

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 National Coupon Month Self-Care Awareness Month National Courtesy Month National Square Dance Month Ovarian and Prostate Cancer Awareness Stand Up To Cancer Month Classic Music Month Save Your Photos Month National Piano Month Hispanic Heritage Month Room Key LR- Living Room DR- Dining Room AR- Activity Room RG- Rear Garden- RG		1	2	3	4	5
		9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR 2:30 Memories & Moments- LR 3:30 Poker Club- LR	9:15 Tea & Talk- AR 10:30 Volleyball- LR 10:30 CVS 11:15 Stretch & Flex- LR 11:30 Panera Bread 1:15 Spanish 101- AR 2:30 Arts & Crafts- AR 3:30 Happy Hour- LR	9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Walgreen's 1:30 Bingo w/ Caremore!- AR 2:45 Ageless Strength- AR 4:00 Around The World with Gary- AR	9:15 Tea & Talk- AR 10:30 Volleyball- LR 10:30 Trader Joe's 11:15 Stretch & Flex- LR 1:30 Exploring History- AR 1:30 Target 2:30 Yoga w/ Jenny- LR 3:45 Pictionary- LR	9:15 Tea and Talk-AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR
	6	7	8	9	10	11
	9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 2:30 Movie Night- LR (See Posting)	9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 12:00 Labor Day Celebration!- DR 1:30 Bingo- AR 2:45 Limericks w/ Lou- AR 4:00 Bullseye!- LR	9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR 1:15 Thrift Shop 2:30 The Real You! w/ Dawn- LR 3:45 Arts & Crafts- AR	9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:00 Porto's Bakery 11:15 Stretch & Flex- LR 1:30 Spa Hour- AR 3:30 NFL Season Kickoff!- LR	9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 1:30 Dollar Tree 2:45 Ageless Strength- LR 4:00 A Taste of Square Dancing- LR	9:15 Bullseye!- AR 10:30 Volleyball - LR 10:30 Ralph's Market 11:15 Stretch & Flex- LR 1:15 Ross & DD's 1:30 Exploring History- AR 2:30 Yoga w/ Jenny- LR 3:45 UNO! For Beginners- AR
	13	14	15	16	17	18
	9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 2:30 Classical Melodies: A Grandparent's Day Tribute	9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo-AR 1:15 Post Office 2:45 Limericks w/ Lou- AR 4:00 Pictionary- LR	9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR 2:30 Unity In Motion- LR 3:30 Poker Club- AR	9:15 Tea & Talk- AR 10:00 Volleyball- LR 10:30 Mid-Valley Library 11:15 Stretch & Flex - LR 1:30 Arts & Crafts w/ Scan- AR 2:30 Golden Travelers Happy Hour- AR	9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 12:30 Rabbi Jim- Celebration of Life AR 1:15 Chase Bank 1:30 Bingo- AR 2:45 Pictionary!- AR 4:00 Rummikub- AR	9:15 Tea & Talk- AR 10:30 Volleyball - LR 10:30 Trader Joe's 11:15 Stretch & Flex- LR 1:15 Burlington's 1:30 Exploring History- AR 2:30 Yoga w/ Jenny- LR 3:45 Line Dancing- LR
	20	21	22	23	24	25
	9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 2:30 Yom Kippur Observance- LR 3:30 Silent Night Movie- AR	9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 2:45 Limericks w/ Lou- AR 4:00 Bullseye!- LR	9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR 2:30 Alzheimer's Awareness & Remembrance Celebration- DR 3:45 Rummikub- AR	9:00 Balboa Park Walk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:30 Arts & Crafts- AR 2:30 Geography Lesson w/ Gary- AR 3:30 Rummikub - AR	9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:00 McDonald's Frappe 1:30 Bingo- AR 2:45 Ageless Strength- AR 3:45 Rummikub- AR	9:15 Bullseye!- AR 10:30 Volleyball - LR 10:30 Ralph's Market 11:15 Stretch & Flex- LR 1:15 Walmart 1:30 Exploring History- AR 2:30 Yoga w/ Jenny- LR 3:45 Jewelry Making- AR
	27	28	29	30	Sukkot Begins  September 2026 World Alzheimer's Month	
	9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 2:30 Movie Night- LR (See Posting)	9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 11:15 Green Apple Restaurant 1:30 Bingo- AR 2:45 Limericks w/ Lou- AR 4:00 Pictionary- LR	8:00 Solvang Casino 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR 2:00 Memories & Moments- LR 3:30 Poker Club- AR	9:15 Tea & Talk- AR 10:30 Volleyball- LR 10:30 Marshall's 11:15 Stretch & Flex- LR 1:15 Spanish 101- AR 1:00 Resident Council- LR 1:30 Town Hall- LR 2:00 Sukkot Celebration- Ice Cream Social w/ Scan- LR	Activities may vary	

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Memory Care		Activities may vary		1		2		US Bowling League Day. 3		National Newspaper Carrier Day. 4		5	
 World Alzheimer's Month Key Note: AL-LR = Assisted Living -Living Room				9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Art & Coloring 1:45 Skill Builders 2:30 Memory Lane Scents 3:30 Bounce Into Fun		9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:30 Arts & Crafts 2:30 Bingo 3:30 Happy Hour!		9:15 Walk & Chat 9:30 Sunshine Outing 9:45 Sit & Fit 10:30 Balloon Volleyball 1:00 Name That Tune! 2:15 Ageless Strength 3:00 Bowling! Pins & Grins		9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Card Match 1:00 Balloon Racquetball 1:30 Bingo 2:30 Music & Memories 3:30 Yoga w/Jenny		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music & Smiles 1:30 Creative Time 2:30 Ping Pong Pathways 3:30 Reading 101	
National Read A Book Day. 6		Labor Day. 7		Star Trek Day. 8		NFL Opening Day. 9		10		Rosh Hashanah Begins 11		12	
9:15 Sit & Fit 9:45 Walk & Chat 10:30 Music & Smiles 1:00 Fun with Letters 1:30 Pictionary 2:30 Art & Sensory Activity 3:30 Trivia Fun		9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss 12:00 Labor Day Luncheon 1:00 Card match 1:30 History Lesson 2:30 Bingo! 3:30 Folding Fun		9:15 Stretch & Flex 9:45 Folding Fun 10:30 Sing-along 1:00 Trivia Tuesday 1:30 Reminiscing 2:30 Fun with Letters 3:30 Helping Hands		9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Arts & Crafts 1:00 Music & Smiles 1:30 Ice Cream Social 2:30 Bingo 3:30 Word Search		9:15 Walk & Chat 9:30 Road Trip Thursday 9:45 Sit & Fit 10:30 Memory Lane Scents 1:00 Lemonade & Sunshine! 1:45 Balloon Volleyball 2:15 Ageless Strength		9:15 Happy Feet 9:45 Soothing Movements 10:30 Fun with Letters 1:00 Reminiscing 1:30 Bingo 2:30 Disco Fever 3:30 Yoga w/ Jenny		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Art Sensory Activity 1:00 Volleyball 1:30 Sing-Along 2:30 History Lesson 3:30 Comfort & Conversation	
Assisted Living Week- "Shining Through The Years" National Grandparent's Day. 13		14		National It Professionals Day. 15		Oktoberfest Celebration 16		Constitution Day and Citizenship Day. 17		National Dance Day. 18		Oktoberfest Begins 19	
9:15 Sit & Fit 9:45 Walk & Chat 10:30 Bullseye 1:00 Card Match 1:45 Bullseye 2:30 Sing-along 3:45 Classical Melodies: A Grandparent's Day tribute- AL/DR		9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss/ Kick 1:00 Draw & Fun! 1:30 Math 101 2:30 Memory Lane Scents 3:30 Puzzle Pieces		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Ball Toss 1:00 Sing-along 1:30 Memory Lane Scents 2:30 Art Sensory Activity 3:30 Unity In Motion		9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:00 Racquetball 1:30 Arts & Crafts 2:30 Golden Travelers. 3:30 Sing-along		9:15 Walk & Chat 9:30 Thursday Stroll Outing 9:45 Sit & Fit 10:30 Read Aloud 1:15 Sing-along 2:15 Hangman Challenge 3:30 Memory In Rhyme		9:15 Happy Feet 9:45 Soothing Movements 10:30 Memory Lane Scents 1:00 Dance w/ Emma 1:30 Bingo 2:30 Sensory trivia 3:30 Yoga w/ Jenny		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Aroma Therapy 1:00 Music & Smiles 1:30 Outdoor Social 2:30 Mind & Senses 3:30 Reminiscing	
Yom Kippur Begins Deaf Awareness Week 20		World Alzheimer's Day. 21		National Centenarian's Day. 22		Dear Diary Day. Ray Charles Day. 23		National Scarf Day. 24		National Daughter's Day. Sukkot Begins 25		The Brady Bunch 26	
9:15 Sit & Fit 9:45 Walk & Chat 10:30 Fun with Letters 1:00 Music & Smiles 1:30 Creative Time 2:30 Yom Kippur Observance 3:30 Outside Social		9:15 Morning Walk 9:45 Soothing Movements 10:30 Kickball 1:00 Arts & Crafts 1:30 Bingo 2:30 Folding Fun 3:30 Reminiscing Comfort		9:15 Happy Feet 9:45 Stretch & Flex 10:30 Let's Dance! 1:00 Trivia Tuesday 1:30 Bingo! 2:30 World Alzheimer's Celebration- AL/DR 3:30 Comfort & Conversation		9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Green Thumb Time 1:00 Music & Smiles 1:30 Volleyball 2:00 Word Search 3:30 Dear Diary Hour		9:15 Walk & Chat 9:30 Fun Time Outing 9:45 Sit & Fit 10:30 Puzzle Building 1:00 Sing-along 1:30 Lots of Dots Art 2:15 Ageless Strength 3:00 Helping Hands		9:15 Happy Feet 9:45 Soothing Movements 10:30 Balloon Volleyball 1:00 Outdoor Sensory Activity 1:30 Comfort Spa! 2:30 Outdoor Social! 3:30 Yoga w/Jenny		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Sing-along 12:00 Hawaiian Luau- AL/DR 1:00 History Lesson 1:30 Garden Smiles 2:30 Social Hour 3:00 Show & Tell	
27		28		World Heart Day. Ed Sullivan Day. 29		National Ice Cream Cone Day. National Women's Health & Fitness Day. 30		September 2026 “Every moment shared is a memory held in the heart.”					
9:15 Sit & Fit 9:45 Walk & Chat 10:30 Music & Smiles 1:00 Read Aloud 1:30 Racquetball 2:30 Bullseye 3:30 Comfort & Conversation		9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss 1:00 Fun with Letters 1:30 Creative Time 2:30 Bingo 3:30 Puzzle Pieces		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Ball Toss 1:00 Sing-along 1:30 Memory Lane Scents 2:30 Art Sensory Activity 3:30 Pictionary!		9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:00 Racquetball 1:00 Resident Council- LR 1:30 Town Hall- LR 1:30 Arts & Crafts 2:30 Ice Cream Social w/ Scan 3:30 Word Search							