

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 SEPTEMBER VIBES		10:00 Welcome Stretch 10:30 Welcome & Orientation 11:00 Craft Table 1:00 Welcome Social 3:00 Hand Massage 6:00 Enjoying Music	10:00 Seated Marching 10:30 Name That Tune 11:00 Handprint Flower Garden/Outing 1:00 Balloon Volleyball 3:00 Nature Sounds 6:00 Name That Tune	10:00 Balloon Tap Exercise 10:30 Finish the Saying 11:00 My Favorite Color 1:00 Music / Movement 3:00 Sensory Activity 6:00 School Days	10:00 Chair Yoga 10:30 Trivia 11:00 Apple Art 1:00 Friday Fun Social 3:00 Soft Music 6:00 Evening Bingo	10:00 Leg Lift & Toe Tap 10:30 Reminiscing 11:00 Memory Collage 1:00 Tailgate Party 3:00 Family Photos 6:00 Music Hour
10:00 Music & Movement 10:30 Word Association 11:00 Coffee Social 1:00 Social & Sing Along 3:00 Chair Yoga 6:00 Sunday Reflection	10:00 Stretch & Breathe 10:30 Bible & Faith 11:00 Pet Therapy 1:00 Picnic Social 3:00 Coloring 6:00 Fall Memories Labor Day	10:00 Exercise Ball Squeeze 10:30 Memory Match 11:00 Button Art 1:00 Chair Exercise 3:00 Classical Music 6:00 Finish The Saying	10:00 Reach & Stretch 10:30 This or That 11:00 Friendship Cards/Outing 1:00 Memory Lane 3:00 Folding Towels 6:00 Old Time Songs	10:00 Seated Dance 10:30 Name 5 11:00 Paper Plate Sunflowers 1:00 Bowling 3:00 Guided Breathing 6:00 Friendship Chat	10:00 Chair Workout 10:30 American History 11:00 Remembrance 1:00 Fruit Kabobs 3:00 Nature Magazines 6:00 Patriotic Crafts Rosh Hashanah Begins	10:00 Beach Ball Toss 10:30 Finish the Song 11:00 Family Tree Craft 1:00 Ice Cream Social 3:00 Hand Massages 6:00 Soft Ball Toss
10:00 Balance & Posture 10:30 Sunday Memories 11:00 Grandparents Day 1:00 Word Search 3:00 Sensory Basket Grandparents Day	10:00 Relaxing Stretch 10:30 What's Missing 11:00 Pet Therapy 1:00 Shining Thru The Years 3:00 Quiet Devotional 6:00 Sing Along	10:00 Marching Band 10:30 Fall Word Game 11:00 Hispanic Heritage Celebration 1:00 Decades Dance 3:00 Simple Puzzles 6:00 Would You Rather	10:00 Hand Exercise 10:30 Old Time Trivia 11:00 Fabric Art/Outing 1:00 Family/Friendship Social 3:00 Nature Videos 6:00 Fall Coloring	10:00 Bowling Exercise 10:30 Picture Talk 11:00 Memory Recipe Cards 1:00 Talent Show 3:00 Reminiscing 6:00 Trivia	10:00 Fall In Fitness 10:30 Finish The Proverb 11:00 Patriotic Craft 1:00 Apple Nachos 3:00 Gentle Stretching 6:00 Hand Massage	10:00 Morning Devotion 10:30 Music Memories 11:00 Fall Day Hanger 1:00 Sing Along 3:00 Tea Social 6:00 Dance/Sing Oktoberfest Begins
10:00 Morning Devotion 10:30 Category Game 11:00 Painting with Sponges 1:00 Music/Fellowship 3:00 Soft Jazz Yom Kippur Begins	10:00 Morning Devotion 10:30 First Day of Fall 11:00 Pet Therapy 1:00 Fall Kickoff 3:00 Color Match 6:00 Movie Night	10:00 Fall In Fitness 10:30 Fall Trivia 11:00 First Day of Fall 1:00 Festival Games 3:00 Simon Says 6:00 Fall Fruit Tasting Autumn Begins	10:00 Balloon Volleyball 10:30 Memory Lane 11:00 Pumpkin Decorating/Outing 1:00 Apple Social 3:00 Bubble Watching 6:00 Guess The Object	10:00 Upper Body Workout 10:30 Riddle Morning 11:00 Fall Arrangement 1:00 Line Dancing 3:00 Walking Club 6:00 Comedy Hour	10:00 Walk & Talk 10:30 Name That Object 11:00 Picture Frame Decorating 1:00 Pudding Cups 3:00 Bean Bag Toss Sukkot Begins	10:00 Seated Soccer 10:30 Childhood Memories 11:00 Music & Art 1:00 Crafts 3:00 Patio Time 6:00 Cozy Craft Night
10:00 Stretch & Strengthen 10:30 Finish the Phrase 11:00 Family Memory Collage 1:00 Table Games 3:00 Family Traditions	10:00 Movement 10:30 Walking Club 11:00 Pet Therapy 1:00 Balloon Toss Challenge 3:00 Adult Coloring 6:00 Scenic Travel Video	10:00 Exercise Dice 10:30 September Review Game 11:00 Coffee Craft Day 1:00 Name That Tune 3:00 Music/Relaxation 6:00 Cornhole	10:00 Fitness Celebration 10:30 September Trivia 11:00 Outing 1:00 Group Dance 3:00 Reflection/Music 6:00 TV show			