

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A = Activity Room B = Bistro DR = Main Dining Room Courtyard Activities are Weather Permitting Activity Calendar Subject to Change		1 9:00 September Calendars & Activity Boards (Rooms) 11:00 Seated Yoga (A) 1:00 Room Visits 2:30 Bingo (DR)	2 10:30 Pet Therapy Group (B) 1:00 Friendly Visits 2:00 Ice Cream Social (DR) 3:00 Dotting Art (DR) 6:30 Guided Meditation & Sunset Stretch (A)	3 10:00 Morning Club (A) 11:00 Active Games (A) 1:00 Room Visits 2:30 Bingo (DR)	4 10:00 Guitar Music with Bobby (A) 11:00 Rosary (A) 2:00 Ice Cream Social (DR) 2:30 Vintage Vocals w/ Steve (DR) 8:00 Movie (Ch. 10)	5 10:30 Jeopardy Trivia (A) 1:00 Friendly Room Visits 2:30 Card Groups (A)
6 9:00 Friendly Room Visits 10:30 Catholic Mass (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A)	7 10:30 September Cranium Crunches (A) 1:00 Friendly Visits 2:00 Ice Cream Social 2:30 Independent Games (DR) Labor Day	8 10:00 “Guess Who” Game (A) 11:00 Shelby Memorial Service (Courtyard) 1:00 Room Visits 2:30 Bingo (DR)	9 10:00 Morning Club (A) 11:00 Mind/Body Fitness (DR) 2:00 Ice Cream Social (DR) 2:15 Music Entertainment w/ Richard Sennema (DR)	10 10:00 Match the Word Game (A) 11:00 Virtual Music Therapy Session (A) 1:00 Pet Therapy Visits (Rooms) 2:30 Bingo (DR) 6:30 Evening Pet Tx Group (A)	11 10:00 Friday Fun (A) 10:30 Chef’s Table Discussion (A) 2:00 Ice Cream Social (DR) 3:00 Lions Football Tailgate Fun (DR) 8:00 Movie (Ch. 10) Rosh Hashanah Begins	12 10:30 Who, What, Where? Clues Activity (A) 1:00 Friendly Room Visits 2:30 Horse Race Game (A)
13 9:00 Friendly Room Visits 10:30 Non-denominational Church Service (A) 1:00 Lions Club (DR) 2:00 Ice Cream Social (DR) 3:00 Lions Club (DR) Grandparents Day	14 10:00 Morning Club (A) 11:00 Chair Boxing w/ Paul Eugene (DR) 2:00 Ice Cream Social (DR) 2:30 Music Therapy w/ Dr. Butler (A) 6:30 Music Mondays w/ Michelle (A)	15 10:00 Daily Chronicle (A) 10:30 Tuesday Tech Session (A) 1:00 Room Visits 2:30 Bingo (DR)	16 10:00 Morning Club (A) 11:00 Twister Exercises (A) 2:30 Resident Crochet Circle (A) 6:00 Evening Ice Cream Social (DR) 6:30 Saxophone Evening w/ Jeffrey Breza (DR)	17 10:00 Social Game (A) 11:00 Morning Meditations (A) 1:00 Room Visits 2:30 Bingo (DR)	18 10:00 -11:30 Bowling Club & Season Awards (DR) 2:00 Ice Cream Social (DR) 3:00 End of Summer Sunshine Fun (Courtyard) 8:00 Movie (Ch. 10)	19 10:30 Jingo (A) 1:00 Friendly Room Visits 2:30 German Jeopardy (A) (Oktoberfest Activity) Oktoberfest Begins
20 9:00 Friendly Room Visits 10:30 Bible Study & Prayers (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A) Yom Kippur Begins	21 10:00 Morning Club (A) 11:00 Dance Workout w/ Paul Eugene (DR) 2:00 Ice Cream Social (DR) 2:00 Resident Council (A) 3:00 Reminisce: Vintage Commercials & Jingles (A) 6:30 Evening Sing-Along (A)	22 10:00 Daily Chronicle (A) 10:30 Remembering 1970s Hits / Bee Gees Music (A) 1:00 Room Visits 2:30 Bingo (DR) Autumn Begins	23 10:00 Morning Club (A) 11:00 Table Hockey (A) 1:00 Independent Leisure Supplies (Activity Room Hall)	24 10:00 Fall Poetry & Cider & Donuts (A) 11:00 Rosary (A) 1:00 Room Visits 2:30 Bingo (DR)	25 10:00 Seventies Stickman Games & 1970s Pictionary (A) 11:00 Friday Fitness (DR) 2:00 Ice Cream Social (DR) 2:30 September B-day Party & Deep River Music Entertainment (DR) 8:00 Movie (Ch. 10) Sukkot Begins	26 10:30 Star of Month: John Travolta (A) 1:00 Friendly Room Visits 2:00 Fall Movie & Popcorn (DR)
27 9:00 Friendly Room Visits 10:30 Non-Denominational Church Service (A) 1:00 Lions Club (DR) 2:00 Ice Cream Social (DR) 3:00 Lions Club (DR)	28 10:00 Morning Club (A) 11:00 Fitness with Paul Eugene (DR) 2:00 Ice Cream Social (DR) 3:00 “Travel” to Montreal (A) 6:30 Music Mondays w/ Michelle (A)	29 10:00 Daily Chronicle (A) 10:30 Music Therapy w/ Taylor (A) 1:00 Room Visits 2:30 Bingo (DR)	30 10:00 Morning Club (A) 10:30 Residents Choice (A) 2:00 Ice Cream Social (DR) 3:00 Fall Craft (DR) 6:30 Evening Violin Strolls (Hallways)	September 2026 Shelby – An Optalis Health & Rehabilitation Center		