

September	MON	TUE	WED	THU	FRI
	31 9a Memory Cafe: Laughter Lives Here 2p Grover Tours: Senior Fit 3:30p Memory Lane: Family Time 4p Birthday Celebrations	1 10a Chair Aerobics 11a Guided Meditation 1p Harvest Nutrition: Eating Well this Fall 3p Walking Club: Tai Chi Walking	2 11a Nature Art: Watercolor Pumpkin Patch 2p Community Puzzle Challenge 4p Ice Cream Social	3 10a Trivia Café 2p Grove Academy: Digital Marketing & You 3:30p Tech Help: Photo Sharing Made Easy	4 10a Cardio Drumming 1p Bingo 3p Apple Cider Happy Hour
	7 LABOR DAY Office Closed Enjoy the activities left out for the weekend.	8 10a Chair Yoga 11:30a Guided Meditation 3p Walking Club: Persimmon Park	9 10a Rabbi's Tidbits 1p Mahjong 3p Community Sculpting Project 6p Concert: Mid-Century Modern Jazz Quartet	10 11a Grove Academy: Hearing Health & Cognitive Wellness 2p Blind Date with a Book Fair 3p Resident Advisory Group 4p Activity Planning Forum	11 ROSH HASHANAH 10a Bus Excursion: RTS Transit Center 2p Ice Cream Social
	14 11a Game of the Month: Banangrams 12p Monday Munch Bunch 2p Movie Monday: Steel Magnolias	15 10a Gentle Stretch & Balance 11:30a Guided Meditation 3p Walking Club: Meridian Center Park 4p Hariette's Park Grand Opening	16 10a Sukkot Crafts 1p Mahjong 3p Talent Sharing Forum	17 10a Multi-Puzzle Party 2p Grove Academy: Fall & Fire Safety 3:30p Tech Hour: Tech Hub	18 11a Coffee & Conversations with Rabbi 1p Frobscottle Happy Hour 3p Line Dancing
	21 YOM KIPPUR No Programming	22 10a Group Fitness Circuit 11:30a Guided Meditation 1p Sukkah Building & Decorating	23 9a Grover Time Capsule 10a Presentation on Medicare SC 1p Mahjong 3p Fabric Collage with SuE	24 11a Card Game: Memory 2p Grove Academy w/Carl: Identity Theft Protection & Scam Prevention 3:30p Book Club	25 SUKKOT 9a Dolly Parton Musical Tribute Movie 11a Summer Games 2p Snocone Social
	28 SUKKOT 11a Game of the Month: Banangrams 12p Monday Munch Bunch: Birthday Edition 2p Movie Monday: Clue	29 SUKKOT 11:30a Guided Meditation 1p Healthy Habits Check-in 1:30p Walking Club: Campus Sukkah Tour 3p Singing in the Sukkah w/ Rabbi Silvana	30 SUKKOT 11a Harvest Entry Shelf Contest 1p Harvest Wreaths	1 SUKKOT 11a Autumn Trivia 2p Name that Tune	2 SHEMINI ATZERET 11a Community Sing-Along 3p Sundae Social

2026

Calendar Key

Mondays – Community: Social connection. | **Tuesdays** – Wellness: Fitness, mindfulness, and healthy living. | **Wednesdays** – Creativity: Arts, crafts, music, and self-expression. | **Thursdays** – Learning & Discovery: Workshops, lectures, and technology. | **Fridays** – Fun & Celebration: Themed socials, entertainment, and celebrations.

MEETING PLACES – All Lilac Grove activities take place in the Community Room, except where otherwise noted.



Around Town

September 15-26 Rochester Fringe Festival. 715+ performances, 45+ venues. There’s something for everybody. Visit rochesterfringe.com.

Sep 17, 7:30 PM, The Rose Room Fringe Festival: Contra Dancing. Contra dance is a joyful, community-oriented social dance with live music, easy instruction, substance and fragrance free, family-friendly, and open to all.

Sep 20 & 22 Fringe Festival: Dear Evan Hanson at the JCC on Sunday, the 20th at 12:30 and Tuesday, the 22nd at 6:30. Tickets available at rochesterfringe.com.

Sep 24-Oct 11 Hairspray! at OFC Creations.