



September 2025

Cedarbrook Village AL/IL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Activity Types
	AD Happy Labor Day 9:00 Puzzle Station (LS) 11:30 Labor Day BBQ 1:00 Crafty Corner: Coloring Pages (LS) 3:00 Cedarbrook Hold'em (P) 6:00 Golden Classics: The Secret Garden (T)	9:00 Exercise w/Tara (LS) 10:00 Exercise w/Tara (LS) 10:30 Baking Club: Mini Apple Pies (LS) 1:00 Documentary: Dancing with the Birds (T) 2:00 Quarter Bingo (P) 3:00 Sing a Long w/ Sandy (P) 6:00 Movie Night: Only the Brave	9:00 Exercise w/Tara (LS) 9:00 Shopping Trip 9:30 HIIT Class w/Tara (FC) 10:00 Manicures w/ Steph (LS) 1:00 Flayvors of Cook Farm 3:00 Left, Right, Center (LS) 6:00 Timeless Tales: The Final Season (T)	9:00 Exercise w/Tara (LS) 10:00 Exercise w/Tara (LS) 10:30 🐎 Off to the Races! (LS) 1:00 Resident Council Meeting (LS) 2:00 Quarter Bingo (P) 3:00 Happy Hour (P) 6:00 Sweet Nostalgia Movies: The Princess Bride (T)	10:00 Exercise w/Ron (LS) 10:00 Men's Group with Ralph (P) 10:30 Tabletop Bowling (LS) 2:00 Rummy (P) 3:00 Room Visits 6:00 Feel-Good Friday Movies: The Last Song (T)	10:00 Exercise w/ Traci (LS) 11:00 Billard's (P) 1:00 Crossword & Word Search Packets 2:00 Resident Pick Games (P) 3:00 Listen & Lounge (LS) 6:00 Resident Pick Movie: Calendar Girls (TH)	Community Involvement Emotional Entertainment Intellectual Outing Physical Purposeful Social Spiritual
							Locations
							LS = Lucy Stone Activity Room P = Pub T = Theater C = Chapel L = Library CY = Courtyard FC = Fitness Center
9:30 Morning Stretch w/Alicia (LS) 10:30 Autumn Tea Lounge: Cider & Conversation 1:00 📺 Sunday Theater: Classic TV Series Showcase (T) 2:00 Prize Bingo (P) 3:00 Milkshakes & Memories at Cedarbrook (P) 6:00 Stars & Stories Movie Sundays: JFK's Women: The Scandals Revealed (T)	9:00 Exercise w/Tara (LS) 9:00 Shopping Trip 9:30 HIIT Class w/Tara (FC) 10:30 Crafty Corner: Mosaic Coasters (LS) 1:00 La Dolce Vita: Gelato & Espresso Social (P) 1:30 Steve Lyon (P) 3:00 Cedarbrook Hold'em (P) 6:00 Golden Classics: On Golden Pond (T)	9:00 Exercise w/Tara (LS) 10:00 Exercise w/Tara (LS) 10:30 Baking Club: Custard Tartlet (LS) 1:00 Documentary: The Quilters 2:00 Quarter Bingo (P) 3:00 Parisian Cafe Day : Wine & Cheese Tasting (P) 6:00 France Themed Movie: The Hundred-Foot Journey (T)	AD Wear Hawaiian Shirts 9:00 Exercise w/Tara (LS) 9:30 Brookfield Orchards 9:30 HIIT Class w/Tara (FC) 1:00 Blood Pressure Clinic 1:00 Knotty Knitters (LS) 2:30 Island Vibes at Cedarbrook Village: Jamaica Tropical Smoothie Social (P) 6:00 Timeless Tales:	9:00 Exercise w/Tara (LS) 10:00 Exercise w/Tara (LS) 10:30 Pages of our Lives: Scrapbook Club (LS) 2:00 Quarter Bingo (P) 3:00 Fiesta Day: Margaritas & Chips Bar (P) 6:00 Sweet Nostalgia Movies: She-Devil (1989) (T)	10:00 Exercise w/Ron (LS) 10:30 Dominoes & Checkers (LS) 2:00 🎨 Koi & Calm Koi Fish Painting Workshop (P) 3:00 A Taste of Tranquility Japan: Green Tea & Sushi Social (P) 3:00 Room Visits 6:00 Feel-Good Friday Movies: Crazy Rich Asians (T)	10:00 Exercise w/ Traci (LS) 11:00 Billard's (P) 1:00 Crossword & Word Search Packets 2:00 National Peanut Day (P) 2:00 Resident Pick Games (P) 3:00 Listen & Lounge (LS) 6:00 Resident Pick Movie: Father Stu (TH)	Happy Birthday!
							Catherine "Cathy" S. – 3rd Ann W. – 5th Marianne G. – 9th Harold D. – 12th Lorraine M. – 13th Annie R. – 20th Joan R. – 21st Marina R. – 21st Stanley "George" M. – 21st James "Jim" D. – 24th



September 2025

Cedarbrook Village



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Musical Events:
● 9:30 Morning Stretch w/Alicia (LS) ● 10:00 Prize Bingo (P) ● 1:00 📺 Sunday Theater: Classic TV Series Showcase (T) ● 2:00 5 Year Anniversary Memory Slideshow ● 3:00 “Home Sweet Home” Celebration (P) ● 6:00 Stars & Stories Movie Sundays: (T) 14	● 9:00 Exercise w/Tara (LS) ● 9:00 Shopping Trip ● 9:30 HIIT Class w/Tara (FC) ● 10:00 Autumn Aromatherapy Session ● 1:00 Crafty Corner: Carmel Apple Door Sign (LS) ● 2:00 🍏 Apple Tasting Table (P) ● 3:00 Cedarbrook Hold'em (P) ● 6:00 Golden Classics: A Home of Our Own (T) 15	● 9:00 Exercise w/Tara (LS) ● 10:00 Exercise w/Tara (LS) ● 10:30 Baking Club: 🍌 Apple Pie Bread Pudding (LS) ● 1:00 Documentary: Life in Color (T) ● 2:00 Quarter Bingo (P) ● 6:00 Movie Night : Lone Survivor (T) 16	● 9:00 Exercise w/Tara (LS) ● 9:30 HIIT Class w/Tara (FC) ● 10:30 Chef Demo (LS) ● 1:00 Skinner State Park: Summit House Fall Foliage View and Snacks ● 3:00 Manicures w/ Alicia (LS) ● 6:00 Timeless Tales: Maid In Manhattan 17	● 9:00 Exercise w/Tara (LS) ● 10:00 Exercise w/Tara (LS) ● 10:30 Quarter Bingo (P) ● 2:00 Michael Ouellette ● 3:00 Happy Hour (P) ● 6:00 Sweet Nostalgia Movies: Jurassic World (T) 18	● 10:00 Exercise w/Ron (LS) ● 10:00 Men's Group with Ralph (P) ● 10:30 Pictionary (LS) ● 1:00 Fresh Air Afternoon Walk ● 2:00 Corn Hole (P) ● 3:00 Room Visits ● 6:00 Feel-Good Friday Movies: Four Good Days (T) 19	● 10:00 Exercise w/ Traci (LS) ● 11:00 Billard's (P) ● 1:00 Crossword & Word Search Packets ● 2:00 Caden on the Piano (P) ● 2:00 Resident Pick Games (P) ● 3:00 Listen & Lounge (LS) ● 6:00 Resident Pick Movie: Little Women (TH) 20	*8th Steve Lyon at 1:30pm (P) *18th Michael Ouellette 2pm (P) *20th Caden on the Piano 2pm (P) *23rd Peter & Laura Hicks 2pm (P)
							Special Events:
							7-13th National Assisted Living week "Around the World" Join us for daily social events with themed drinks and snacks! 25th Bingo Charity 2-4pm RSVP
							Outings:
							*3rd Flayvors of Cook Farm 1pm * 10th Brookfield Orchards 9:30am *17th Skinner State Park: Summit House 1pm *24th WestView Farm 1pm
● 9:30 Morning Stretch w/Alicia (LS) ● 10:30 Autumn Tea Lounge: Cider & Conversation ● 1:00 📺 Sunday Theater: Classic TV Series Showcase (T) ● 2:00 Prize Bingo (P) ● 3:00 National Have a Beer Day ● 6:00 Stars & Stories Movie Sundays: The True Story of The Barrymores (T) 28	● 9:00 Exercise w/Tara (LS) ● 9:00 Shopping Trip ● 9:30 HIIT Class w/Tara (FC) ● 10:00 Art w/ Amy (P) ● 2:00 🍁 Fall Edition: Guess That Scent Game (LS) ● 3:00 Cedarbrook Hold'em (P) ● 6:00 Gold Classics: The Magic Of Belle Isle (T) 29	● 9:00 Exercise w/Tara (LS) ● 10:00 Exercise w/Tara (LS) ● 10:30 Baking Club: Apple Crumb cake w/ Cinamon Apple Drizzle (LS) ● 1:00 Documentary: Martha (T) ● 2:00 Quarter Bingo (P) ● 6:00 Movie Night : Autumn In New York (T) 30					