

SEPTEMBER EVENTS 2026

- Events in **orange** represent Liv Well events
- Events in **blue** represent Resident-led events (not Liv sponsored)

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Morning Flow Yoga
10:30am - 11:15am | Yoga Studio

06

LABOR DAY
OFFICE CLOSED

Hydrofit
5:15pm - 6:00pm | Front Pool

07

01

Yappy Hour
5:00pm - 6:00pm | Leasing Office

Pilates
6:00pm - 6:45pm | Yoga Studio

02

Hydrofit
4:00pm - 4:45pm | Back Pool

03

04

05

Pancake Breakfast
9:00am - 10:00am | The Hub

12

Morning Flow Yoga
10:30am - 11:15am | Yoga Studio

13

Restorative Yoga
7:30pm - 8:15pm | Yoga Studio

14

08

Pilates
6:00pm - 6:45pm | Yoga Studio

16

Hydrofit
4:00pm - 4:45pm | Back Pool
Kid's Club
4:00pm - 5:00pm | The Hub

17

El New Yorican Food Truck
6:00pm - 9:00pm | Front Lot

18

19

Morning Flow Yoga
10:30am - 11:15am | Yoga Studio

20

Hydrofit
5:15pm - 6:00pm | Front Pool

Restorative Yoga
7:30pm - 8:15pm | Yoga Studio

21

22

Pilates
6:00pm - 6:45pm | Yoga Studio

23

Hydrofit
4:00pm - 4:45pm | Back Pool

24

Pacific Rim Food Truck
5:00pm - 8:00pm | Front Lot

Happy Hour
6:00pm - 8:00pm | The Hub

25

Garden Club
10:00am - 11:00am | Liv Garden

Annual Kickball Tournament
5:00pm | Liv Northgate

26

*Residents
Appreciation
Week!*

Make It Monday - Soda Bar
4:00pm - 6:00pm | The Hub

Morning Flow Yoga
10:30am - 11:15am | Yoga Studio

27

Hydrofit
5:15pm - 6:00pm | Front Pool

Restorative Yoga
7:30pm - 8:15pm | Yoga Studio

28

Walking Taco Tuesday
4:00pm-5:00pm | The Hub

29

Spin the Wheel Wednesday
9:00am - 6:00pm | Leasing Office

Pilates
6:00pm - 6:45pm | Yoga Studio

30

To Go Breakfast Thursday
7:30am - 8:30am | Front Entrance

01

Fur Resident Friday
9:00am - 6:00pm | Leasing Office

02