

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:15– Strength Fitness 11:00 – Charades (B) 12:00 – Meal Assist 1:1 2:00 – Classical Movie Afternoon 3:30 – 1:1 visit	2 10:15 – Gentle Stretches 11:00 – Gentle Stretches 12:00 – Meal Assist 1:1 2:00 – Bingo 3:00 – Social tea	3 10:15 – Chair Yoga 11:00 – Word Games 12:00 – Meal Assist 1:1 2:00 – Crossword Fun with Roger 3:00 – Tea Social	4 10:15 – Stretch & Bouncing Ball 11:00 – Table Games 2:00 – Java Music Program 3:30 – 1:1 visit	5 10:15 – Stretch & Bouncing Ball 11:00 – Garden Walks 12:00 – Meal Assist 1:1 2:00 – Bingo 3:00 – Happy Hour
6 10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:00 – Social Tea and Discussion	7 10:15 – Garden Walks 2:00 – 1:1 Visits Labor Day	8 10:15– Strength Fitness 11:00 – Brain Games (B) 12:00 – Meal Assist 1:1 2:00 – Petting Zoo 3:30 – 1:1 visit	9 10:15 – Gentle Stretches 11:00 – Gentle Stretches 12:00 – Meal Assist 1:1 2:00 – Bingo 3:00 – Social tea	10 10:15 – Chair Yoga 11:00 – Word Games 12:00 – Meal Assist 1:1 2:00 – Chez Nous Cafe 3:30 - 1:1 visit	11 10:15 – Stretch & Bouncing Ball 11:00 – Scrabble 12:00 – Meal Assist 1:1 3:00 – Sing a long 3:30 – Manicure Rosh Hashanah Begins	12 10:15 – Stretch & Bouncing Ball 11:00 – Table Bowling 12:00 – Meal Assist 1:1 2:00 – Bingo 3:00 – Happy Hour
13 10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:00 – Social Tea Grandparents Day	14 10:15 – Chair Aerobic (A&C) 11:00 – Brain Games (B) 12:00 – Meal Assist 1:1 1:30 – Active Games 3:00 – Social tea	15 10:15– Strength Fitness 11:00 – Brain Games (B) 12:00 – Meal Assist 1:1 2:00 – Creative Corner 3:30 – Social tea	16 10:15 – Gentle Stretches 11:00 – Gentle Stretches 12:00 – Meal Assist 1:1 2:00 – Happy Hour with live entertainment 3:30 – 1:1 visit	17 10:15 – Chair Yoga 11:00 – Word Games 12:00 – Meal Assist 1:1 2:00 – Men’s Group (2nd Floor) 3:00 – Tea Social	18 10:15 – Stretch & Bouncing Ball 11:00 – Garden Walks 2:00 – Ice Cream Social 3:00 – Sing a long 3:30 – Manicure	19 10:15 – Stretch & Bouncing Ball 11:00 – Word Games 12:00 – Meal Assist 1:1 2:00 – Bingo 3:00 – Happy Hour Oktoberfest Begins
20 10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:00 – Social Tea Yom Kippur Begins	21 10:15 – Chair Aerobic (A&C) 11:00 – Brain Games (B) 12:00 – Meal Assist 1:1 1:30 – Active Games 3:00 – Social tea	22 10:15– Strength Fitness 11:00 – Brain Games (B) 12:00 – Meal Assist 1:1 2:00 – Autumn Craft 3:30 – Social tea Autumn Begins	23 10:15 – Gentle Stretches 11:00 – Gentle Stretches 12:00 – Meal Assist 1:1 2:00 – Bingo 3:00 – Social tea	24 10:15 – Chair Yoga 11:00 – Word Games 1:30 – Church Service 2:00 – Crossword Fun with Roger 3:00 – Tea Social	25 10:15 – Stretch & Bouncing Ball 11:00 – Word Games 2:00 – Ice Cream Social 3:00 – Sing a long 3:30 – Manicure Sukkot Begins	26 10:15 – Stretch & Bouncing Ball 11:00 – Scrabble 2:00 – Birthday Celebration with live Entertainment 3:30 – 1:1 Visit
27 10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:00 – Social Tea	28 10:15 – Chair Aerobic (A&C) 11:00 – Brain Games (B) 12:00 – Meal Assist 1:1 2:00 – Classical Movie Afternoon 3:30 – 1:1 visit	29 10:15– Strength Fitness 11:00 – Brain Games (B) 2:00 – Java Music Program 3:30 – 1:1 visit	30 10:15 – Gentle Stretches 11:00 – Gentle Stretches 12:00 – Meal Assist 1:1 2:00 – Bingo 3:00 – Social tea	September 1st Floor Calendar 2026 		

Programs are subject to change. Please refer to the activity whiteboard.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Cooking Program 3:00 – 1:1 visit	2 10:15 – Morning Fitness (B) 11:00 – Morning Fitness (A&C) 12:00 – Meal Assist 2:00 – Bingo 3:00 – Sing Along	3 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 2:00 – Word games 3:00 – Social Tea 3:30 - Manicure	4 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 2:00 – High Tea Social 3:00 – Match that Picture	5 10:15 - Pool Noodle Fun 11:00 - Pool Noodle Fun 2:00 – 5 Cards Bingo 3:00 – Short Story Reading (A)
6 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:30 – Active Games	7 10:15 – Garden Walks 2:00 – 1:1 Visits Labor Day	8 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Petting Zoo 3:30 – 1:1 visit	9 10:15 – Morning Fitness (B) 11:00 – Morning Fitness (A&C) 12:00 – Meal Assist 2:00 – Chez Nous Cafe 3:30 - 1:1 visit	10 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 2:00 – Trivia 3:00 – Sensory Stimulation	11 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Java Music 3:30 – 1:1 visit Rosh Hashanah Begins	12 10:15 - Pool Noodle Fun 11:00 - Pool Noodle Fun 2:00 – Movie Afternoon 3:00 – 1:1 visit
13 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:30 – Word Games Grandparents Day	14 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Artist Choice	15 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 2:00 – 5 Card Bingo (B&C) 3:00 – Trivia	16 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 2:00 – Cooking Program 3:00 – 1:1 visit	17 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 2:00 – Men’s Group 3:30 – Drum Playing	18 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 2:00 – Table Games 3:00 – Active Games (A)	19 10:15 - Pool Noodle Fun 11:00 - Pool Noodle Fun 2:00 – Birthday Celebration with Entertainment Oktoberfest Begins
20 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:30 – Active Games Yom Kippur Begins	21 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	22 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Java Music 3:00 – Social Tea Autumn Begins	23 10:15 – Morning Fitness (B) 11:00 – Morning Fitness (A&C) 2:00 – Happy Hour with live entertainment 3:30 – 1:1 visit	24 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 1:30 – Church Service 2:00 – Reminiscing Program 3:00 – Table Games	25 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 2:00 – Table Games 3:00 – Soccer (A) Sukkot Begins	26 10:15 - Pool Noodle Fun 11:00 - Pool Noodle Fun 2:00 – Bingo 3:00 – Manicure
27 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:30 – Word Games	28 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Artist Choice	29 10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Movie Afternoon 3:00 – 1:1 visit	30 10:15 – Morning Fitness (B) 11:00 – Morning Fitness (A&C) 12:00 – Meal Assist 2:00 – Creative Corner 3:00 – Sing Along	September 2nd Floor Calendar 2026 		

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:15 - Zumba (B) 1 11:00 - Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Petting Zoo 3:30 – 1:1 visit	10:15 – Fitness & Fun 2 11:00 - Fitness & Fun 12:00 - Meal Assist 1:1 2:00 – Table Games 3:00 – Creative Corner	10:15 – Weighted Fitness (B) 3 11:00 - Weighted Fitness (A&C) 2:00 – Classical Movie Afternoon 3:30 – 1:1 visit	10:15 - Morning Fitness 4 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Seated Dance	10:15 – Balloon Toss 5 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Bingo
	10:15 – Stretch and Bouncy Ball (B) 6 11:00 – Stretch and Bouncy Ball (A&C) 11:30 – Hymn Sing 2:00 – Active Games 3:00 – Social Tea	10:15 – Garden Walks 7 2:00 – 1:1 Visits Labor Day	10:15 - Zumba (B) 8 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Petting Zoo 3:30 – 1:1 visit	10:15 – Fitness & Fun 9 11:00 - Fitness & Fun 11:30 – Brain Games 2:00 – Chez Nous Cafe 3:30 - 1:1 visit	10:15 – Weighted Fitness (B) 10 11:00 - Weighted Fitness (A&C) 2:00 – Smoothie Making 3:30 – 1:1 visit Rosh Hashanah Begins	10:15 – Balloon Toss (B) 11 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games 2:00 – Birthday Celebration with Entertainment 3:30 – 1:1 visit
	10:15 – Stretch and Bouncy Ball (B) 13 11:00 – Stretch and Bouncy Ball (A&C) 11:30 – Hymn Sing 2:00 – Seated Dance 3:00 – Social Tea Grandparents Day	10:15 – Weighted Fitness (B) 14 11:00 – Weighted Fitness 2:00 – Reminiscing Program 3:00 – Salsa Dance	10:15 - Zumba (B) 15 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Manicures	10:15 – Fitness & Fun 16 11:00 - Fitness & Fun 12:00 - Meal Assist 1:1 2:00 – Word Games 3:00 – Creative Corner	10:15 – Weighted Fitness (B) 17 11:00 - Weighted Fitness (A&C) 2:00 – Java Music Program 3:30 – 1:1 visit	10:15 - Morning Fitness (B) 18 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Seated Dance Oktoberfest Begins
	10:15 – Stretch and Bouncy Ball (B) 20 11:00 – Stretch and Bouncy Ball (A&C) 11:30 – Hymn Sing 2:00 – Classical Movie Afternoon Yom Kippur Begins	10:15 – Weighted Fitness (B) 21 11:00 – Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing Along	10:15 - Zumba (B) 22 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Manicures Autumn Begins	10:15 – Fitness & Fun 23 11:00 - Fitness & Fun 12:00 - Meal Assist 1:1 2:00 – Table Games 3:00 – Creative Corner	10:15 – Weighted Fitness (B) 24 11:00 - Weighted Fitness (A&C) 1:30 – Church Service 2:00 - Cooking Program Sukkot Begins	10:15 – Balloon Toss (B) 25 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Creative Corner
	10:15 – Stretch and Bouncy Ball (B) 27 11:00 – Stretch and Bouncy Ball (A&C) 11:30 – Hymn Sing 2:00 – Seated Dance 3:00 – Social Tea	10:15 – Weighted-Fitness (B) 28 11:00 – Weighted Fitness 2:00 – Happy Hour with live entertainment 3:30 – 1:1 visit	10:15 - Zumba (B) 29 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Manicures	10:15 – Fitness & Fun 30 11:00 - Fitness & Fun 12:00 - Meal Assist 1:1 2:00 – Java Music Program 3:30 – 1:1 visit		

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