

September 2025 River Bend Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  Labor Day	2 10:15 Rosary in the Chapel  1:30 Card BINGO 2:15 Pet Visit w/ Ed & Chip	3 9:30 Chair Yoga (M) 10:30 Chair Exercise  1:30 Euchre 2:30 Card Games (M)	4 9:30 Drum Fit (M) 10:30 Drum Fit 1:30  (Bucks store open after BINGO) 2:30 BINGO (M)	5 9:30 Chair Exercise (M) <b>10:30 Fitness Friday!</b> 12:00 Brother's Market 1:30 Wheel of Fortune 2:30 Name That Tune (M)	6 <b>9:00 Bible Study</b> <b>11:00 Iowa vs. ISU Football game</b> <b>2:45 Mass in the Chapel w/ Divine Word</b>
7 9:00 Communion Distribution <b>River Bend's Anniversary Party</b> Meal: 12-1 Live Music: 1-3 <i>Grandparents Day</i> <i>National Assisted Living Week Sept. 7-13</i>	8 9:30 Chair Exercise (M) 10:30 Chair Exercise  <b>1:30 Worship &amp; Prayer w/ Cornerstone Church</b> 2:30 Minute to Win It Games for Staff & Tenants!	9 10:00 Rosary in the Chapel <b>10:30 Mindful Yoga w/ Rachel (NAMI)</b>  1:30 Happy Hour w/ Martin Brother's 2:30 Card BINGO (M)	10 9:30 Chair Yoga (M) 10:30 Chair Exercise w/ Maracas  <b>1:30 Community BINGO w/ Prizes!</b>  <i>Fiesta Day!</i>	11 <b>10:15 Mass in the Chapel</b>  <b>1:00 Live Music by Todd Hagen</b>  <b>5:30 Wood Sign Workshop</b>	12 9:30 Chair Exercise (M) <b>10:30 Fitness Friday! How to Hula Dance!</b>  <b>2:30 Classic Car Show &amp; Delaney's Ice Cream</b>  <i>Hawaiian Day!</i>	13 <b>9:00 Bible Study</b>
14 9:00 Communion Distribution   5:30 Euchre Club- Resident led after Supper	15 9:30 Chair Exercise (M) 10:30 Chair Exercise  1:30 Movie & Popcorn 2:30 Movie & Popcorn (M)	16 9:00 Coffee & Conversations w/ Rachel 10:15 Rosary in the Chapel 1:30 Card BINGO w/ Shirley 2:30 Card BINGO (M)	17 9:30 Chair Yoga (M) 10:30 Chair Exercise  1:30 Name That Tune w/ Shirley Dolphin 2:30 UNO Attack (M)	18 9:30 Chair Exercise (M) 10:30 Chair Exercise  1:30  (Bucks store open after BINGO) 2:30 BINGO (M)	19 9:30 Bean Bag Toss (M) <b>10:30 Fitness Friday!</b> 12:00 Dollar General 1:30 Wheel of Fortune 2:30 Cards & Games (M) <b>Wear Blue/Gold Cascade Homecoming</b>	20 <b>9:00 Bible Study</b>  <b>2:45 Mass in the Chapel w/ Divine Word</b>
21 9:00 Communion Distribution  5:30 Euchre Club- Resident led after Supper	22 9:15 Trip to Cascade Public Library 10:30 Chair Exercise 1:30 What's in the Bag? 2:30 What's in the Bag? (M)	23 10:15 Rosary in the Chapel  1:30 Card BINGO 2:30 Card BINGO (M)	24 9:30 Chair Yoga (M) 10:30 Chair Exercise  1:30 Happy Hour 2:30 Ice Cream Social (M)	25 <b>10:15 Mass in the Chapel</b>  1:30  (Bucks store open after BINGO) 2:30 BINGO (M)	26 9:00 Men's Coffee 9:30 Basketball (M) <b>10:30 Fitness Friday!</b> 12:00 Brother's Market 1:30 The Price is Right 2:30 The Price is Right (M)	27 <b>9:00 Bible Study</b>
28 9:00 Communion Distribution  5:30 Euchre Club- Resident led after Supper	29 9:30 Chair Exercise (M) 10:30 Chair Exercise  1:30 Left, Right, Center 2:30 Left, Right, Center (M)	30 9:15 Fishing Trip/ Picnic Lunch  1:30 Card BINGO 2:30 Card BINGO (M)				
		<p><b>Activities in RED are open to the public.</b> <b>Note: Times and activities are subject to change. (M) is for activities in Moments</b></p>				