

 Vista Winds Senior Living Community Elements Neighborhood		September 2026				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Micheal Jackson Cardio Workout (MSAR) 10:00 Armchair Travel Let's Visit from Our Seats (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 11:30 Brain Exercises & Trivia Questions (DR) 2:30 The Daily Chronicle with Whiteboard Trivia (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Post–Meal Walk (C) 5:30 Evening Movie ~ Comedy Hour (MR) 1	9:00 Beyonce Chair Dance Workout (MSAR) 10:00 Beachball Volleyball (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 11:30 Brain Twisters & Memory Joggers (MSAR) 2:30 Indoor Garden Time ~ Let's Germinate (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 One Digestive Stroll Around the Courtyard (C) 5:30 Evening Movie ~ RomCom (MR) 2	9:00 Holiday Creative Circle ~ Let's Decorate for Labor Day! (MSAR) 9:30 Holiday Creative Circle ~ Let's Decorate for Labor Day! (MSAR) 10:00 We All Scream for Icecream Scenic Drive (O) 1:30 Armchair Travel ~ Let's Travel to Germany (MSAR) 2:30 The Daily Chronicle & Scripture (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Walking Club ~Let's Walk Off Our Dinner (C) 5:30 Evening Movie ~ Tearjerkers (MR) 3	9:00 Michael Jackson Energetic Chair Workout (MSAR) 10:00 Activity Room Fun with Your Caregivers (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 1:30 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 3:00 LABOR DAY Craft & Picnic Thank You Hospice of the West (MSAR) 3:30 Labor Day Happy Hour with AL Friends (L) 5:00 Footloose Frolic Friday After Dinner Walkers (C) 5:30 Evening Movie ~ Musicals (MR) 4	9:00 Latin Fever Workout (MSAR) 10:00 Gratitude Circle (MSAR) 10:30 Walking Club ~Let's Walk Off Our Lunch (L) 11:00 The Daily Scripture & Snack (MSAR) 2:30 Honoring National Cheese Pizza Day w/ The Daily Chronicle (MSAR) 3:30 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Post–Meal Weekend Walk (C) 5:30 Evening Movie ~ Family Adventure (MR) 5
9:30 Golden Hour Yoga (MSAR) 10:00 Sunday Devotional with Les (MSAR) 10:30 Table Tennis (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 2:30 Puzzle Palooza (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Post–Meal Weekend Walk (C) 5:30 Popcorn & Pictures (MR) 6	9:00 Red Band Workout (MSAR) 9:30 Dancing to the Oldies w/ Richard Simmons (MSAR) 10:00 Activity Room Fun with Your Caregivers (MSAR) 10:30 Bingo & Refreshments (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 2:30 Puzzle Palooza (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:30 Popcorn & Pictures (MR) 7	9:00 Bruno Mars Cardio Workout (MSAR) 10:00 Armchair Travel Let's Visit from Our Seats (MSAR) 11:00 NATIONAL Ants on a Log Day & The Daily Scripture (MSAR) 11:30 Brain Exercises & Trivia Questions (DR) 2:30 The Daily Chronicle with Whiteboard Trivia (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Post–Meal Walk (C) 5:30 Evening Movie ~ Comedy Hour (MR) 8	9:00 Beyonce Chair Dance Workout (MSAR) 10:00 Beachball Volleyball (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 11:30 Brain Twisters & Memory Joggers (MSAR) 2:30 Indoor Garden Time ~ Let's Germinate (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 One Digestive Stroll Around the Courtyard (C) 5:30 Evening Movie ~ RomCom (MR) 9	9:00 Hand Massage & Aromatherapy (MSAR) 9:30 Thursday Manicures (MSAR) 10:00 We All Scream for Icecream Scenic Drive (O) 1:30 Armchair Travel ~ Let's Travel to Italy (MR) 2:30 The Daily Chronicle & Scripture (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Walking Club ~Let's Walk Off Our Dinner (C) 5:30 Evening Movie ~ Tearjerkers (MR) 10	9:00 Michael Jackson Energetic Chair Workout (MSAR) 10:00 Activity Room Fun with Your Caregivers (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 1:30 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 3:00 The Daily Chronicle & 9/11 Remembrance (MSAR) 3:30 GRANDPARENTS DAY Happy Hour Celebration! (L) 5:00 Footloose Frolic Friday After Dinner Walkers (C) 5:30 Evening Movie ~ Musicals (MR) 11	9:00 Latin Fever Workout (MSAR) 10:00 Gratitude Circle (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 1:30 Walking Club ~Let's Walk Off Our Lunch (L) 2:30 Honoring National Chocolate Milkshake Day w/ The Daily Chronicle (MSAR) 3:30 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Post–Meal Weekend Walk (C) 5:30 Evening Movie ~ Family Adventure (MR) 12
9:30 Chair Tai Chi / Slow Movement (MSAR) 10:00 Sunday Devotional with Les (MSAR) 10:30 Table Tennis (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 2:30 Puzzle Palooza (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Post–Meal Weekend Walk (C) 5:30 Popcorn & Pictures (MR) 13	9:00 Red Band Workout (MSAR) 9:30 Gentle Flow (MSAR) 10:00 Peaceful Flow (MSAR) 10:30 Activity Room Fun with Your Caregivers (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 2:30 Puzzle Palooza (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:30 Popcorn & Pictures (MR) 14	9:00 Strength Training with Dumbells (MSAR) 10:00 Armchair Travel Let's Visit from Our Seats (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 11:30 Brain Exercises & Trivia Questions (DR) 2:30 The Daily Chronicle with Whiteboard Trivia (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Post–Meal Walk (C) 5:30 Evening Movie ~ Comedy Hour (MR) 15	9:00 Beyonce Chair Dance Workout (MSAR) 10:00 French Pastry Social & Virtual Louvre Experience (MR) 11:00 The Daily Scripture & Snack (MSAR) 11:30 Brain Twisters & Memory Joggers (MSAR) 2:30 Indoor Garden Time ~ Let's Germinate (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 One Digestive Stroll Around the Courtyard (C) 5:30 Evening Movie ~ RomCom (MR) 16	9:00 Hand Massage & Aromatherapy (MSAR) 9:30 Thursday Manicures (MSAR) 10:00 We All Scream for Icecream Scenic Drive (O) 1:30 Armchair Travel ~ Let's Travel to Switzerland (MR) 2:30 The Daily Chronicle & Scripture (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Walking Club ~Let's Walk Off Our Dinner (C) 5:30 Evening Movie ~ Tearjerkers (MR) 17	9:00 Michael Jackson Energetic Chair Workout (MSAR) 10:00 Activity Room Fun with Your Caregivers (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 1:30 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 3:00 Families Help Us Remember ~ Who Were You When....? (MSAR) 3:30 Happy Hour with Our AL Friends! (L) 5:00 Footloose Frolic Friday After Dinner Walkers (C) 5:30 Evening Movie ~ Musicals (MR) 18	9:00 Latin Fever Workout (MSAR) 10:00 Gratitude Circle (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 1:30 Walking Club ~Let's Walk Off Our Lunch (L) 2:30 Honoring NATIONAL DANCE Day w/ The Daily Chronicle (MSAR) 3:30 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Post–Meal Weekend Walk (C) 5:30 Evening Movie ~ Family Adventure (MR) 19
9:30 Golden Hour Yoga (MSAR) 10:00 Sunday Devotional with Les (MSAR) 10:30 Table Tennis (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 2:30 Puzzle Palooza (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Post–Meal Weekend Walk (C) 5:30 Popcorn & Pictures (MR) 20	9:00 Red Band Workout (MSAR) 9:30 Strength and Resistance Training (MSAR) 10:00 Activity Room Fun with Your Caregivers (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 11:30 Sing Along To Your Favorite Songs on You Tube (MSAR) 2:30 Puzzle Palooza (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:30 Popcorn & Pictures (MR) 21	9:00 Chair Zumba (MSAR) 10:00 Armchair Travel Let's Visit from Our Seats (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 11:30 Brain Exercises & Trivia Questions (DR) 2:30 The Daily Chronicle with Whiteboard Trivia (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Post–Meal Walk (C) 5:30 Evening Movie ~ Comedy Hour (MR) 22	9:00 Beyonce Chair Dance Workout (MSAR) 10:00 SCAVENGER HUNT Journey Through Assisted Living (L) 11:00 The Daily Scripture & Snack (MSAR) 11:30 Brain Twisters & Memory Joggers (MSAR) 2:30 Indoor Garden Time ~ Let's Germinate (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 One Digestive Stroll Around the Courtyard (C) 5:30 Evening Movie ~ RomCom (MR) 23	9:00 Hand Massage & Aromatherapy (MSAR) 9:30 Thursday Manicures (MSAR) 10:00 We All Scream for Icecream Scenic Drive (O) 1:30 Armchair Travel ~ Let's Travel to India (MR) 2:30 The Daily Chronicle & Scripture (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Walking Club ~Let's Walk Off Our Dinner (C) 5:30 Evening Movie ~ Tearjerkers (MR) 24	9:00 Michael Jackson Energetic Chair Workout (MSAR) 10:00 Activity Room Fun with Your Caregivers (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 2:00 Nature Walk (C) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 3:30 Happy Hour with AL Friends (L) 5:00 Footloose Frolic Friday After Dinner Walkers (C) 5:30 Evening Movie ~ Musicals (MR) 25	9:00 Latin Fever Workout (MSAR) 10:00 Gratitude Circle (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 1:30 Walking Club ~Let's Walk Off Our Lunch (L) 2:30 Honoring National SAVE YOUR PHOTOS Day w/ The Daily Chronicle (MSAR) 3:30 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Post–Meal Weekend Walk (C) 5:30 Evening Movie ~ Family Adventure (MR) 26
9:30 Chair Tai Chi / Slow Movement (MSAR) 10:00 Sunday Devotional with Les (MSAR) 10:30 Table Tennis (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 2:30 Puzzle Palooza (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:30 Popcorn & Pictures (MR) 27	9:00 Red Band Workout (MSAR) 9:30 Ease & Flow (MSAR) 9:30 Gentle Flow (MSAR) 10:00 Activity Room Fun with Your Caregivers (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 2:30 Puzzle Palooza (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:30 Popcorn & Pictures (MR) 28	9:00 Muscle Target Workout (MSAR) 10:00 Armchair Travel Let's Visit from Our Seats (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 11:30 Brain Exercises & Trivia Questions (DR) 2:30 The Daily Chronicle with Whiteboard Trivia (MSAR) 3:00 Joanna LaFleur Inspired Dementia Expert Activity (MSAR) 5:00 Post–Meal Walk (C) 5:30 Evening Movie ~ Comedy Hour (MR) 29	9:00 Beyonce Chair Dance Workout (MSAR) 10:00 Beachball Volleyball (MSAR) 11:00 Manicures (MSAR) 11:00 The Daily Scripture & Snack (MSAR) 11:30 Brain Twisters & Memory Joggers (MSAR) 2:30 Elements Neighborhood Royal Pageant (L) 2:30 Indoor Garden Time ~ Let's Germinate (MSAR) 5:00 One Digestive Stroll Around the Courtyard (C) 5:30 Evening Movie ~ RomCom (MR) 30			
Happy Birthday!		22 ~ Geraldine Hastings "Grandma" 104 Years Young!!!		Location Key:		