

September 2026 3rd FLOOR MEMORY CARE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ACTIVITIES ARE SUBJECT TO CHANGE	HAPPY ASSISTED LIVING (ALF) WEEK	1 9:30 MORNING STRETCH 10:30 MUSIC WITH RICK 2:00 BALLOON VOLLEYBALL 4:00 SET UP FOR DINNER	2 9:30 LETS GET MOVING 10:30 THE LETTER GAME 1:30 JAMMIN JIM MUSIC 3:00 SILLY SPORTS 4:00 SET UP FOR DINNER	3 9:30 MORNING YOGA 10:00 BINGO 1:30 ARTS & CRAFTS 4:00 SET UP FOR DINNER	4 9.30 MO-TOWN EXCERCISE 10:00 SING ALONG W/ STAFF 2:00 NAIL CARE 4:00 SET UP FOR DINNEER	5 9:30 CHAIR EXERCISES 10:00 COFFE & CHAT 11:00 ARTS & CRAFTS 2:00 REFLECTION CIRCLE 4:00 SET UP FOR DINNER
6 9:30 LETS GET FIT 10:30 SNACK AND CHAT 11:00 TV CHURCH SERVICE 2:00 NETFLIX 4:00 SET UP FOR DINNER	7 9:00 CHAIR YOGA 10:00 BINGO 11:30 NAIL CARE 2:00 REFLECTION CIRCLE 4:00 SET UP FOR DINNER	8 9:30 MORNING STRETCH 10:30 MUSIC W/ RICK 2:00 THE LETTER GAME 4:00 SET UP FOR DINNER	9 9:30 LETS GET MOVING 10:30 MEMORY GROUP 1:30 JAMMIN JIM MUSIC 3:00 SILLY SPORTS 4:00 SET UP FOR DINNER	10 9:30 MORNING YOGA 10:15 ARTS AND CRAFTS 1:30 SING ALONG W/STAFF 4:00 SET UP FOR DINNER	11 9.30 MO-TOWN EXCERCISE 10:00 COFFEE CHAT 10:30 CORN HOLE 2:00 HAPPY HOUR 4:00 SET UP FOR DINNER	12 9:30 CHAIR EXERCISES 10:30 DIAN HOFFMAN 2:00 NAIL CARE 4:00 SET UP FOR DINNER
13 9:30 LETS GET FIT 10:30 SNACK AND CHAT 11:00 TV CHURCH SERVICE 2:00 NETFLIX 4:00 SET UP FOR DINNER ALF WEEK	14 9:00 CHAIR YOGA 11:00 ARTS AND CRAFTS 2:00 BINGO 4:00 SET UP FOR DINNER ALF WEEK	15 9:30 MORNING STRETCH 10:30 MUSIC WITH RICK 2:00 CORN HOLE 4:00 SET UP FOR DINNER ALF WEEK	16 9:30 LETS GET MOVING 10:30 THE LETTER GAME 1:30 JAMMIN JIM MUSIC 3:00 SILLY SPORTS 4:00 SET UP FOR DINNER ALF WEEK	17 9.30 MORNING YOGA 10:15 READING W/RAYELL 2:00 THE PRICE IS RIGHT 4:00 SET UP FOR DINNER ALF WEEK	18 9.30 MO-TOWN EXCERCISE 10:00 BAKING 1:30 BOWLING 4:00 SET UP FOR DINNER ALF WEEK	19 9.30 CHAIR EXCERCISE 10:00 COFFEE & CHAT 1:30 ARTS & CRAFTS 4:00 SET UP FOR DINNER ALF WEEK
20 9:30 LETS GET FIT 10:30 SNACK AND CHAT 11:00 TV CHURCH SERVICE 2:00 NETFLIX 4:00 SET UP FOR DINNER	21 9:30 CHAIR YOGA 10:30 CORN HOLE 11:00 NAIL CARE 2:00 THE PRICE IS RIGHT 4:00 SET UP FOR DINNER	22 9:30 MORNING STRETCH 10:30 MUSIC WITH RICK 2:00 BALLOON VOLLEY BALL 4:00 SET UP FOR DINNER	23 9:30 LETS GET MOVING 10:00 BOWLING 1:30 JAMMIN JIM MUSIC 3:00 SILLY SPORTS 4:00 SET UP FOR DINNER	24 9:30 MORNING YOGA 10:00 BINGO 1:30 ARTS & CRAFTS 4:00 SET UP FOR DINNER	25 9.30 MO-TOWN EXCERCISE 10:00 ARTS & CRAFTS 2:00 HAPPY HOUR 4:00 SET UP FOR DINNEER	26 9:30 CHAIR EXERCISES 10:30 COFFEE & CHAT 2:00 BINGO 4:00 SET UP FOR DINNER
27 9:30 LETS GET FIT 10:30 SNACK AND CHAT 11:00 TV CHURCH SERVICE 2:00 NETFLIX 4:00 SET UP FOR DINNER	28 9:00 CHAIR YOGA 10:00 BINGO 2:00 MUSIC W/ STAFF 4:00 SET UP FOR DINNER	29 9:30 MORNING STRETCH 10:30 MUSIC W/ RICK 2:00 THE LETTER GAME 4:00 SET UP FOR DINNER	30 9:30 LETS GET MOVING 10:00 ARTS & CRAFTS 1:30 JAMMIN JIM MUSIC 3:00 SILLY SPORTS 4:00 SET UP FOR DINNER HAPPY BIRTHDAY CICILE			