

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Memory Care Activities "September reminds us that every season of life brings its own beauty."		1 9:00a- Chair Yoga 10:00a-Fluff and Buff 1:00p- Fresh air Stroll 2:30p- Bowling 3:30- Sorting Station 6:00p-Evening Cinema	2 9:00a-Stretch and Flex 10:00a- Therapy Dog Visit w/Rosie 1:00p- BINGO 2:30p- Nails and Tales 3:30- Kick Ball 6:00p-Evening Cinema	3 9:00a- Jazzercise 10:00a-Fluff and Buff 1:00p- Tic-Tac-Toe 2:30p- Helping Hands 3:30- Hoola Toss 6:00p-Evening Cinema	4 9:00a- Sit and Be Fit 10:00a- Fluff and Buff 1:00p- Bird Watching 2:30p- Sorting Station 3:30- Target Practice 6:00p-Evening Cinema	5 9:00a- Stretch and Flex 10:00a-Fluff and Buff 1:00p- BINGO 2:30p- Fresh Air Stroll 3:30- Courtyard Games 6:00p-Evening Cinema
6 9:00a- Jazzercise 10:00a-TV Church service 1:00p- Sorting Station 2:30p- Heart to Heart Visits 3:30- Bowling 6:00p-Evening Cinema	7 9:00a-Sit and be Fit 10:00a-Fluff and Buff 1:00p- Fresh Air Stroll 2:30p- Noodle Ball 3:30- Bird Watching 6:00p-Evening Cinema Labor Day	8 9:00a- Chair Yoga 10:00a-Fluff and Buff 1:00p- Hoola Toss 2:30p- Courtyard Games 3:30- Helping Hands 6:00p-Evening Cinema	9 9:00a- Stretch and Flex 10:00a-Fluff and Buff 1:00p- BINGO 2:30p- Balloon Volley 3:30- Heart to Heart Visits 6:00p-Evening Cinema	10 9:00a- Exercise w/St. Croix 10:00a-Fluff and Buff 1:00p- Courtyard Games 2:30p- Make and Munch 3:30- Kick Ball 6:00p-Evening Cinema	11 9:00a- Sit and be Fit 10:00a-Fluff and Buff 1:00p- Memory Match 2:30p- Fresh Air Stroll 3:30- Parachute 6:00p-Evening Cinema	12 9:00a- Stretch and Flex 10:00a-Fluff and Buff 1:00p- BINGO 2:30p- Tic-Tac-Toe 3:30- Fresh Air Stroll 6:00p-Evening Cinema
13 9:00a-Jazzercise 10:00a-TV Church service 1:00p- Parachute 2:30p- Target Practice 3:30- Bowling 6:00p-Evening Cinema Grandparents Day	14 9:00a- Sit and be Fit 10:00a-Fluff and Buff 1:00p- Crafting Corner 2:30p-Nails and Tales 3:30-Bird Watching 6:00p-Evening Cinema	15 9:00a- Chair Yoga 10:00a-Fluff and Buff 1:00p- Kick Ball 2:30p- Helping Hands 3:30-Fresh Air Stroll 6:00p-Evening Cinema	16 9:00a- Stretch and Flex 10:00a- Therapy Dog Visit w/Rosie 1:00p- BINGO 2:00p- Dementia Support Group w/St. Croix 3:30- Parachute 6:00p-Evening Cinema	17 9:00a- Jazzercise 10:00a-Fluff and Buff 1:00p- Angel Talk w/Mocara 2:30p-Fresh Air Stroll 3:30-Whack a Mole 6:00p-Evening Cinema	18 9:00a- Sit and be Fit 10:00a-Fluff and Buff 1:00p- Volley Ball in Courtyard 2:30p-Heart to Heart Visits 3:30- Name that Tune 6:00p-Evening Cinema	19 9:00a- Stretch and Flex 10:00a-Fluff and Buff 1:00p- BINGO 2:30p- Fresh Air Stroll 3:30- Memory Match 6:00p-Evening Cinema
20 9:00a- Jazzercise 10:00a-TV Church service 1:00p- Courtyard Games 2:30p- Sorting Station 3:30-Balloon Volley 6:00p-Evening Cinema	21 9:00a- Sit and be Fit 10:00a-Fluff and Buff 1:00p- Balloon Volley 2:30-Make and Munch 3:30- Target Practice 6:00p-Evening Cinema	22 9:00a-Chair Yoga 10:00a-Fluff and Buff 1:00p- Fall Favorites w/Mocara 2:30p- Tic-Tac-Toe 3:30- Nails and Tales 6:00p-Evening Cinema Autumn Begins	23 9:00a- Stretch and Flex 10:00a-Fluff and Buff 1:00p- BINGO 2:00p- Bean Bag Toss w/Transitions 3:30- Memory Match 6:00p-Evening Cinema	24 9:00a- Jazzercise 10:00a-Fluff and Buff 1:00p- Bowling 2:30p- Helping Hands 3:30- Sorting Station 6:00p-Evening Cinema	25 9:00a- Sit and be Fit 10:00a-Fluff and Buff 1:00p- Kick Ball 2:30p- Hoola Toss 3:30- Whack a Mole 6:00p-Evening Cinema	26 9:00a- Stretch and Flex 10:00a-Fluff and Buff 1:00p- BINGO 2:30p- Make and Munch 3:30- Noodle Ball 6:00p-Evening Cinema
27 9:00a-Jazzercise 10:00a-TV Church service 1:00p- Name that Tune 2:30p-Bowling 3:30-Fresh Air Stroll 6:00p-Evening Cinema	28 9:00a- Sit and be Fit 10:00a-Fluff and Buff 1:00p- Helping Hands 2:30p- Connect 4 3:30- Kick Ball 6:00p-Evening Cinema	29 9:00a- Chair Yoga 10:00a-Fluff and Buff 1:00p- September Birthday Social 2:30p- Entertainment w/Peter 3:30- Hoola Toss 6:00p-Evening Cinema	30 9:00a- Stretch and Flex 10:00a- Therapy Dog Visit w/Rosie 1:00p- BINGO 2:30p- A to Z Game 3:30- Parachute 6:00p-Evening Cinema	September 2026 **ACTIVITIES ARE SUBJECT TO CHANGE**		