

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2026 		10:30 a.m. Flexibility Stretches (AR) 11:00 a.m. Manicures (AR) 2:00 p.m. Hilarious and Interesting Jobs (AR) 1	10:00 a.m. Morning Walk 11:30 a.m. Positive Reflections (LR) 1:30 p.m. Outing to Hopewell Ranch (AB) 2	11:00 a.m. Morning Warm up(AR) 11:30 a.m. Zumba (AR) 1:30 p.m. Outing to Dollar General * Podiatrist will be here today. Eleanor D. B4 3 	9:30 a.m. Morning Meetup 11:00 a.m. Lunch Bunch to Hearthstone Oven and Bakery in Ithaca 3:00 p.m. Movie and Popcorn (LR) 4	Games, Books, Puzzles, and Movies are available in the Activity Room. 5
1:00 p.m. Sing a Long Church with Brian (AR) 6	Grab n Go Activities Available in the Living Room. Or Gather your friends and play a game in the Living Room.  HAPPY LABOR DAY 7	10:30 a.m. Flexibility Stretches (AR) 11:00 a.m. Manicures (AR) 2:00 p.m. Wine and Water Color (AR) 8	10:00 a.m. Morning Walk 11:30 a.m. Positive Reflections (LR) 1:30 p.m. Outing to Doozies 9	11:00 a.m. Flexibilty Stretches (AR) 11:30 a.m. Scarf Dancing (AR) 2:00 p.m. Music with Amanda (AR) Kim B. B3 10 	10:00 a.m. Shopping with Traveling Treasures (PL) 11:00 a.m. Remembering Old Time Jingles (AR) 2:00 p.m. Bingo (AR) 11	Games, Books, Puzzles, and Movies are available in the Activity Room. 12
Assisted Living Week Begins: Shining through the Years  13	Resident History Day 10:00 a.m. Morning Walk 11:30 a.m. Showcase Resident History and Exercise (AR) 2:00 p.m. Bingo (AR) 14	Historical Movie Day 10:00 a.m. Decades Sing Along Songs (AR) 10:30 a.m. Flexibility Stretches (AR) 11:00 a.m. Manicures (AR) 2:00 p.m. Bring your Ticket for Apollo 13 Viewing w/Popcorn (AR) 15	Celebrate the 50's Day 10:00 a.m. Morning Walk 11:30 a.m. Positive Reflections (LR) 2:00 p.m. 50's Ice Cream Social (AR) *Dress in your 50's Clothes Today 16	Throwback Thursday 10:00 a.m. Morning Meetup 11:00 a.m. Throwback Games (AR) 2:00 p.m. 20's Speak Easy with Mocktails (AR) *Dress in your favorite 20's outfit 17	Shining Stars Day 10:00 a.m. Morning Walk 11:30 a.m. Glamour Hour with Mimosas and Magazines (AR) 2:00 p.m. Shining Stars Awards Social Hour (AR) 18	Games, Books, Puzzles, and Movies are available in the Activity Room. 19
Games, Books, Puzzles, and Movies are available in the Activity Room. 20	10:00 a.m. Morning Walk 11:30 a.m. Exercise and Devotions (AR) 2:00 p.m. Bingo (AR) Kevin H. B1 21 	10:30 a.m. Flexibility Stretches (AR) 11:00 a.m. Hula Exercise (AR) 2:00 p.m. Jeopardy (AR) Sue R. B1 and Larry B. B3 22 	10:00 a.m. Morning Walk 11:30 a.m. Positive Reflections (LR) 2:00 p.m. September Birthday Celebrations with Bird Nests (AR) 23	9:30 a.m. Morning Meetup 11:00 a.m. Car Trip to Flower Farm 2:00 p.m. Music with Dan the Piano Man (AR) Claudia B. B3 24 	10:00 a.m. Morning Walk 11:30 a.m. Exercise and Devotions(AR) 2:00 p.m. Fall Gnome Door Decor (AR) Tom A. B2 25 	Games, Books, Puzzles, and Movies are available in the Activity Room. 26
Games, Books, Puzzles, and Movies are available in the Activity Room. 27	10:00 a.m. Morning Walk 11:30 a.m. Exercise and Devotions (AR) 2:00 p.m. Bingo (AR) 28	10:30 a.m. Flexibility Stretches (AR) 11:00 a.m. Manicures (AR) 2:00 p.m. Armchair Travel Welcome Fall 29	10:00 a.m. Morning Walk 11:30 a.m. Positive Reflections (LR) 2:00 p.m. Bonfire with Claire (Heartland) and Hobo Pies (Parking Lot) (AB) 30	Building 1 and 2 Activities and Times are subject to change if needed. 		