (HS1) 1:00 Bridge Card Game - Resident-Led (DL) 1:00 Canasta Card Game (DL) 3:30 Ladies Coffee & Laughs (HS1)	9:15 Prayer Circle (ES) 10:00 Weights Exercise (HS1) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game (CR3) 2:30 Pokeno Game - Like Bingo (HH) 4:00 Happy Hour (HS1) 4:00 Resident Rosary Prayer (ES) 4:30 Parker's Steakhouse/Baker's Candy Trip (B) 6:30 Let's Shoot Pool (CR3)	10:00 Exercise Bands (HS1) 11:00 Christian Service- w/Pastor Mary (ES) 11:00 Equipment Training w/ Innovate (FG) 1:00 Black Jack - Bring Dimes (HH) 2:30 Beverages in the Pub-Lip Sync Battle (HP3) 4:00 Resident Rosary Prayer (ES)	9:00 Men's Coffee Talk-Fire Men Visit (CS2) 10:00 Chair Yoga (HS1) 10:30 Bridge Card Game- 3rd Floor (CR3) 10:30 Community Meeting (HS1) 10:50 Pet Therapy w/Melody & Zoey (HS1) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:30 Game Night (CS2)	10:00 Air and Space Museum Trip (B) 10:00 Cardio Drumming (HS1) 1:00 Dominoes (DL) 1:00 Make Dessert for Fire Dept. (CS2) 2:00 Retail Rebel Trip 4:00 Resident Rosary Prayer (ES) 4:30 Bunco (HH) 6:30 Trivia (CD)	9:30 Yoga & Cardio (HS1) 10:00 Ladies Coffee & Laughs (CS2) 11:00 iPhone 101 Class (BT) 1:00 LCR Dice Game (HH) 1:00 Pitch Card Game-3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 4:00 Resident Rosary Prayer (ES)	10:30 Cribbage - Resident-Led (HS1) 1:30 Pokeno Game - Like Bingo-Resident Led (HH) 2:30 Bridge Card Game - Resident Led (DL) 6:30 Shuffleboard (SAR)
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Questions? Please contact Laura Stuart at lstuart@hillcresthealth.com

All activities subject to change



Location Key

B = Bus/Van
P = Patio
HH = Highlands Hall
FG = Fitness Gym
ES = Exercise Studio
SS&S = Serenity Salon & Spa
BT = Bravo Theatre
DR = Drummond's Restaurant
DL = Drummond's Lounge
MC = Memory Care
HS1 = Hobby Shop, 1st Fl
AT = Atrium
SAR = St. Andrew's Rm, 2nd Fl
CS2 = Creation Station, 2nd Fl
FL1 = Fraser Library, 1st Fl
CR3 = Club Room, 3rd Fl
CD = Cameron's Dining
FL = Fraser Library
V = Veranda

Serenity Salon & Spa

Serenity Salon & Spa offers haircuts, styling, manicures, pedicures, facials, massages and more. To book an appointment, contact concierge services. The salon is open on Fridays, and massages are available every other Thursday.



THE HIGHLANDS LIFESTYLE EXPERIENCE

Monthly Calendar of Events & Activities

September 2025

