

Independence Village of Waukee

Independent Living | Assisted Living

September 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Bus Trip to Fareway 1 10:00 Sit and Fit Exercise class ALDR 10:45 Therapet - Sydney 1:30 Tiktok Tuesday TC 3:00 Universal Yums CR 3:30 Wii Bowl Team B GR 6:00 Dixieland Jazzers CR	2 10:00 Cardio Drumming CR 11:30-2:00 BLOCKED 3:00 Nails and Cocktails CR 3:30 Wii Bowl Team C GR 6:30 Card Bingo CR	3 9:30 Book Club FR 10:00 Get Active w Powerback ALDR 10:45 BINGO ALAR 1:30 Exercise Equipment How To EX 3:00 9-Wiine Happy Hour 3:30 Wii Bowl Team D GR 6:00 Pinochle 3 rd Flr Library 7:00 Beavercreek Band Practice CR	4 10:00 Live 2b Healthy CR 10:30 HyVee Online Assistance FR 11:00 Parkinson's CR 1:30 Fall Calendar Meeting 3:30 Wii Bowl: OPEN GR	5 10:45 Tai Chi CR 3:00 Lutheran Church of Hope CR
6 9:00 Heartland Presbyterian Church Service CR 1-6pm *CR RESERVED Townhomes* 1:30	7 Labor Day 9:00 Ladies Coffee FR 10:00 Live 2B Healthy CR 11:00 Parkinson's Ex CR 12:00 Labor Day BBQ TC 3:30 Wii Bowl Team A GR 6:00 Dominoes 3 rd Flr Library	8 **9:00 Bus Trip Trader Joes** 10:00 Sit and Fit Exercise class ALDR 1:30 Live Music: Neil Hewitt CR 3:00 Craft: Rock Painting CR 3:30 Wii Bowl Team B GR 6:00 Liverpool Rummy 3 rd Flr Library	9 10:00 Cardio Drumming with Sarah CR 11:45 **Ladies Lunch Bunch: Soggy Frog Marina Bar 3:00 Nails and Cocktails CR 3:30 Wii Bowl Team C GR 6:30 Card Bingo CR	10 10:00 Get Active w Powerback ALDR 10:45 BINGO ALAR 1:30 Remembering Scott CR 3:00 Happy Hour: CyHawks 3:30 Wii Bowl Team D GR 6:00 Pinochle 3 rd Flr Library 7:00 Beavercreek Band Practice CR	11 10:00 Live 2b Healthy CR 10:30 HyVee Online Assistance FR 11:00 Parkinson's CR 1:30 Live Music: Tom Hofer CR 3:00 9/11 Documentary CR 3:30 Wii Bowl: OPEN GR	12 10:45 Tai Chi CR 1:30 Group Bible Study CR
13 Grandparents Day 10:00 St. Boniface Communion CR 1:30 Rummikub FR 1:30 Ice Cream Truck Assisted Living Week Housekeeping Week	14 9:00 Ladies Coffee FR 10:00 Live 2B Healthy CR 11:00 Parkinson's Ex CR 1:30 AL Resident Forum ALDR 2:30 **AL Jester Park Outing 3:30 Wii Bowl Team A GR 6:00 Dominoes 3 rd Flr Library	15 **9:00 Bus Trip to Hyvee** 10:00 Sit and Fit Exercise class ALDR 2:00 Taste The Movie: Hocus Pocus 3:30 Wii Bowl Team B GR 6:00 Liverpool Rummy 3 rd Flr Library 7:00 American Legion Monthly Meeting (Post 737) CR	16 10:00 Cardio Drumming CR 11:45 **Mens Lunch Bunch: Soggy Frog Marina Bar 2:00 St Boniface Mass CR 3:00 Nails and Cocktails CR 3:30 Wii Bowl Team C GR 6:30 Card Bingo CR	17 10:00 Get Active w Powerback ALDR 10:45 BINGO ALAR 1:30 FSR MTNG BLOCK OFF 3:00 September Birthday/New Resident Welcome Happy Hour 3:30 Wii Bowl Team D GR 6:00 Pinochle 3 rd Flr Library 7:00 Beavercreek Band Practice CR	18 10:00 Live 2b Healthy CR 10:30 HyVee Online Assistance FR 11:00 Parkinson's CR 1:30 Luanne- Alpacas ND/MC 3:00 Culinary Menu Tasting CR 3:30 Wii Bowl: OPEN GR	19 10:45 Tai Chi CR 3:00 Lutheran Church Of Hope CR
20 1:30 Rummikub FR	21 9:00 Ladies Coffee FR 10:00 Live 2B Healthy CR 11:00 Parkinson's Ex CR 1:30 IL Resident Forum CR 3:00 Staff Soup Making Contest 3:30 Wii Bowl Team A GR 6:00 Dominoes 3 rd Flr Library	22 **9:00 Bus Trip to Walmart** 10:00 Sit and Fit Exercise class ALDR 1:30 Live Music: David Ambrosion CR 3:00 Hello Fall Happy Hour CR 3:30 Wii Bowl Team B GR 6:00 Liverpool Rummy 3 rd Flr Library	23 10:00 Cardio Drumming CR 1:30 Health Edu w Shannon: Healthy Aging + Chronic Disease CR 3:00 Nails and Cocktails CR 3:30 Wii Bowl Team C GR 6:30 Card Bingo CR	24 9:30 Book Club Discussion 3rd Flr Library 10:00 Get Active w Powerback ALDR 10:45 BINGO ALAR 1:30 Culinary shaves Chef Blake 3:00Live Music w Stuart Walker Oktoberfest Happy Hour 3:30 Wii Bowl Team D GR 6:00 Pinochle 3 rd Flr Library 7:00 Beavercreek Band Practice CR	25 8:45 Veterans Breakfast FR 10:00 Live 2b Healthy CR 10:30 HyVee Online Assistance FR 11:00 Parkinson's CR 1:30-4:00 The Rolling Apple Orchard Mobile Cart 3:30 Wii Bowl: OPEN GR	26 10:45 Tai Chi CR 1:30 Group Bible Study CR
27 10:00 St. Boniface Communion CR 1:30 Rummikub FR	28 9:00 CoffeeCrawl: Twisted Bean 10:00 Live 2B Healthy CR 11:00 Parkinson's Ex CR 1:30 Jonathan May Magic Show CR 3:00 Mosaic House Numbers Craft W Heather & LE 3:30 Wii Bowl Team A GR 6:00 Dominoes 3 rd Flr Library	29 **9:00 Bus Trip to Fareway** 10:00 Sit and Fit Exercise class ALDR 1:30 Left Light Center CR 3:00 Universal Yums CR 3:30 Wii Bowl Team B GR Liverpool Rummy 3 rd Flr Library	30 10:00 Cardio Drumming CR 1:30 AL Resident Council FR 3:00 Nails and Cocktails CR 3:30 Wii Bowl Team C GR 6:30 Card Bingo CR			

Calender Key:
A – Atrium
C – Café
CP – Corner Pocket

CY – Courtyard
FL – Front Lobby
GP – Gathering Place
HL – Harbor Lobby

HYC – Harbor Courtyard
L – Library

[Other]

[Other]

[Other]