

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Questions, comments, and concerns regarding activities may be directed to: Alex Nowak - Cultural Arts Coordinator (716) 929-5618 or anowak@echa.org Key: L=Library / CH=Channel 1390 / LH=Lunt Hall / L1=1st Floor Lounge / L6=6th Floor Lounge / CA=Cultural Arts Room / AL=2nd Floor Assisted Living Activity Room / FL = Gather in Front Lobby / FC=Fitness Center		Cancelled: Zumba & Resistance 11:15 Resident Council (LH) 1:00 Wegmans Trip (FL) 2:00 Mahjong (L6) 3:00 Living Well: Updating Your Emergency Contact Sheet with Melissa Maney (LH) 7:00 Movie Night "Calendar Girls" (LH)	Spa Open by apt. only 9:30 Deion's Circuit Class (LH) 11:00 Yoga with Jon (LH) 11:00 Speedbag Training (FC) 12:00 Fleurette's (CA) 1:30 Jeopardy! (CA) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6)	Salon Open by apt. only Cancelled: Zumba & Resistance 9:30 Meditation with Ann (CH) 11:00 Pastels with Rio (CA) 1:30 Scrabble (L6) 2:30 Bus Leaving: Sunflowers of Sanborn (FL) 7:00 Movie Repeat (CH)	10:00 Fitness with Susie (LH) 11:00 Balance with Susie (LH) 1:00 AKG Transportation (FL) 2:00 Afternoon Tea (L) 4:30 BYO Happy Hour (L6)	10:15 Senior Strong (LH) 11:00 Knit-Wits (CA) 12:00 Cornhole (LH) 1:00 Fleurette's (CA) 2:30 Movie Matinee "9 to 5"(LH) 7:00 Movie Repeat (CH)
10:00 Advanced Tai Chi (CH) 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "The Bucket List" (LH) 7:00 Movie Repeat (CH)	9:30 Deion's Circuit Class (LH) 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 1-4 App Help with Hannah (L) 1:30 Cornhole (LH) 3:00 Canterbury University (LH) 4:30 Birthday Happy Hour! (L6) Labor Day	10:00 Zumba & Resistance (LH) 11:00 Sourdough Starter Workshop with Sam (CA) 1:00 Wegmans Trip (FL) 2:00 Mahjong (L6) 3:00 Living Well: Discussion with Grief Counselor Andrew Mattle (LH) 7:00 Movie Night "Sylvia" (LH)	Spa Open by apt. only 9:30 Deion's Circuit Class (LH) 11:00 Yoga with Jon (LH) 11:00 Speedbag Training (FC) 12:00 Fleurette's (CA) 1:30 Musical BINGO! (CA) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6)	Salon Open by apt. only 9:30 Meditation with Ann (CH) 10:00 Zumba & Resistance (LH) 1:30 Scrabble (L6) 2:30 Craft Workshop with ArtsyGal Studios: Beaded Bouquets (CA) 7:00 Movie Repeat (CH)	10:00 Fitness with Susie (LH) 11:00 Balance with Susie (LH) 2:00 Afternoon Tea (L) 4:30 BYO Happy Hour (L6) Rosh Hashanah Begins	10:15 Senior Strong (LH) 11:00 Knit-Wits (CA) 12:00 Cornhole (LH) 1:00 Fleurette's (CA) 2:30 Movie Matinee "The Intern" (LH) 7:00 Movie Repeat (CH)
10:00 Advanced Tai Chi (CH) 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 1:00 Bills vs Texans 2:00 Grandparents Day Entertainment featuring Judd Sunshine (L1) 7:00 Movie Night "Alice in Wonderland" (CH) Grandparents Day	9:30 Deion's Circuit Class (LH) 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 1:00 Town Hall (LH) 1-4 App Help with Hannah (L) 1:30 Cornhole (LH) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6)	10:00 Zumba & Resistance (LH) 11:00 Pierce Arrow Museum & Lunch at Pearl Street Grill (FL) 1:00 Wegmans Trip (FL) 2:00 Mahjong (L6) 3:00 Living Well: Creating Your Hospital Bag Checklist with Melissa Maney (LH) 7:00 Movie Night "Stripes" (LH)	Spa Open by apt. only 9:30 Deion's Circuit Class (LH) 11:00 Yoga with Jon (LH) 11:00 Speedbag Training (FC) 12:00 Fleurette's (CA) 1:30 Family Feud (CA) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6)	Salon Open by apt. only 9:15 Bus Leaving: "Emma" at Irish Classical (FL) 9:30 Meditation with Ann (CH) 10:00 Zumba & Resistance (LH) 11:00 Pastels with Rio (CA) 1:30 Scrabble (L6) 2:30 Crafting (CA) 8:15 Bills vs Lions (L1)	10:00 Fitness with Susie (LH) 11:00 Balance with Susie (LH) 2:00 Afternoon Tea (L) 4:30 BYO Happy Hour (L6)	10:15 Senior Strong (LH) 11:00 Knit-Wits (CA) 12:00 Cornhole (LH) 1:00 Fleurette's (CA) 2:30 Movie Matinee "A Private Life" (LH) 7:00 Movie Repeat (CH) Oktoberfest Begins
10:00 Advanced Tai Chi (CH) 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "The King's Speech" (LH) 7:00 Movie Repeat (CH) Yom Kippur Begins	9:30 Deion's Circuit Class (LH) 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 1-4 App Help with Hannah (L) 1:30 Cornhole (LH) 3:00 Canterbury University (LH) 4:30 Trivia Happy Hour (L6)	Cancelled: Zumba & Resistance 11:00 Sourdough Workshop with Sam (CA) 1:00 Wegmans Trip (FL) 2:00 Mahjong (L6) 3:00 Living Well: Discussion with Death Doula Rebecca Mercurio (LH) 7:00 Movie Night "Sully" (LH) Autumn Begins	Spa Open by apt. only 9:30 Deion's Circuit Class (LH) 11:00 Yoga with Jon (LH) 11:00 Speedbag Training (FC) 12:00 Fleurette's (CA) 1:30 Jeopardy! (CA) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6) 7:00 Cellist Alex Cousins (LH)	Salon Open by apt. only Cancelled: Coffee with Paul 9:30 Meditation with Ann (CH) 10:00 Zumba & Resistance (LH) 1:30 Scrabble (L6) 2:30 Crafting: Painted Fall Themed Wall Hangings (CA) 7:00 Movie Repeat (CH)	10:00 Fitness with Susie (LH) 2:00 Afternoon Tea (L) 3:15 Book Club (L) 4:30 BYO Happy Hour (L6) Sukkot Begins	10:15 Senior Strong (LH) 11:00 Knit-Wits (CA) 12:00 Cornhole (LH) 1:00 Fleurette's (CA) 2:30 Movie Matinee "Disclosure Day" (LH) 7:00 Movie Repeat (CH)
10:00 Advanced Tai Chi (CH) 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 1:00 Bills vs Chargers (L1) 2:30 Movie Matinee "Great Expectations" (LH) 7:00 Movie Repeat (CH)	9:30 Deion's Circuit Class (LH) 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 1-4 App Help with Hannah (L) 1:30 Cornhole (LH) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6)	10:00 Zumba & Resistance (LH) 11:15 Dining Committee (LH) 1:00 Wegmans Trip (FL) 2:00 Mahjong (L6) 3:00 Living Well: Topic TBA (LH) 7:00 Movie Night "Michael" (LH)	Spa Open by apt. only 9:30 Deion's Circuit Class (LH) 11:00 Yoga with Jon (LH) 11:00 Speedbag Training (FC) 12:00 Fleurette's (CA) 1:30 Musical BINGO! (CA) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6) 7:00 Live Music featuring Brother James (L1)	September 2026 Gates Circle Independent Living Activity Calendar		