



September 2026

Benedictine Madonna Towers Assisted & Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Independent Living Manicures – Fireside Lounge 9:30 HASfit TV Exercise – Channel 11.1 1:00 Resident Council – Hobby Room 3:00 Wellness Visits	2 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Act. Room 1:45 Walmart North Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room 2:30 Wellness Visits	3 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 1:00 Live music with Peter Micholic – Auditorium 2:00 Trivia – 2 nd Floor Act. Room 3:00 Happy Hour – Rochester Room	4 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 1:00 Community Walk – Lobby 3:00 Wellness Visits	5 9:30 HASfit TV Exercise – Channel 11.1
6 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	7 10:00 Strength & Balance Exercise – Auditorium 1:30 Meet & Greet with Emily (Wellness Assistant) – Auditorium	8 9:00 Independent Living Manicures – Fireside Lounge 9:30 HASfit TV Exercise – Channel 11.1 10:30 Town Hall Meeting – Auditorium & Channel 73.1 3:00 Live music with Allen Carlson – Auditorium	9 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:00 Meet & Chat with Senator Bolden – Auditorium 1:30 Bingo – 2 nd Floor Act. Room 1:45 HyVee 37 th St. Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room	10 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 1:30 Movie Matinee: The Three Musketeers – L.L. Family Room 3:00 Happy Hour – Rochester Room	11 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 1:30 Blue Lagoon Mini Golf – Lobby	12 9:30 HASfit TV Exercise – Channel 11.1
13 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	14 10:00 Strength & Balance Exercise – Auditorium 2:00 Walking Trip at Quarry Hill – Lobby	15 9:00 Independent Living Manicures – Fireside Lounge 9:30 HASfit TV Exercise – Channel 11.1 10:00 What's for Dinner Meeting – Dining Room 12:00 Luncheon: Culver's – Rochester Room 2:00 Wellness Visits	16 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Act. Room 1:45 Target North Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room 2:30 Wellness Visits	17 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 1:30 September Birthday Celebration with live music by Bill Cagley-Auditorium 3:00 Happy Hour – Bistro/ Auditorium	18 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 2:00 Caramel Apple & Cider Social – Bistro/ Patio	19 9:30 HASfit TV Exercise – Channel 11.1
20 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	21 10:00 Strength & Balance Exercise – Auditorium 1:30 Bingo – 2 nd Floor Act. Room 3:00 Wellness Visits	22 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Trivia – 2 nd Floor Act. Room 1:00 Gift of Gab – 2 nd Floor Act. Room 2:00 Live music with Ben Gateno – Auditorium	23 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:45 HyVee 37 th St. Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room 2:30 Wellness Visits	24 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 11:00-1:00 CREW Cookout Fundraiser – Auditorium 3:00 Happy Hour – Rochester Room	25 10:00 Strength & Balance Exercise – Rochester Room 11:00 Bingo – Rochester Room 4:30 Annual Picnic with live music by Swing Street musical group – Indoors	26 9:30 HASfit TV Exercise – Channel 11.1
27 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	28 10:00 Strength & Balance Exercise – Auditorium 1:30 Caramel Apple Cookie Baking – Hobby Room	29 9:00 Independent Living Manicures – Fireside Lounge 9:30 HASfit TV Exercise – Channel 11.1 2:00 Live music with Craig Morton – Auditorium	30 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Act. Room 1:45 Trader Joe's Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room 2:30 Wellness Visits			

For any questions, please contact Collin Volkman, Wellness Director, at 507-206-2364.