

# SEPTEMBER EVENTS 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



KEY



liv responsibly event



liv well event



Event Benefiting The American Cancer Society's "Relay for Life"



liv connected event

**Fitness Power Hour**  
6:00am - 7:00am | Liv Fit

01

**Coffee Chat**  
10:00am - 11:00am | The Hub

02

03

04

**LABOR DAY**  
OFFICE CLOSED

05

**Fitness Power Hour**  
5:30pm - 6:30pm | Liv Fit

06

**Yappy Hour**  
5:00pm - 6:00pm | Bark Park

07

**Fitness Power Hour**  
6:00am - 7:00am | Liv Fit  
 **Food Truck: Chubby Unicorn**  
4:00pm - 7:00pm | Hub Lot

08

**Coffee Chat**  
10:00am - 11:00am | The Hub

09

10

**Sunday Fun Day Hike**  
1:00pm - 2:00pm  
Meet in the Hub

11

**Detox & Unwind Yoga**  
6:00pm - 7:00pm | The Hub  
 **After Dinner Walk**  
7:00pm - 8:00pm  
Meet in the Hub

12

**Fitness Power Hour**  
5:30pm - 6:30pm | Liv Fit

13

**Kid's Club Deliveries**  
9:00am - 6:00pm | Drop Off  
 **Yappy Hour | Small Dogs**  
5:00pm - 6:00pm | Bark Park

14

**Fitness Power Hour**  
6:00am - 7:00am | Liv Fit

15

**Coffee Chat**  
10:00am - 11:00am | The Hub

16

**Pancake Breakfast**  
10:00am - 11:00am | The Hub

17

**Sunday Fun Day Hike**  
1:00pm - 2:00pm  
Meet in the Hub

18

**After Dinner Walk**  
7:00pm - 8:00pm  
Meet in the Hub

19

**The Price is Right**  
9:00am - 6:00pm  
Liv Arbors Facebook Page

20

**Fitness Power Hour**  
5:30pm - 6:30pm | Liv Fit

**Yappy Hour**  
5:00pm - 6:00pm | Bark Park

21

**Fitness Power Hour**  
6:00am - 7:00am | Liv Fit  
 **Food Truck: Chubby Unicorn**  
4:00pm - 7:00pm | Hub Lot  
 **Let's Get Apple Sauced: Happy Hour**  
5:00pm - 6:30pm | The Hub

22

**Coffee Chat**  
10:00am - 11:00am | The Hub

23

24

**Sunday Fun Day Hike**  
1:00pm - 2:00pm  
Meet in the Hub

25

**Detox & Unwind Yoga**  
6:00pm - 7:00pm | The Hub  
 **After Dinner Walk**  
7:00pm - 8:00pm  
Meet in the Hub

26

**Fitness Power Hour**  
5:30pm - 6:30pm | Liv Fit

27

**Yappy Hour | Pooch Plunge**  
4:00pm - 6:00pm | Liv Pool

28

**Fitness Power Hour**  
6:00am - 7:00am | Liv Fit  
 **National Coffee Day**  
9:00am - 12:00pm | The Hub

29

**Coffee Chat**  
10:00am - 11:00am | The Hub

30

**FOLLOW US!**



Facebook  
livarbors



Tik Tok  
livarbors



Instagram  
livarbors