

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 September 2026 Sutherland Lifestyle Calendar		● 9:30am Exercise Bands w/Chris (ES) ● 10:00am Mah Jongg (CR3) ● 10:00am Weekly Shopping: Walgreens/Hy-Vee (B) ● 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) ● 9:30am Tai Chi (ES) ● 10:30am Kitchen Club: Popcorn Balls (Hob) ● 11:00am LifeLoop Training (BT) ● 11:00am Rosary & Communion w/Norm (ES) ● 1:00pm Bingo (BT) ● 2:30pm Game Night (CS) ● 5:00pm (\$) Supper Club: Spaghetti Works ● 7:00pm Neb. vs. SDSU Volleyball Game (BT)	● 9:30am Cardio Drumming (ES) ● 10:00am Mah Jongg (CR3) ● 10:30am Fun Trivia! (BT) ● 1:00pm Dominoes (DL) ● 2:00pm Book Club Meeting (CS) ● 2:00pm Scrabble (DL) ● 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) ● 9:30am Chair Yoga (Hob) ● 10:00am Balloon Volleyball (ES) ● 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 (Hob) ● 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) ● 9:30am Strength & Balance (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)	● 9:30am Exercise Bands w/Chris (ES) ● 10:00am Mah Jongg (CR3) ● 10:00am Weekly Shopping: Walmart/Hy-Vee (B) ● 12:30pm Paint w/ Watercolor (Hob) ● 1:00pm Bible Study (CS) ● 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) ● 9:30am Tai Chi (ES) ● 10:30am Kitchen Club: Puppy Chow (Hob) ● 11:00am Rosary & Communion w/Norm (BT) ● 1:00pm Bingo (BT) ● 2:00pm Bible Study w/Pastor Jerry (SCon) ● 2:30pm Game Night (CS) ● 3:00pm Shuffleboard Tournament (OP)	● 9:30am Cardio Drumming (ES) ● 10:00am Mah Jongg (CR3) ● 10:30am Fun Trivia! (BT) ● AF PUB Closed! (Marketing Event) (HP3) ● 1:00pm Dominoes (DL) ● 2:00pm Lifelong Learning (Mike Talk): September 11, 2001 (BT) ● 2:00pm Scrabble (DL) ● 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) ● 9:30am Chair Yoga (Hob) ● 10:00am Balloon Volleyball (ES) ● 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 (Hob) ● 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!  Bob F. – 3rd Joan H. – 3rd Toni J. – 11th Pat M. – 14th Laurie R. – 20th Tom P. – 22nd Sue C. – 24th Paula C. – 26th Steve W. – 27th Linda M. – 28th		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)	● 8:30am YMCA (Register) (B) ● 9:30am Strength & Balance (ES) ● 10:30am Monday Mass (BT) ● 1:00pm Pitch (Card Game) (CR3) ● 2:30pm Happy Hour & Pokeno Game (HP3) ● 3:30pm Bowling on the Big Screen (BT) ● 3:30pm Resident Rosary Prayer (ES) ● 4:00pm 50s Sock Hop (HH) ● 4:30pm Entertainer: Joe Cockson (HH)	● 9:30am Exercise Bands w/Chris (ES) ● 10:00am 60s Tie Dye Event (P) ● 10:00am Mah Jongg (CR3) ● 10:00am Weekly Shopping: Fareway/Hy-Vee (B) ● 12:30pm Dime Blackjack (HH) ● 1:00pm Bible Study (CS) ● 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)	● 8:30am YMCA (Register) (B) ● 9:00am Men's Coffee Hour (CS) ● 9:30am Tai Chi (ES) ● 10:30am Exercise Equipment Demo w/Innovate (FG) ● 10:30am Kitchen Club: Oreo Balls (Hob) ● 11:00am Rosary & Communion w/Norm (BT) ● 1:00pm Bingo (BT) ● 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)	● 8:30am Homestead National Park Visit ● 9:30am Cardio Drumming (ES) ● 10:00am Mah Jongg (CR3) ● 10:30am Fun Trivia! (BT) ● 2:00pm Ice Cream Truck Visit (AT) ● 2:00pm Scrabble (DL) ● 3:00pm The Cork & Wedge (HP3) ● 4:00pm Resident Rosary Prayer (ES)	● 8:30am YMCA (Register) (B) ● 9:00am (\$) Men's Coffee Outing: Vidlak's Family Cafe (VFC) ● 9:30am Chair Yoga (Hob) ● 10:00am Balloon Volleyball (ES) ● 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)	● 9:30am Seated Exercise (Hob) ● 10:30am Cribbage (Hob) ● 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)
● 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)	● 8:30am YMCA (Register) (B) ● 9:00am Podiatry Services (IL) (SCon) ● 9:30am Strength & Balance (ES) ● 11:00am Film Committee (SCon) ● 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)	● 9:30am Exercise Bands w/Chris (ES) ● 10:00am Mah Jongg (CR3) ● 10:00am Weekly Shopping: Walgreens/Hy-Vee (B) ● 11:00am (\$) Lauritzen Gardens (LG) ● 12:30pm Paint w/ Watercolor (Hob) ● 1:00pm Bible Study (CS) ● 1:00pm Dime Blackjack Card Game (HH) ● 2:00pm Line Dancing (ES) ● 4:00pm Resident Rosary Prayer (ES)	● 8:30am YMCA (Register) (B) ● 9:00am Men's Coffee Hour (CS) ● 9:30am Tai Chi (ES) ● 10:30am Lifelong Learning: Colonel Eileen Collins (BT) ● 11:00am Rosary & Communion w/Norm (BT) ● 1:00pm Bingo (BT) ● 2:00pm Bible Study w/Pastor Jerry (SCon) ● 2:30pm Game Night (CS) ● 6:00pm Omaha Community Playhouse Play: "Come From Away" (OCP)	● 9:30am Cardio Drumming (ES) ● 10:00am Mah Jongg (CR3) ● 10:30am Fun Trivia! (BT) ● 1:00pm Dominoes (DL) ● 1:00pm WarHorse Casino (Register) (B) ● 2:00pm Book Club Discussion (CS) ● 2:00pm Scrabble (DL) ● 3:30pm Non Denomotional Church Service (HH) ● 4:00pm Resident Rosary Prayer (ES)	● 8:30am YMCA (Register) (B) ● 9:30am Chair Yoga (Hob) ● 10:00am Balloon Volleyball (ES) ● 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)	● All Day Neb. vs Michigan State Football Game (BT) ● 9:30am Seated Exercise (Hob) ● 10:30am Cribbage (Hob) ● 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)
● 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) ● 4:00pm Sloppy Joe Benefit Feed (HH)	● 8:30am YMCA (Register) (B) ● 9:30am Strength & Balance (ES) ● 10:30am Monday Mass (BT) ● 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)	● 9:30am Exercise Bands w/Chris (ES) ● 10:00am Mah Jongg (CR3) ● 10:00am Weekly Shopping: Walmart/Hy-Vee (B) ● 12:30pm Paint w/ Watercolor (Hob) ● 1:00pm Bible Study (CS) ● 1:00pm Dime Blackjack Card Game (HH) ● 2:00pm Line Dancing (ES) ● 4:00pm Resident Rosary Prayer (ES)	● 8:30am YMCA (Register) (B) ● 9:00am Men's Coffee Hour (CS) ● 9:30am Tai Chi (ES) ● 10:00am Sutherland's Community Meeting (HH) ● 10:30am Hillcrest Travel Club Planning Meeting (B) ● 11:00am Rosary & Communion w/Norm (BT) ● 1:00pm Bingo (BT) ● 2:30pm Game Night (CS) ● 3:00pm Entertainer: Red Raven Orchestra (HH) ● 5:00pm (\$) Supper Club: Basil's			