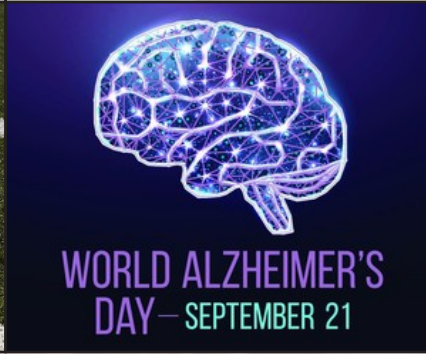


September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Self-care Awareness Day 1 9:30 Music & Meaning: Jazz 10:00 Daily Chronicles & Refreshments 10:30 Trivia & Word Games 11:00 Sensory Towels 1:00 Yoga with Lynn 1:30 Brain Games 2:00 Happy Hour w/ Chicago Ed 3:00 Discover Nature: The Van Gogh Museum 4:00 Sensory Towels	National Blueberry Popsicle Day 2 9:30 Moving to Motown 10:00 Bible Study 10:30 Refreshments 11:00 Sensory Towels 1:15 Sing A Longs 2:00 Beach Volleyball 2:30 Refreshments / Trivia 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	U.S. Bowling League Day 3 9:30 Music Appreciation 10:00 Refreshments/ Daily Chronicles 10:30 Resident Bowling 11:00 Sensory Towels 1:30 Confection Connection 2:45 Refreshments/ Trivia 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	Glow in the Dark Party 4 9:30 Music Appreciation 10:00 Refreshments/ Daily Chronicles 10:30 Seated Volleyball 11:00 Sensory Towels 1:15 Sing A Longs 1:30 Glow In the Dark Party 3:30 Mindful Movements 4:00 Sensory Towels	National Tailgating Day 5 9:30 Moving to Music 10:00 Refreshments/ Daily Chronicles 10:15 Discover Nature - Washington, D.C. 11:00 Sensory Towels 1:15 Brain Games/ Refreshments 1:30 Saturday Matinee - Jerry Maguire 3:30 Mindful Movements 4:00 Sensory Towels
National Read A Book Day 6 9:30 Televised Church Service† 10:00 Refreshments/ Daily Chronicles 10:30 Chair Yoga 11:00 Sensory Towels 1:15 Nostalgic Short Stories 2:00 Discover Nature / Refreshments 2:30 Seated Soccer 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	Labor Day 7 9:30 Rise & Shine Rhythms: Sing Alongs 10:00 Refreshments/ Daily Chronicles 10:30 Chair Yoga 11:00 Sensory Towels 1:30 Brain Games 2:00 Refreshments 2:00 Therapeutic Art 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	National Star Trek Day 8 9:30 Music & Meaning: Jazz 10:00 Daily Chronicles & Refreshments 10:30 Trivia & Word Games 11:00 Sensory Towels 1:00 Yoga with Lynn 1:30 Brain Games 2:00 Happy Hour w/ Kathy Fern 3:00 Discover Nature: The Louvre Museum 4:00 Sensory Towels	National Teddy Bear Day 9 9:30 Moving to Motown 10:00 Bible Study 10:30 Refreshments 11:00 Sensory Towels 1:15 Sing A Longs 2:00 Balloon Badminton 2:30 Refreshments / Trivia 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	National School Picture Day 10 9:30 Music Appreciation 10:00 Refreshments/ Daily Chronicles 10:30 Resident Bowling 11:00 Sensory Towels 1:30 Confection Connection 2:45 Refreshments/ Trivia 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	Patriot Day/ Remembrance Day 11 9:30 Music Appreciation 10:00 Refreshments/ Daily Chronicles 10:30 Seated Volleyball 11:00 Sensory Towels 1:15 Sing A Longs 1:45 Nail Spa / Refreshments 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	National Chocolate Milk Day 12 9:30 Moving to Music 10:00 Refreshments/ Daily Chronicles 10:15 Discover Nature - Washington, D.C. 11:00 Sensory Towels 1:15 Brain Games/ Refreshments 1:30 Saturday Matinee - Twilight 3:30 Mindful Movements 4:00 Sensory Towels
National Positive Thinking Day 13 9:30 Televised Church Service† 10:00 Refreshments/ Daily Chronicles 10:30 Chair Yoga 11:00 Sensory Towels 1:15 Sing A Longs 2:00 Discover Nature / Refreshments 2:30 Seated Soccer 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	National Cream Filled Donut Day 14 9:30 Rise & Shine Rhythms: Sing Alongs 10:00 Refreshments/ Daily Chronicles 10:30 Chair Yoga 11:00 Sensory Towels 1:30 Brain Games 2:00 Refreshments 2:00 Therapeutic Art 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	National Cheese Toast Day 15 9:30 Music & Meaning: Jazz 10:00 Daily Chronicles & Refreshments 10:30 Trivia & Word Games 11:00 Sensory Towels 1:00 Yoga with Lynn 1:30 Brain Games 2:00 Happy Hour w/ Richie Shep 3:00 Discover Nature: Acropolis Museum 4:00 Sensory Towels	Mexican Independence Day 16 9:30 Moving to Motown 10:00 Bible Study 10:30 Refreshments 11:00 Sensory Towels 1:15 Sing A Longs 2:00 Beach Volleyball 2:30 Refreshments / Trivia 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	National Apple Dumpling Day 17 9:30 Music Appreciation 10:00 Refreshments/ Daily Chronicles 10:30 Resident Bowling 11:00 Sensory Towels 1:30 Confection Connection 2:45 Refreshments/ Trivia 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	Air Force Birthday 18 9:30 Music Appreciation 10:00 Refreshments/ Daily Chronicles 10:30 Seated Volleyball 11:00 Sensory Towels 1:15 Sing A Longs 1:45 Nail Spa / Refreshments 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	National Butterscotch Pudding Day 19 9:30 Moving to Music 10:00 Refreshments/ Daily Chronicles 10:15 Discover Nature - Washington, D.C. 11:00 Sensory Towels 1:15 Brain Games/ Refreshments 1:30 Saturday Matinee - Dirty Dancing 3:30 Mindful Movements 4:00 Sensory Towels
Pepperoni Pizza Day 20 9:30 Televised Church Service† 10:00 Refreshments/ Daily Chronicles 10:30 Chair Yoga 11:00 Sensory Towels 1:15 Sing A Longs 2:00 Discover Nature / Refreshments 2:30 Seated Soccer 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	World Alzheimer's Day 21 9:30 Rise & Shine Rhythms: Sing Alongs 10:00 Refreshments/ Daily Chronicles 10:30 Chair Yoga 11:00 Sensory Towels 1:30 Brain Games 2:00 Refreshments 2:00 Therapeutic Art 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	National States & Capitals Day 22 9:30 Music & Meaning: Jazz 10:00 Daily Chronicles & Refreshments 10:30 Trivia Hosted by Julia Carease Health 11:00 Sensory Towels 1:00 Yoga with Lynn 1:30 Brain Games 2:00 Happy Hour w/ Alex Talbott 3:00 Discover Nature: The Guggenheim Museum 4:00 Sensory Towels	National Checkers Day 23 9:30 Moving to Motown 10:00 Bible Study 10:30 Refreshments 11:00 Sensory Towels 1:15 Sing A Longs 2:00 Balloon Badminton 2:30 Refreshments / Trivia 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	National Cherry Jubilee Day 24 9:30 Music Appreciation 10:00 Refreshments/ Daily Chronicles 10:30 Resident Bowling 11:00 Sensory Towels 1:30 Confection Connection 2:45 Refreshments/ Trivia 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	Hispanic Heritage Month Celebration 25 9:30 Music Appreciation 10:00 Refreshments/ Daily Chronicles 10:30 Seated Volleyball 11:00 Sensory Towels 1:15 Sing A Longs 1:45 Nail Spa / Refreshments 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	National Pancake Day 26 9:30 Moving to Music 10:00 Refreshments/ Daily Chronicles 10:15 Discover Nature - Washington, D.C. 11:00 Sensory Towels 1:15 Brain Games/ Refreshments 1:30 Saturday Matinee - Saturday Night Fever 3:30 Mindful Movements 4:00 Sensory Towels
National Ghost Hunting Day 27 9:30 Televised Church Service† 10:00 Refreshments/ Daily Chronicles 10:30 Chair Yoga 11:00 Sensory Towels 1:15 Sing A Longs 2:00 Discover Nature / Refreshments 2:30 Seated Soccer 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	National Strawberry & Cream Pie Day 28 9:30 Rise & Shine Rhythms: Sing Alongs 10:00 Refreshments/ Daily Chronicles 10:30 Chair Yoga 11:00 Sensory Towels 1:30 Brain Games 2:00 Refreshments 2:00 Therapeutic Art 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels	National Coffee Day 29 9:30 Music & Meaning: Jazz 10:00 Daily Chronicles & Refreshments 10:30 Trivia & Word Games 11:00 Sensory Towels 1:00 Yoga with Lynn 1:30 Brain Games 2:00 Happy Hour w/ Andre 3:00 Discover Nature: State Hermitage Museum 4:00 Sensory Towels	Orange Shirt Day 30 9:30 Moving to Motown 10:00 Bible Study 10:30 Refreshments 11:00 Sensory Towels 1:15 Sing A Longs 2:00 Beach Volleyball 2:30 Refreshments / Trivia 3:00 Discover Neurobics: Word Scramble 3:30 Mindful Movements 4:00 Sensory Towels			September Birthdays Barb M. - 9/6 Carol A. - 9/16 ** Activities are subject to change. Please refer to daily sheet **