



THE PONDEROSA
— ESTATE —

September

2026 — RESIDENT ACTIVITY CALENDAR



FITNESS &
WELLNESS



CULINARY
ARTS



CREATIVE
EXPRESSION



MIND &
LEARNING



HORTICULTURE



SPIRITUAL



ENTERTAINMENT



SOCIAL



RESIDENT-
LED

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

- Smoothie Bar & Social
11:00 AM
- Cardio Connections
11:30 AM
with Staff
- Card Games & Crafts
2:00 PM
Aarondale Hospice
- Spa Day
3:30 PM
Copper Falls Hospice
- Bingo & Cocktails
6:30 PM

2

- Fitness Class
11:00 AM
Living Gracefully — Mark
- Watercolor Wednesday
2:00 PM
- Afternoon Brain Games
4:00 PM
- Evening Trivia Night
6:00 PM

3

- Coffee & Chronicles
11:00 AM
- ★ Bible Study
1:00 PM
Chaplain Tony · Copper Falls Hospice
- Arts & Crafts
2:00 PM
with Cayti
- Flower Arranging
3:30 PM
Lighthouse Hospice
- Family Feud Night
6:30 PM

4

- Coffee & Chronicles
11:00 AM
- Build & Balance
2:00 PM
with Staff
- Sunset Patio Social
4:00 PM
- Trivia Night
6:30 PM

5

- Fitness Class
11:00 AM
Living Gracefully — Mark
- Eagle Senior Center Pinochle
1:00 PM
Eagle Senior Center
- ★ Boise State vs Oregon
1:30 PM
Broncos Football
- Lawn Games & Lemonade
4:00 PM
- Bingo & Cocktails
6:30 PM

6

- Morning Coffee & Devotion
11:00 AM
- Afternoon Brain Games
2:00 PM
- Sunset Patio Social
4:00 PM
- Family Movie Night
6:30 PM

7

- Coffee & Chronicles
11:00 AM
- Strength in Motion
2:00 PM
with Staff
- ★ Labor Day Cookout
4:00 PM
- Family Feud Night
6:30 PM

8

- Smoothie Bar & Social
11:00 AM
- Cardio Connections
11:30 AM
with Staff
- Card Games & Crafts
2:00 PM
Aarondale Hospice
- Travel Tuesday
4:00 PM
- Bingo & Cocktails
6:30 PM

9

- Fresh Air Club
11:00 AM
- Hot Cocoa & Tea Social
2:00 PM
with Staff
- Cookie Decorating
4:00 PM
- Trivia Night
6:30 PM

10

- Coffee & Chronicles
11:00 AM
- Special Music
2:00 PM
Dave · Copper Falls Hospice
- Charcuterie & Conversation
3:00 PM
- Family Feud Night
6:30 PM

11

- Coffee & Chronicles
11:00 AM
- Build & Balance
2:00 PM
with Staff
- Movies & Popcorn
3:00 PM
Copper Falls Hospice
- Cocktail Hour & Cards
4:30 PM
- Trivia Night
6:30 PM

12

- Fresh Air Club
11:00 AM
- Eagle Senior Center Pinochle
1:00 PM
Eagle Senior Center
- Movie Matinée: Resident's Pick
2:00 PM
- ★ Boise State vs Memphis
4:00 PM
Broncos Football
- Bingo & Cocktails
6:30 PM

13

- Morning Coffee & Devotion
11:00 AM
- Afternoon Brain Games
2:00 PM
- Afternoon Reading Hour
4:00 PM
- ★ Sunday Night Football
6:20 PM

14

- Coffee & Chronicles
11:00 AM
- Strength in Motion
2:00 PM
with Staff
- Happy Hour
3:30 PM
Copper Falls Hospice
- ★ Monday Night Football
6:15 PM

15

- Smoothie Bar & Social
11:00 AM
- Cardio Connections
11:30 AM
with Staff
- Card Games & Crafts
2:00 PM
Aarondale Hospice
- Spa Day
3:30 PM
Copper Falls Hospice
- Travel Tuesday
4:30 PM
- Bingo & Cocktails
6:30 PM

16

- Fresh Air Club
11:00 AM
- Watercolor Wednesday
2:00 PM
- Charcuterie & Conversation
3:00 PM
- Art Therapy
4:00 PM
Rosie · Copper Falls Hospice
- Interactive Jeopardy
6:30 PM

17

- Coffee & Chronicles
11:00 AM
- ★ Bible Study
1:00 PM
Chaplain Tony · Copper Falls Hospice
- Arts & Crafts
2:00 PM
with Cayti
- Afternoon Brain Games
4:00 PM
- Family Feud Night
6:30 PM

18

- Coffee & Chronicles
11:00 AM
- Build & Balance
2:00 PM
with Staff
- Cookie Decorating
4:00 PM
- Family Feud Night
6:30 PM

19

- Fresh Air Club
11:00 AM
- Eagle Senior Center Pinochle
1:00 PM
Eagle Senior Center
- Sing-Along Social
2:00 PM
- ★ Gregg & Cori — Live Singing
3:00 PM
- Bingo & Cocktails
6:30 PM
- ★ Boise State vs South Dakota
8:00 PM
Broncos Football

20

- Morning Coffee & Devotion
11:00 AM
- Afternoon Brain Games
2:00 PM
- Sunset Patio Social
4:00 PM
- ★ Sunday Night Football
6:20 PM

21

- Coffee & Chronicles
11:00 AM
- Strength in Motion
2:00 PM
with Staff
- Charcuterie & Conversation
3:00 PM
- ★ Monday Night Football
6:15 PM

22

- Smoothie Bar & Social
11:00 AM
- Cardio Connections
11:30 AM
with Staff
- Card Games & Crafts
2:00 PM
Aarondale Hospice
- Travel Tuesday
4:00 PM
- Bingo & Cocktails
6:30 PM

23

- Fitness Class
11:00 AM
Living Gracefully — Mark
- Hot Cocoa & Tea Social
2:00 PM
with Staff
- Evening Trivia Night
6:00 PM

24

- Coffee & Chronicles
11:00 AM
- Special Music
2:00 PM
Dave · Copper Falls Hospice
- Cards & Puzzles Open Table
4:00 PM
- Family Feud Night
6:30 PM

25

- Coffee & Chronicles
11:00 AM
- Build & Balance
2:00 PM
with Staff
- Movies & Popcorn
3:00 PM
Copper Falls Hospice
- Cocktail Hour & Cards
4:30 PM
- Trivia Night
6:30 PM

26

- Fitness Class
11:00 AM
Living Gracefully — Mark
- Eagle Senior Center Pinochle
1:00 PM
Eagle Senior Center
- Movie Matinée: Resident's Pick
2:00 PM
- ★ Boise State vs Western Michigan
3:00 PM
Broncos Football · Time TBD
- Cocktail Hour & Lawn Games
4:00 PM
- Bingo & Cocktails
6:30 PM

27

- Morning Coffee & Devotion
11:00 AM
- Afternoon Reading Hour
2:00 PM
- Fireside Reflections
4:00 PM
- ★ Sunday Night Football
6:20 PM

28

- Coffee & Chronicles
11:00 AM
- Strength in Motion
2:00 PM
with Staff
- Cocktail Hour & Cards
4:00 PM
- ★ Monday Night Football
6:15 PM

29

- Smoothie Bar & Social
11:00 AM
- Cardio Connections
11:30 AM
with Staff
- Card Games & Crafts
2:00 PM
Aarondale Hospice
- Spa Day
3:30 PM
Copper Falls Hospice
- Travel Tuesday
4:30 PM
- Bingo & Cocktails
6:30 PM

30

- Fitness Class
11:00 AM
Living Gracefully — Mark
- Watercolor Wednesday
2:00 PM
- ★ End-of-Quarter Celebration
4:00 PM
- S'mores Night
6:30 PM

ACTIVITY KEY —

 Fitness & Wellness

 Culinary Arts

 Creative Expression

 Mind & Learning

 Horticulture  Spiritual  Entertainment  Social  Resident-Led

★ = Signature Event

SEPTEMBER SIGNATURE EVENTS

- **Labor Day Cookout (Sep 7)** — Outdoor celebration to kick off the month
- **Gregg & Cori — Live Singing (Sep 19)** — Live entertainment on the patio
- **Flower Arranging — Weekly** — Lighthouse Hospice; Tuesdays 1 or 5 PM, Wednesdays 3 or 4 PM, rotating for variety
- **Bible Study with Chaplain Tony (Sep 3 & 17)** — Every other Thursday at 1 PM
- **Special Music with Dave (Sep 3 & 17)** — Every other Thursday, Copper Falls
- **Art Therapy with Rosie (Sep 17)** — Copper Falls Hospice volunteers
- **Hot Cocoa & Tea Social (Sep 9 & 23)** — Keystone Hospice, 2nd & 4th Wednesday
- **End-of-Quarter Celebration (Sep 30)** — Closing out Q3 together

WEEKLY PROGRAM STRUCTURE

- **Fitness — Mon 2PM / Tue 11:30AM / Wed 11AM / Fri 2PM** — Mon/Tue/Fri: Staff · Wed: Living Gracefully (Mark)
- **Aarondale Hospice — Tuesdays 2PM** — Card games or crafts every week
- **Copper Falls Spa Day — Every other Tuesday** — Sep 1, 15 & 29 at 3:30 PM
- **Copper Falls Movies & Popcorn — 2nd & Last Friday** — Sep 11 & 25
- **Keystone Hot Cocoa & Tea — 2nd & 4th Wednesday** — Sep 9 & 23
- **Lighthouse Flower Arranging — Weekly** — Tuesdays 1 or 5 PM · Wednesdays 3 or 4 PM (rotating)
- **Watercolor Wednesdays** — Ongoing art series, all levels welcome
- **Coffee & Chronicles / Smoothie Bar — Daily morning anchor**

OUR COMMUNITY PARTNERS

Copper Falls Hospice

Special music with Dave (every other Thu), Bible study with Chaplain Tony (3rd Mon), art therapy with Rosie (monthly Thu), spa days (every other Tue at 3:30 PM), movies & popcorn (2nd & last Fri), and happy hour (2nd Mon).

Aarondale Hospice

Leads card games or crafts every Tuesday at 2 PM.

Keystone Hospice

Hot cocoa & tea socials on the 2nd and 4th Wednesday each month.

Lighthouse Hospice

Drops off fresh flowers weekly for resident flower arranging — Tuesdays or Wednesdays, rotating time for variety.

Living Gracefully — Mark

Weekly fitness class every Wednesday at 11 AM.

Gregg & Cori Anderson

Live singing performance (Sep 19), 4-5 PM.

Cayti

Monthly arts & crafts session (Sep 10).

Chaplain Tony

Leads Bible study every other Thursday at 1 PM (Sep 3 & 17).

Eagle Senior Center

Hosts pinochle every Saturday at 1 PM.

Staff

Leads Strength in Motion (Mon), Cardio Connections (Tue), and Build & Balance (Fri).

Activities subject to change · Please see staff for accessibility accommodations · All programs are optional

The Ponderosa Estate — Eagle, Idaho