

September Lifestyle Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 🏠 9:00-10:00 Sip and Socialize ↕ 10:00 Calendar Talk ↕ 10:30 Pilates (level 2) 🏊 11:00 Water Aerobics (45m) ♣️ 1:00 Mexican Train (R) 🏠 2:00 Beginner Mahjong (R) ♣️ 3:00-5:00 Private Sales Event 🎬 4:00 Ted Talk Tuesday (R) ↕ 5:00 Sit Fit w/Beth (R) ☕ 6:00 Whole Scoop Walkover	2↕ 10:00 Stretch and Balance 🏠 10:30 Sit, Stand, Repeat! 🏠 1:00 Paper Marbling w/ Kat (Objective Health) ♣️ 2:00 Front Porch Stories (R) ♣️ 3:00 Wii Bowling-Handicap Rounds (R) ↕ 5:00 Strength and Stability ♣️ 6:00 Wine Down Wednesday 🌸 7:30 Grounding in the Garden (R)	3 🏠 9:15 Coffee w/ Candace ↕ 10:30 Pilates (level 2) 🏊 11:00 Water Aerobics (45m) ↕ 1:00 Brain and Body Class 🏊 2:00 New Resident Orientation ↕ 2:30 Sit Fit w/ Beth (R) ♣️ 3:00 Photo Share (R) 🏠 4:00-5:00 Football Kickoff Party 🏠 5:30 Bingo Club (R) 🏊 7:30 Evening Swim (R)	4 ↕ 9:00 Power Flow w/ Michelle ↕ 10:00 Forever Strong ↕ 10:30 Stretch and Balance ☕ 11:30 Ladies Who Lunch (R) 🏠 1:00 Hand and Foot (R) ♣️ 2:00 Poker (R) 🏊 4:00 Sociable Singles (R) 🎬 6:00 "Live" Concert Series Featuring The Eagles (R) 🍷 7:30 Firepit Social (R)	5 🏠 8:00 Good Morning Walking Club (R) 🏠 10:30 Coffee Talk (R) 🎬 12:00 BAMA Watch Party (R) 🏠 2:00 Cards and Games (R) 🎬 3:30 AU Watch Party (R) ♣️ 4:00 Mexican Train (R) 🍷 7:00 Cornhole (R)
6 ♣️ 9:00 Sunday School (R) ♣️ 10:30 Worship Service (R) 🏠 2:00 Open Art Studio (R) 🏠 2:00 Mahjong (R) ☕ 3:00 Puzzle Club (R) 🏠 4:00 Poetry Share (R) 🏠 5:00 Pepper Pong (R) 🎬 6:00 Movie: As Good As It Gets (R) ☕ 7:00 Sunset Walking Club (R)	7 Labor Day- Office Closed No exercise classes 🏠 9:00 Coffee Talk (R) 🏠 11:00 Veterans Club Mtg (R) ♣️ 2:00 Front Porch Stories (R) 🏠 3:00 Cards and Games (R) 🏠 5:00 Resident Potluck (R) 🎬 7:00 Late Movie: The Pursuit of Happyness (R)	8 🏠 9:30 Sept B'day Breakfast ↕ 10:30 Pilates (level 2) 🏊 11:00 Water Aerobics (45m) ♣️ 1:00 Mexican Train (R) 🏠 2:00 Beginner Mahjong (R) 🎬 4:00 Ted Talk Tuesday (R) 🏊 4:30 Welcome Wagon Mtg (R) ↕ 5:00 Sit Fit w/Beth (R) 🏠 6:30 Ready, Set, Bet! Horseracing Game (R)	9↕ 10:00 Stretch and Balance ↕ 10:30 Sit, Stand, Repeat! ↕ 1:00 Brain and Body Class 🏊 2:00 Garden Club Mtg (R) ♣️ 3:00 Wii Bowling-Handicap Rounds (R) 🏠 4:00 Focaccia Decorating Class ↕ 5:00 Strength and Stability 🌸 7:30 Grounding in the Garden (R)	10 🏠 9:15 Coffee w/ Candace ↕ 10:30 Pilates (level 2) 🏊 11:00 Water Aerobics (45m) 🏠 1:00 Rummikub (R) ↕ 2:30 Sit Fit w/ Beth (R) 🏊 3:30 Out on the Town Club (R) 🏠 4:00-5:00 Happy Hour Sponsored by OsteoStrong 🏠 5:30 Bingo Club (R) 🏊 7:30 Evening Swim (R)	11↕ 9:00 Power Flow w/ Michelle ↕ 10:00 Forever Strong ↕ 10:30 Stretch and Balance ☕ 11:30 ROMEO Club (R) 🏠 1:00 Hand and Foot (R) ♣️ 2:00 Poker (R) 🏠 3:00 Art Class w/ Holly (R) ↕ 4:30 Balance Bar Class ♣️ 5:00 New Resident Mixer 🍷 7:30 Firepit Social (R)	
13 ♣️ 9:00 Sunday School (R) ♣️ 10:30 Worship Service (R) ♣️ 1:00-4:00 Shop and Learn: All Organic Breads, Bagels and Cookies w/ Sourdough Gent 🏠 2:00 Mahjong (R) ☕ 3:00 Puzzle Club (R) 🎬 6:00 Movie: The Magnificent Seven (R) ☕ 7:00 Sunset Walking Club (R)	14↕ 9:00 Yoga w/ Michelle ↕ 10:00 Forever Strong ↕ 10:30 Stretch and Balance 🏠 1:00 Sit, Stand, Repeat! 🏠 3:00 Personality Profiles (R) 🏊 4:00 Book Club (R) 🎬 5:00 Movie: The Vow ↕ 5:00 Meet Me at the Gym (R) ♣️ 6:00 Line Dancing (R) 🌸 7:30 Grounding in the Garden (R)	15 🏠 9:00-10:00 Sip and Socialize ↕ 10:30 Pilates (level 2) 🏊 11:00 Water Aerobics (45m) 🏠 12:30 Body Composition Scans ♣️ 1:00 Mexican Train (R) 🏠 2:00 Beginner Mahjong (R) 🏠 3:00 Personality Profiles 2 (R) 🎬 4:00 Ted Talk Tuesday (R) ↕ 5:00 Sit Fit w/Beth (R) 🌸 7:30 BYOB Garden Hangout (R)	16↕ 10:00 Stretch and Balance 🏠 10:30 Sit, Stand, Repeat! 🏠 12:00 Lunch/Learn: Medicare ↕ 1:00 Brain and Body Class 🏠 2:00-6:00 Perm. Jewelry Shop(\$) ♣️ 3:00 Wii Bowling- 1 st Round Tournament Play (R) 🏠 4:00 Door Hanger Craft ↕ 5:00 Strength and Stability 🌸 7:30 Grounding in the Garden (R)	17 🏠 9:30 Breakfast Grab-n-Listen: Fraud Prevention and Scams ↕ 10:30 Pilates (level 2) 🏊 11:00 Water Aerobics (45m) 🏠 1:00 Blood Pressure Clinic w/ Enhabit Home Health ↕ 2:30 Sit Fit w/ Beth (R) 🏠 4:00-5:00 Happy Hour 🏠 5:30 Bingo Club (R) 🏊 7:30 Evening Swim (R)	18↕ 9:00 Power Flow w/ Michelle ↕ 10:00 Forever Strong ↕ 10:30 Stretch and Balance 🏠 1:00 Hand and Foot (R) ♣️ 2:00 Neighbor Show & Tell 🏊 4:00 Sociable Singles (R) ↕ 4:30 Balance Bar Class ☕ 5:45 Phil Collins Tribute @ Trussville Entertainment Ctr (R) 🍷 7:30 Firepit Social (R)	
20 ♣️ 9:00 Sunday School (R) ♣️ 10:30 Worship Service (R) 🏠 2:00 Open Art Studio (R) ☕ 3:00 Puzzle Club (R) 🏠 5:00 Pepper Pong (R) 🎬 6:00 Movie: The Devil Wears Prada 2 (R) ☕ 7:00 Sunset Walking Club (R)	21↕ 9:00 Yoga w/ Michelle ↕ 10:00 Forever Strong ↕ 10:30 Stretch and Balance 🏠 1:00 Sit, Stand, Repeat! 🏠 2:00 Tech Tip: Medical ID 🎬 5:00 Movie: Theory of Everything 🏠 5:00 Grab & Go: for 9-5 Crew ↕ 5:00 Meet Me at the Gym (R) ♣️ 6:00 Wii Games (R) 🌸 7:30 Grounding in the Garden (R)	22 🏠 9:00-10:00 Sip and Socialize ↕ 10:30 Pilates (level 2) 🏊 11:00 Water Aerobics (45m) ♣️ 1:00 Mexican Train (R) 🏠 1:00 High Protein Meal Prep Class 🏠 2:00 Beginner Mahjong (R) 🎬 4:00 Ted Talk Tuesday (R) ↕ 5:00 Sit Fit w/Beth (R) 🏠 6:30 Board Games w/ Jimbo (R)	23↕ 10:00 Stretch and Balance 🏠 10:30 Sit, Stand, Repeat! 🏠 11:00 Resident Referral Tea Party (Must bring a guest) ↕ 1:00 Brain and Body Class 🏠 2:00 Make and Take: Vanilla ♣️ 3:00 Wii Bowling - Tournament Finals (R) ↕ 5:00 Strength and Stability 🌸 7:30 Grounding in the Garden(R)	24 🏠 9:15 Coffee w/ Candace ↕ 10:30 Pilates (level 2) 🏊 11:00 Water Aerobics (45m) ♣️ 1:00 Resident Jam Session (R) 🏠 2:00 Writing Club (R) ↕ 2:30 Sit Fit w/ Beth (R) ♣️ 3:30 Signature Sips w/ Ashley 🏠 4:00-5:00 Happy Hour 🏠 5:30 Bingo Club (R) 🏊 7:30 Evening Swim (R)	25↕ 9:00 Power Flow w/ Michelle ↕ 10:00 Forever Strong ↕ 10:30 Stretch and Balance ☕ 11:30 Lunch Bunch (R) 🏠 1:00 Hand and Foot (R) ♣️ 2:00 Poker (R) ↕ 4:30 Balance Bar Class ☕ 5:30 HSW Walkover Complimentary Wine Tasting (R) 🍷 7:30 Firepit Social (R)	
27 ♣️ 9:00 Sunday School (R) ♣️ 10:30 Worship Service (R) 🏠 2:00 Open Art Studio (R) ☕ 3:00 Puzzle Club (R) 🎬 4:30 Sound Bath w/ Maike 🎬 6:00 Movie: Something's Gotta Give (R) ☕ 7:00 Sunset Walking Club (R)	28 ↕ 9:00 Yoga w/ Michelle ↕ 10:00 Forever Strong ↕ 10:30 Stretch and Balance 🏠 1:00 Sit, Stand, Repeat! 🏠 2:00 Cards with Candace 🎬 5:00 Movie: Out to Sea ↕ 5:00 Meet Me at the Gym (R) ♣️ 6:00 Just Dance (R) 🌸 7:30 Grounding in the Garden (R)	29 🏠 9:00-10:00 Sip and Socialize ↕ 10:30 Pilates(level 2) 🏊 11:00 Water Aerobics (45m) ♣️ 1:00 Mexican Train (R) 🏠 2:00 Beginner Mahjong (R) 🎬 4:00 Ted Talk Tuesday (R) 🎬 4:30 Resident Sing Along (R) ↕ 5:00 Sit Fit w/Beth (R) 🏠 6:00 Dinner & Discussion w/ Dignity Memorial	30 ↕ 10:00 Stretch and Balance 🏠 10:30 Sit, Stand, Repeat! ↕ 1:00 Brain and Body Class ♣️ 2:00 Front Porch Stories (R) ♣️ 3:00 Wii Bowling (R) ↕ 5:00 Strength and Stability (R) 🌸 7:30 Grounding in the Garden (R)			

LEGEND

The Gentry

The Club Room

Wellness Center

Fitness Studio

Studio 205

The Press

Community Garden

Dog Park

Bocce Ball Court

The Preserve

Saltwater Pool

The View

Grill Area

• Please note a level 2 exercise class would include floor work
• (R) means resident run
• Daily Devotional Group (R) 11:00 every weekday in the Gentry

What's New at Arise? Lots!

There's always something happening at Arise, but this month we're adding even more ways to get moving, get social, try something new, and have some fun! Be sure to check the calendar for all the details.

🌿 Grounding in the Garden – Get outside, take your shoes off and enjoy a little time connecting with nature and getting the health benefits of grounding.

🏈 Football Kickoff Party– Rep your favorite team at Happy Hour! Plus, join us in the theater for Alabama and Auburn watch parties throughout the season.

🎸 “Live” Concert Series – We're kicking things off with The Eagles, featuring a live concert video generously provided by a resident.

🍽️ Labor Day Potluck – Bring a favorite dish and celebrate with your neighbors!

🐎 Ready, Set, Bet! – New resident Jimbo is leading a fun horse-racing game you won't want to miss.

🍞 Focaccia Decorating – Get creative and turn delicious focaccia into an edible work of art!

💪 New Ways to Move – We're adding two new exercise opportunities to the calendar: Balance Bar, designed to challenge balance and stability, and Brain & Body, combining movement with activities that get your mind working, too.

👋 New Clubs – Get out and explore with Out on the Town Club or meet up with friends at Meet Me at the Gym Club.

🧠 Personality Profile Class – Resident Cindy leads this two-day experience designed to expand how you see yourself and understand your relationships with others.

✨ More to Explore! Look for permanent jewelry, organic breads and treats from The Sourdough Gentleman, vendor-provided breakfasts, lunches and dinners, and more!

🍂 Plus, get crafty with a fall door hanger and/or make your own homemade vanilla extract.

There's so much more happening! Check the calendar, pick your favorites, and come join the fun!

SEPTEMBER 2026



COMMUNITY NEWSLETTER

Let the Games Begin: Wii Bowling Tournament!

Think you have to be a Wii Bowling pro to enter a tournament? Think again! Our Wii Bowling Tournament is handicapped, so you don't have to be a seasoned player—or even a bowler at all—to have a shot at winning!

You'll have two weeks to complete your qualifying rounds, giving you plenty of time to play, practice, and get your scores in. The handicap system helps level the playing field, giving newer players just as much opportunity to succeed as our Wii Bowling veterans.

And you don't have to be available for a scheduled Wii Bowling session to participate! Working residents and anyone with a busy schedule can still join in. We'll help you create your Wii avatar, and you can play on your own time and submit your scores to be included in the tournament.

Plus, the championship title isn't the only way to win! We'll have prizes for all kinds of accomplishments, including Most Improved, Most Strikes, Best Sportsmanship, Biggest Comeback, and other fun categories. So even if you don't consider yourself a competitive bowler, you could still walk away with some bragging rights! Want to know exactly how the tournament works? Stop by Calendar Talk or visit the Front Desk for more information and tournament specifics.

Whether you're a Wii Bowling regular, a total beginner, or just looking for a fun way to get involved, come give it a roll! 

Happy Birthday

- September 5th - Luellen N
- September 8th - Donna P
- September 9th - Jimbo F and Linda L
- September 16th - Annie B
- September 20th - Jolene M
- September 21st - Sharon M
- September 23rd - Peggy L
- September 24th - Sherry C and Dave C
- September 26th - Pam H