

September Birthdays

Luther Graham 9/3
Donna DeFlorio 9/11
Karen DiGuiseppe 9/15

Have a September Birthday?

Join us for the birthday party September 17th at 1pm in Dayhaven!

Celebration is welcome to all.

Sponsored by Eddy SeniorCare

Things to Remember

Don't forget to sign up for events at the front desk to earn your Schaffer Bucks! Sign up is required for all labeled events.

Bingo is back in Dayhaven!

This month's Trivia Theme is FALL FACTS. Think you know a thing or two about fall? Join us for the trivia challenge on September 22nd!

September 10th at 1pm: Meet Jeffrey Eggleston for information on preparing for changes in Medicaid/Medicare.

Rent is due by the 5th. Any rents received after the 15th will be subject to a \$50 late charge.

SCHAFFER HEIGHTS

SEPTEMBER 2026



107 Nott Terrace
Schenectady NY 12308
518.382.1956
SchafferHeights.com

Property Manager:
Megan Lockwood

Assistant Property Manager:
Mwelwa Bwalya

Maintenance Supervisor:
Al Lowery

Maintenance Technician:
Bernard Specht

The leasing office will be closed on September 7 for Labor Day



Highlights for the Month

Stay Active September Challenge!

As the days get shorter, it is important to keep your body and your mind active. This September, we challenge you to join us for our wellness activities throughout the month to focus on staying connected and exercising the body and the mind for your overall wellness.

Attend at least 3 of these wellness activities and win \$20 in Schaffer Bucks!

Morning Brain Puzzles - Crosswords, Sudoku and Word Searches to keep your mind active. (Tuesdays: 9/1, 9/16, and 9/30 @10am in Dayhaven).

Get Up and Walk! - Join us on a stroll from the Eastern Ave Entrance around the corner and across the property. (Wednesdays: 9/9 and 9/23 @2pm Eastern Ave Entrance).

Chair Exercises - 20 to 30 minutes of gentle exercises to get you moving! (Thursdays: 9/3 and 9/17 @11am in Dayhaven).

Calm Hour Relaxation: An hour of dim lights, gentle sounds, and tips to help you relax. (Thursdays: 9/10 and 9/24 @ 10am in the 4th floor Community Room).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 ▶ 10am Morning Brain Puzzles (DH) ▶ 1pm Crafters Meet Up (4CR)	2 ▶ 12:30-2:30 Hairdresser *sign up required* ▶ 5:45 Christian Fellowship Meeting (4CR)	3 ▶ 11am Chair Exercises (DH) ▶ 2pm Emergency Preparedness Seminar: Winter Weather (DH)	4 ▶ 8:30am BUS to PriceChopper (EA) ▶ 1pm Pre-Labor Day Party (DH) *sign up required*	
	7  Office Closed No Grocery Bus	8 ▶ 11am Writer's Group (4CR) ▶ 3pm- Adult Coloring (4CR)	9 ▶ 12:30-2:30 Hairdresser *sign up required* ▶ 2pm Get Up and Walk! (EA) ▶ 5:45 Fellowship Meeting (4CR)	10 ▶ 10am Calming Hour Relaxation (4CR) ▶ 1pm Banker's Life Benefits Presentation (Lobby) ▶ 3pm Board and Card Games Meet Up (4CR)	11 ▶ 8:30am BUS to PriceChopper (EA) ▶ 8:46am Minute of Silence 9/11 Remebrance ▶ 1pm Bingo (DH)	
	14 ▶ 9:30am BUS to Hannaford (EA) ▶ 2:45pm - 3:45pm Veggie Mobile ▶ 6pm Bible Study (DH)	15 ▶ 10am Morning Brain Puzzles (DH) ▶ 1pm Crafters Meet Up (4CR) ▶ 6-8pm Wine Mixer and Music (DH)	16 ▶ 12:30-2:30 Hairdresser *sign up required* ▶ 1pm - 3pm Fall Portrait Photo Shoot (DH) ▶ 5:45 Fellowship Meeting (4CR)	17 ▶ 11am Chair Exercises (DH) ▶ 1pm Birthday Party & Bingo (DH)	18 ▶ 8:30am BUS to PriceChopper (EA) ▶ 10am Coffee Hour (DH) *sign up required* ▶ 1pm Northeast Regional Food Bank (DH)	
	21 ▶ 9:30am BUS to Hannaford (EA) ▶ 2:45pm - 3:45pm Veggie Mobile ▶ 6pm Bible Study (DH)	22 ▶ 11am Writer's Group (4CR) ▶ 1pm- Trivia Challenge (4CR) ▶ 3pm- Adult Coloring (4CR)	23 ▶ 12:30-2:30 Hairdresser *sign up required* ▶ 2pm Get Up and Walk! (EA) ▶ 5:45 Christian Fellowship Meeting (4CR)	24 ▶ 10am Calming Hour Relaxation (4CR) ▶ 3pm Board and Card Games Meet Up (4CR)	25 ▶ 8:30am BUS to PriceChopper (EA) ▶ 1pm Bingo (DH)	
	28 ▶ 9:30am BUS to Hannaford (EA) ▶ 2:45pm - 3:45pm Veggie Mobile ▶ 6pm Bible Study (DH)	29 ▶ 10am Morning Brain Puzzles (DH) ▶ 1pm Crafters Meet Up (4CR)	30 ▶ 12:30-2:30 Hairdresser *sign up required* ▶ 5:45 Christian Fellowship Meeting (4CR)			