

September 2025Sutherland Apartments Lifestyle Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30 YMCA Water Aerobics (B) 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game-3rd (CR3) 2:30 Pokeno Game - Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	1 9:30 Exercise Bands (ES) 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 10:30 Shuffleboard Tourney (SAR) 1:00 Black Jack Card Game-Bring Dimes (HH) 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR)	2 8:30 YMCA Water Aerobics (B) 9:00 Men's Coffee Talk/Fire Men Visit (CS2) 9:30 Tai Chi for Balance (ES) 9:30 Tai Chi for Balance (ES) 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 3:30 Walking Club Includes Pets 6:30 Game Night (CS2)	3 9:30 Drumming w/ Music (ES) 10:00 Mah Jongg (CR3) 1:00 Baking for Birthdays (HS1) 1:00 Dominoes (DL) 3:00 Celebrate Birthdays (HH) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Golf (SAR)	4 8:30 YMCA Water Aerobics (B) 9:30 Cardio Drumming (ES) 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 Shoot Pool (CR3)	5 10:30 Cribbage - Resident-Led (DL) 1:30 Pokeno Game - Like Bingo-Resident Led (HH) 2:30 Bridge Card Game - Resident Led (DL) 4:00 Beverages in the Pub (HP3)
9:30 Movement Exercise - Resident-Led (ES) 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game - Resident-Led (DL) 1:00 Canasta Card Game (DL)	7 8:30 YMCA Water Aerobics (B) 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Catholic Mass w/ Father Vince (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game-3rd (CR3) 1:30 Improve Balancing & Falls (BT) 2:30 Pokeno Game - Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	8 9:00 Dog Park Trip 9:30 Exercise Bands (ES) 10:00 BINGO & Storm Chasers Game-Trip 10:00 Hy-Vee/Walmart- Cancelled Due to Baseball Game (B) 10:00 Mah Jongg (HP3) 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) 6:30 Let's Play Darts (SAR)	9 8:30 YMCA Water Aerobics (B) 9:00 Men's Coffee Talk/Fire Men Visit (CS2) 9:30 Tai Chi for Balance (ES) 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:30 Game Night (CS2)	10 9:30 Drumming w/ Music (ES) 10:00 Mah Jongg (CR3) 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) 6:30 Let's Play Golf (SAR)	11 8:30 YMCA Water Aerobics (B) 9:30 Cardio Drumming (ES) 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 Let's Shoot Pool (CR3)	12 10:30 Cribbage - Resident-Led (DL) 1:30 Pokeno Game - Like Bingo-Resident Led (HH) 2:30 Bridge Card Game - Resident Led (DL) 4:00 Beverages in the Pub (HP3) 6:30 Shuffleboard (SAR)
9:30 Movement Exercise - Resident-Led (ES) 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game - Resident-Led (DL) 1:00 Canasta Card Game (DL)	14 8:30 YMCA Water Aerobics (B) 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game-3rd (CR3) 2:30 Pokeno Game - Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 4:30 Parker's Steakhouse/Baker's Candy Trip (B) 6:30 Let's Shoot Pool (CR3)	15 9:30 Exercise Bands (ES) 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 11:00 Christian Service- w/Pastor Mary (ES) 1:00 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) 6:30 Let's Play Darts (SAR)	16 8:30 YMCA Water Aerobics (B) 9:00 Men's Coffee Talk/Fire Men Visit (CS2) 9:30 Tai Chi for Balance (ES) 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:30 Game Night (CS2)	17 9:30 Drumming w/ Music (ES) 10:00 Air and Space Museum Trip (B) 10:00 Mah Jongg (CR3) 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 Let's Play Golf (SAR)	18 8:30 YMCA Water Aerobics (B) 9:30 Cardio Drumming (ES) 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 Let's Shoot Pool (CR3)	19 10:30 Cribbage - Resident-Led (DL) 1:30 Pokeno Game - Like Bingo-Resident Led (HH) 2:30 Bridge Card Game - Resident Led (DL) 4:00 Beverages in the Pub (HP3) 6:30 Shuffleboard (SAR)
9:30 Movement Exercise - Resident-Led (ES) 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game - Resident-Led (DL) 1:00 Canasta Card Game (DL) 4:00 Let's Play Darts (SAR)	21 8:30 YMCA Water Aerobics (B) 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game-3rd (CR3) 2:30 Pokeno Game - Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	22 9:30 Exercise Bands (ES) 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 1:00 Black Jack Card Game-Bring Dimes (HH) 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR)	23 8:30 YMCA Water Aerobics (B) 9:00 Men's Coffee Talk/Fire Men Visit (CS2) 9:00 PODIATRIST- By Appointment Only (CS2) 9:30 Tai Chi for Balance (ES) 10:00 Community Meeting (HH) 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 3:30 Learn Line Dancing (ES) 3:30 Walking Club (AT) 6:30 Game Night (CS2)	24 9:30 Drumming w/ Music (ES) 10:00 Mah Jongg (CR3) 11:00 Jessica w/Timeless Apparel (AT) 1:00 Bunco (HH) 1:00 Dominoes (DL) 2:00 Bake N Take (CS2) 2:00 War Horse Casino (B) 3:00 Shuffleboard & Soda (SAR) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Golf (SAR)	25 8:30 YMCA Water Aerobics (B) 9:30 Cardio Drumming (ES) 10:00 Ladies Coffee & Laughs (CS2) 11:00 Life Loop Training on Devices (BT) 1:00 Life Loop Training on Devices 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 Let's Play Golf (SAR)	26 10:30 Cribbage - Resident-Led (DL) 1:30 Pokeno Game - Like Bingo-Resident Led (HH) 2:30 Bridge Card Game - Resident Led (DL) 4:00 Beverages in the Pub (HP3)
9:30 Movement Exercise - Resident-Led (ES) 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game - Resident-Led (DL) 1:00 Canasta Card Game (DL) 4:00 Shuffleboard - Resident-Led (SAR)	28 8:30 YMCA Water Aerobics (B) 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game-3rd (CR3) 2:30 Pokeno Game - Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	29 9:30 Exercise Bands (ES) 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 1:00 Black Jack Card Game-Bring Dimes (HH) 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR)	30 <div>BIRTHDAYS: Bob F. - 3rd Laurie R. - 20th Ed M. - 22nd Mike P. - 22nd Tom P. - 22nd Sue C. - 24th Paula C. - 26th Steve W. - 27th</div>	<div>Wedding Anniversaries: Dennis & Joan G. - 8th Laurie R. & Wayne W- 9th Ed & Marie C. - 10th</div>	<div>National Days: 1- Labor Day 5- Cheese Pizza Day 14- Grandparents' Day 18- Air Force Day 8-13 Assisted Living Week</div>	



Location Key

B = Bus/Van
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
AT = Atrium
SAR = St. Andrew's Rm, 2nd Fl
CS2 = Creation Station, 2nd Fl
VP2 = Veterans Point, 2nd Fl
HP3 = Highview Pub, 3rd Fl
CR3 = Club Room, 3rd Fl
CC3 = Celtic Corner, 3rd Fl
SL2 = Sutherland Library, 2nd Fl
V = Veranda
FL = Fraser Library

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

