

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 September 2026 Fraser Lifestyle Calendar		● 10:00am Exercise Bands w/ Nolan (Hob) ● 10:00am Weekly Shopping: Walgreens/Hy-Vee (B) ● 12:30pm Paint w/ Watercolor (Hob) ● 1:00pm Dime Blackjack (HH) ● 2:00pm Line Dancing (ES) ● 2:30pm Mixology Class: Margarita (HP3) ● 4:00pm Resident Rosary Prayer (ES) ● 4:30pm Shuffleboard Practice Scramble (OP)	● 8:30am YMCA (Register) (B) ● 9:00am Men's Coffee Hour (CS) ● 10:30am Kitchen Club: Popcorn Balls (Hob) ● 11:00am LifeLoop Training (BT) ● 11:00am Rosary & Communion w/Norm (ES) ● 1:00pm Bingo (BT) ● 1:00pm Scrabble (DL) ● 2:30pm Game Night (CS) ● 5:00pm (\$) Supper Club: Spaghetti Works ● 7:00pm Neb. vs. SDSU Volleyball Game (BT)	● 10:00am Cardio Drumming (Hob) ● 10:30am Balloon Volleyball (CD) ● 10:30am Fun Trivia! (BT) ● 1:00pm Bible Study (CS) ● 1:00pm Dominoes (DL) ● 2:00pm Book Club Meeting (CS) ● 3:00pm September Birthday Celebration (HH) ● 4:00pm Resident Rosary Prayer (ES) ● 4:30pm Shuffleboard Practice Scramble (OP)	● 8:30am YMCA (Register) (B) ● 9:00am (\$) Ladies Coffee: Billy's Gretna Cafe (B) ● 10:00am Chair Yoga (Hob) ● 11:30am Ambassador Committee Meeting (SCon) ● 1:00pm Bunco Dice Game (DL) ● 1:00pm Pitch Card Game (CR3) ● 1:30pm Paint & Sip ● 3:00pm Jeopardy! (HH) ● 4:00pm Resident Rosary Prayer (ES) ● 5:00pm Neb. vs. DePaul Volleyball Game (BT) ● 7:00pm Movie: "Tender Mercies" (BT)	● 9:30am Seated Exercise (Hob) ● 10:30am Cribbage (DL) ● 11:00am Neb. vs. Ohio Football Game (BT) ● 2:30pm Dime Blackjack (HH) ● 2:30pm Scrabble Board Game (DL) ● 3:00pm Shuffleboard Open Play (OP) ● 3:30pm Cornhole Game (OP) ● 6:00pm Movie: "The Terminator" (BT)
● 9:45am Worship: Catholic Communion Service (ES) ● 11:00am Coffee & Rolls (HH) ● 11:00am Hymn Sing-Along (HH) ● 1:00pm Bridge (DL) ● 1:00pm Canasta Card Game (DL) ● 2:00pm Sunday Gentle Exercise (ES) ● 3:00pm Movie: "Unstoppable" (BT) ● 8:00pm Neb. vs. Missouri Volleyball Game (BT)	● 8:30am YMCA (Register) (B) ● 10:00am Seated Exercise w/ Nolan (Hob) ● 1:00pm Pitch (Card Game) (CR3) ● 2:30pm Happy Hour & Pokeno Game (HP3) ● 3:30pm Bowling on the Big Screen (BT) ● 4:00pm Resident Rosary Prayer (ES)	● 10:00am Exercise Bands w/ Nolan (Hob) ● 10:00am Weekly Shopping: Walmart/Hy-Vee (B) ● 12:30pm Paint w/ Watercolor (Hob) ● 1:00pm Dime Blackjack (HH) ● 2:00pm Line Dancing (ES) ● 3:00pm Shuffleboard Tournament (OP) ● 4:00pm Resident Rosary Prayer (ES) ● 6:30pm Dementia Support Group (HH)	● 8:30am YMCA (Register) (B) ● 9:00am Men's Coffee Hour (CS) ● 10:00am Seated Exercise w/ Renate (Hob) ● 10:30am Kitchen Club: Puppy Chow (Hob) ● 11:00am Rosary & Communion w/Norm (ES) ● 1:00pm Bingo (BT) ● 1:00pm Scrabble (DL) ● 2:00pm Bible Study w/Pastor Jerry (SCon) ● 2:30pm Game Night (CS) ● 3:00pm Shuffleboard Tournament (OP)	● 10:00am Cardio Drumming (Hob) ● 10:30am Balloon Volleyball (CD) ● 10:30am Fun Trivia! (BT) ● Afternoon PUB Closed! (Marketing Event) (HP3) ● 1:00pm Bible Study (CS) ● 1:00pm Dominoes (DL) ● 2:00pm Lifelong Learning (Mike Talk): September 11, 2001 (BT) ● 3:00pm Shuffleboard Tournament Championship (OP) ● 4:00pm Resident Rosary Prayer (ES) ● 6:30pm Neb. vs. New Mexico Volleyball Game (BT)	● 8:30am YMCA (Register) (B) ● 9:00am Ladies Coffee: Billy's Gretna Cafe (B) ● 10:00am Chair Yoga w/ Suzy (Hob) ● 10:00am Ladies Coffee (HH) ● 11:30am Ambassador Committee Meeting (SCon) ● 1:00pm Bunco Dice Game (DL) ● 1:00pm Pitch Card Game (CR3) ● 1:30pm Paint & Sip ● 3:00pm Neighborhood Feud (HH) ● 4:00pm Resident Rosary Prayer (ES) ● 7:00pm Neb. vs. Baylor Volleyball Game (BT)	● 9:30am Seated Exercise (Hob) ● 10:30am Cribbage (DL) ● 12:00pm Rockbrook Village Art Fair (RV) ● 2:00pm Neb. vs. Georgia Tech Volleyball Game (BT) ● 2:30pm Dime Blackjack (HH) ● 3:00pm Movie: "Carousel" (BT) ● 3:00pm Shuffleboard Open Play (OP) ● 3:30pm Cornhole Game (OP) ● 6:00pm Neb. vs. Bowling Green Football Game (BT)
Happy Birthday!  Marolyn H. - 8th Verlin C. - 13th Ed M. - 22nd		Location Key AT = Atrium BT = Bravo Theatre B = Bus/Van CD = Cameron's Dining CR3 = Club Room CS = Creation Station DL = Drummond's Lounge DR = Drummond's Restaurant ES = Exercise Studio FG = Fitness Gym FL = Fraser Library FCon = Fraser Conf Rm HH = Highlands Hall HP3 = Highview Pub Hob = Hobby Shop OP = Outside Patio StAn = St. Andrew's Rm SCon = Sutherland Conf Rm SL2 = Sutherland Library				Activity Types - Emotional - Environmental - Intellectual - Medical - Outings - Physical - Social - Spiritual - Vocational

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
● 9:45am Worship: Catholic Communion Service (ES) ● 10:00am Grandparents Day Brunch (HH) ● 1:00pm Canasta Card Game (DL) ● 2:00pm Sunday Gentle Exercise (ES) ● 3:00pm Movie: "Marley & Me" (BT) 13	● 8:30am YMCA (Register) (B) ● 10:00am Seated Excercise w/ Nolan (Hob) ● 10:30am Monday Mass (ES) ● 1:00pm Pitch (Card Game) (CR3) ● 2:30pm Happy Hour & Pokeno Game (HP3) ● 3:30pm Bowling on the Big Screen (BT) ● 4:00pm 50s Sock Hop (HH) ● 4:00pm Resident Rosary Prayer (ES) ● 4:30pm Entertainer: Joe Cockson (HH) 14	● 10:00am 60s Tie Dye Event (P) ● 10:00am Exercise Bands w/ Nolan (Hob) ● 10:00am Weekly Shopping: Fareway/Hy-Vee (B) ● 12:30pm Dime Blackjack (HH) ● 2:00pm Foods That Boost Brain Health (HH) ● 2:00pm Line Dancing (ES) ● 2:00pm Resurrection Church Bible Study (CS) ● 4:00pm Resident Rosary Prayer (ES) ● 5:00pm (\$) Storm Chasers Ball Game (WP) 15	● 8:30am YMCA (Register) (B) ● 9:00am Men's Coffee Hour (CS) ● 10:00am Seated Exercise w/ Renate (Hob) ● 10:30am Exercise Equipment Demo w/Innovate (FG) ● 10:30am Kitchen Club: Oreo Balls (Hob) ● 11:00am Rosary & Communion w/Norm (ES) ● 1:00pm Bingo (BT) ● 1:00pm Scrabble (DL) ● 2:30pm Game Night (CS) ● 4:00pm Resident Award Show & Dinner (HH) ● 5:00pm Entertainer: Arthrighteous Brothers (HH) ● 6:00pm Neb. vs. Creighton Volleyball Game (BT) 16	● 8:00am Homestead National Park Visit ● 10:00am Cardio Drumming (Hob) ● 10:30am Balloon Volleyball (CD) ● 10:30am Fun Trivia! (BT) ● 1:00pm Bible Study (CS) ● 1:00pm Dominoes (DL) ● 1:30pm Paint & Sip ● 2:00pm Ice Cream Truck Visit (AT) ● 4:00pm Resident Rosary Prayer (ES) 17	● 8:30am YMCA (Register) (B) ● 9:00am (\$) Men's Coffee Outing: Vidlak's Family Cafe (VFC) ● 10:00am Chair Yoga w/ Suzy (Hob) ● 10:00am Ladies Coffee (HH) ● 11:30am Ambassador Committee Meeting (SCon) ● 1:00pm THE PRICE IS RIGHT! (HH) ● 4:00pm Resident Rosary Prayer (ES) ● 7:00pm Neb. vs. North Carolina Volleyball Game (BT) 18	● 9:30am Seated Excercise (Hob) ● 10:30am Cribbage (DL) ● 11:00am Union Pacific Museum & (\$) Lunch Outing (UPM) ● 2:30pm Dime Blackjack (HH) ● 2:30pm Scrabble Board Game (DL) ● 3:00pm Movie: "The Straight Story" (BT) ● 3:00pm Shuffleboard Open Play (OP) ● 3:30pm Cornhole Game (OP) ● 5:00pm Husker Game Day Tailgate (HH) ● 6:15pm Neb. vs. North Dakota Football Game (BT) 19
● 9:45am Worship: Catholic Communion Service (ES) ● 11:00am Coffee & Rolls (HH) ● 11:00am Hymn Sing-Along (HH) ● 12:00pm Neb. vs. Florida Gulf Coast Volleyball Game (BT) ● 1:00pm Canasta Card Game (DL) ● 2:00pm Sunday Gentle Exercise (ES) ● 3:00pm Movie: "The Bridges of Madison County" (BT) 20	● 8:30am YMCA (Register) (B) ● 10:00am Seated Excercise w/ Nolan (Hob) ● 11:00am Film Committee (SCon) ● 11:00am Podiatry Services (AL) (FCon) ● 1:00pm Pitch (Card Game) (CR3) ● 1:30pm Presentation by Jacey (BT) ● 2:30pm Happy Hour & Pokeno Game (HP3) ● 3:30pm Bowling on the Big Screen (BT) ● 4:00pm Resident Rosary Prayer (ES) ● 4:30pm Oktoberfest (HH) 21	● 10:00am Exercise Bands w/ Nolan (Hob) ● 10:00am Weekly Shopping: Walgreens/Hy-Vee (B) ● 11:00am (\$) Lauritzen Gardens (LG) ● 12:30pm Paint w/ Watercolor (Hob) ● 1:00pm Dime Blackjack Card Game (HH) ● 2:00pm Line Dancing (ES) ● 4:00pm Resident Rosary Prayer (ES) 22	● 8:30am YMCA (Register) (B) ● 9:00am Men's Coffee Hour (CS) ● 10:30am Lifelong Learning: Colonel Eileen Collins (BT) ● 11:00am Rosary & Communion w/Norm (ES) ● 1:00pm Bingo (BT) ● 1:00pm Scrabble (DL) ● 2:00pm Bible Study w/Pastor Jerry (SCon) ● 2:30pm Game Night (CS) ● 6:00pm Omaha Community Playhouse Play: "Come From Away" (OCP) 23	● 10:00am Cardio Drumming (Hob) ● 10:30am Balloon Volleyball (CD) ● 10:30am Fun Trivia! (BT) ● 1:00pm Bible Study (CS) ● 1:00pm Dominoes (DL) ● 1:00pm WarHorse Casino (Register) (B) ● 3:30pm Non Denomotional Church Service (HH) ● 4:00pm Resident Rosary Prayer (ES) 24	● 8:30am YMCA (Register) (B) ● 9:00am Ladies Coffee: Billy's Gretna Cafe (B) ● 10:00am Chair Yoga (Hob) ● 10:00am Ladies Coffee (HH) ● 11:30am Ambassador Committee Meeting (SCon) ● 1:00pm Bunco Dice Game (DL) ● 1:00pm Pitch Card Game (CR3) ● 1:30pm Paint & Sip ● 4:00pm Resident Rosary Prayer (ES) ● 7:00pm Neb. vs. Rutgers Volleyball Game (BT) 25	● All Day Neb. vs Michigan State Football Game (BT) ● 9:30am Seated Excercise (Hob) ● 10:30am Cribbage (DL) ● 2:30pm Dime Blackjack (HH) ● 2:30pm Scrabble Board Game (DL) ● 3:00pm Shuffleboard Open Play (OP) ● 3:30pm Cornhole Game (OP) ● 8:00pm Neb. vs. Ohio State Volleyball Game (BT) 26
● 9:45am Worship: Catholic Communion Service (ES) ● 11:00am Coffee & Rolls (HH) ● 11:00am Hymn Sing-Along (HH) ● 1:00pm Canasta Card Game (DL) ● 2:00pm Sunday Gentle Exercise (ES) ● 2:30pm Sunday Sundae Bar (DL) ● 3:00pm Movie: "It's Complicated" (BT) 27	● 8:30am YMCA (Register) (B) ● 10:00am Seated Excercise w/ Nolan (Hob) ● 10:30am Monday Mass (ES) ● 1:00pm Pitch (Card Game) (CR3) ● 2:30pm Happy Hour & Pokeno Game (HP3) ● 3:30pm Bowling on the Big Screen (BT) ● 4:00pm Resident Rosary Prayer (ES) 28	● 10:00am Exercise Bands w/ Nolan (Hob) ● 10:00am Weekly Shopping: Walmart/Hy-Vee (B) ● 10:30am Fraser Community Meeting (Hob) ● 12:30pm Paint w/ Watercolor (Hob) ● 1:00pm Dime Blackjack Card Game (HH) ● 2:00pm Line Dancing (ES) ● 4:00pm Resident Rosary Prayer (ES) 29	● 8:30am YMCA (Register) (B) ● 9:00am Men's Coffee Hour (CS) ● 10:00am Seated Exercise w/ Renate (Hob) ● 11:00am Rosary & Communion w/Norm (ES) ● 1:00pm Bingo (BT) ● 1:00pm Scrabble (DL) ● 2:30pm Game Night (CS) ● 3:00pm Entertainer: Red Raven Orchestra (HH) ● 5:00pm (\$) Supper Club: Basil's 30	Hillcrest Highlands OF GRETN		