



September 2026

LifeWorks #1
and Administration
744 E. 13th Ave.
Anchorage, Alaska 99501

LifeWorks Lodge
500 W. Int'l Airport Rd.
Anchorage, Alaska

Monday	Tuesday	Wednesday	Thursday	Friday
	Shake the Balls Out 1 American Chess Day Table Top Games Bird Point w/take along cocoa	XL Maze 2 World Coconut Day DIY Sugar Body Scrub Circle K	Chair Yoga 3 National Bowling League Day Autumn Ducky Painting West Chester Lagoon-AM Bowling-PM River Song Music Therapy: Lodge 9:45a-10:45a LifeWorks #1 12:00p-1:00p	Indoor Baseball 4 National Wildlife Day Spot the Wildlife Scavenger Hunt Scenic View Drive
	Cupid Shuffle 8 Star Trek Day Science Tuesday: DIY Rocket Ship Earthquake Park	Ring Toss 9 National Teddy Bear Day Pompom Teddy Bear Kaladi w/small drink	Bucket Ball 10 National School Picture Day Dress up Photo Shoot Walgreens River Song Music Therapy: Lodge 9:45a-10:45a LifeWorks #1 12:00p-1:00p	Bucket Ball 11 National Hot Cross Bun Day Scarecrow Painting @Dino's Donut
Ladder Ball 14 National Coloring Day Coloring Pages Fred Meyer Day 1 River Song Music Therapy: LifeWorks #1 9:45a-10:45a Lodge 12:00p-1:00p	Roll the Balls 15 World Engineers Day Science Tuesday: Game Shooter Fred Meyer Day 2 (Shop for Guacamole Ingredients)	Corn Hole 16 National Guacamole Day Make Your Own Guacamole @Taco Bell	Shuffle Board 17 International Country Music Day Country Karaoke & Decorate Your own Cowboy Hats Horse Stable Scavenger Hunt River Song Music Therapy: Lodge 9:45a-10:45a LifeWorks #1 12:00p-1:00p	Chair Boxing 18 U.S Air Force Day Clothespins Airplane Craft & Paper Plane Competition Starbucks w/small drink
Toss Across 21 World Gratitude Day DIY Inspirational Wall Art Mural Scavenger Hunt River Song Music Therapy: LifeWorks #1 9:45a-10:45a Lodge 12:00p-1:00p	Indoor Basketball 22 National Ice Cream Cone Day Science Tuesday: Homemade Ice Cream (Vanilla and Akutaq) McDonald's w/small cone-AM Michoacana w/small cup-PM	XL Maze 23 National Sign Language Day Decorate Your Own Maracas Red Apple (Shop for Empanada Ingredients)	Chair Yoga 24 Bluebird of Happiness Day Bluebird Painting Potter Marsh River Song Music Therapy: Lodge 9:45a-10:45a LifeWorks #1 12:00p-1:00p	Dance Party 25 Native American Day Make Your Own Empanada Alaska Native Heritage Center
Parachute Ball 28 National Family Day Magazine Scavenger Hunt Chevron River Song Music Therapy: LifeWorks #1 9:45a-10:45a Lodge 12:00p-1:00p	Catch the Hanger 29 National Coffee Day Coffee Painting @Uncle Leroy Coffee-AM Bowling-PM	Choose the Pattern 30 National Chewing Gum Day Bubble Gum Taste Test & Bubble Contest Value Village	LifeWorks will be attending the Alaska State Fair on September 3rd & 4th	

w/=At LifeWorks Expense
@=At Members Expense

Dispatch: 907-644-0480x1
Activities: 907-644-0480x4