

September 2026 Alto Duval Station ASSISTED LIVING 						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Bistro (B)	Dimensions	9:30 AM - Daily Chronicle & September Trivia 10:30 AM - Create Fall Sachets! 1:15 PM - Eleven 22 Church 3:00 PM - Gourmet Chocolate Tasting (B) 5:30 PM - Sunset & Cinema - Blue Hawaii 01	9:30 AM - Mornings 50 & 60's Sing-Alongs! 10:30 AM - Select Group Therapy 1:00 PM - Neighborhood Walmart Marketplace Outing 3:00 PM - Bingo W/ Lucie! 5:30 PM - National Blueberry Popsicle Day - Blueberry Popsicles & Tunes! 02	9:30 AM - Daily Chronicle & Coffee Klatch 10:00 AM - Joyful Hearts Choir Performance 1:00 PM - Family Feud - Residents VS. Associates 3:00 PM - Afternoon Tea With The Duchess 5:30 PM - Open Independent Activities 03	9:30 AM - National Wildlife Day - Wildlife Trivia 10:30 AM - Select Group Therapy 1:00 PM - Blackjack W/ Noah 3:00 PM - Bowling! 5:00 PM - Cenima Fridays - Fried Green Tomatoes 04	9:30 AM - Early Bird Workouts 10:30 AM - Daily Chronicle & Coffee! 1:00 PM - Crossword Puzzle Challenge 3:00 PM - Resident Lead Bingo 5:30 PM - Open Independent Activities 05
9:15 AM - St. Patrick's Catholic Service 10:45 AM - North Jax Baptist Church Service 1:00 PM - National Black Dress Day - Ladies Afternoon Tea 3:00 PM - Guess The Tune! 5:00 PM - Independent Calm Coloring 06	Labor Day 9:30 AM - I Used to be - Career Panel 10:30 AM - Select Group Therapy 1:00 PM - Career Guessing Game Parade 3:00 PM - Bingo W/ Judy 5:00 PM - Labor Day Documentary & Popcorn 07	9:30 AM - Pool Noodle Exercise! 10:30 AM - Bowling Tournament! 1:15 PM - Eleven 22 Church 3:00 PM - Armchair Travelogue & Mocktails - Honolulu Hawaii 5:00 PM - Independent Activities - Word Searches in Activity Room 08	9:30 AM - Daily Chronicle In The Library 10:30 AM - Select Group Therapy 1:00 PM - Give Back Wednesday - Gift Bags For Ronald McDonald House 3:00 PM - Bingo W/ Judy 5:00 PM - Sunset Cinema - Driving Miss Daisy 09	9:30 AM - Viva Las Vegas Workouts! 10:30 AM - Song Of Praise W/ Mr. William 11:45 AM - Lunch At Cracker Barrel 3:00 PM - Bowling! 5:00 PM - Independent Activities - Crossword Puzzles 10	9:30 AM - Flag Ceremony & Moment Of Silence 10:30 AM - Select Group Therapy 1:00 PM - Thank you cards to First Responders 3:00 PM - Veterans, First Responders, and service member spot light 5:00 PM - Classic Movie & Popcorn - The Sound of Music 11	9:30 AM - Daily Chronicles & Horoscopes! 10:30 AM - Cornhole! 1:30 PM - Rement Church Service 3:00 PM - Bingo! 5:00 PM - Live Elvis Concert! 12
9:30 AM - Morning Hymns 10:45 AM - North Jax Baptist Church Service 1:00 PM - Grandparents Day! 3:30 PM - Violin Performance - Ziory 5:30 PM - Independent Activity - UNO! 13	9:30 AM - Wisdom through the decades - Life Advice 10:30 AM - Select Group Therapy 1:00 PM - Leadership in Action - Johnathan Dining Service Director 3:00 PM - Bakers Batch - Fall Rice Crispy Treats 5:00 PM - Sunset Cenima - The Intern 14	9:30 AM - Daily Chronicle & Coffee! 10:30 AM - Mason Jar Star Lantern Craft 1:15 PM - Eleven 22 Church 3:00 PM - Leadership In Action - Brittany & April! 5:30 PM - Independent Calm Coloring 15	9:30 AM - Morning Sunbeams - Coffee & Gratitude Bar 10:30 AM - Select Group Therapy 1:00 PM - Birthday Social W/ Darryl 2:15 PM - Leadership in Action - Beth Sales Director 3:00 PM - Bingo W/ Judy 5:00 PM - Classic Hollywood Movie & Popcorn - Singin' in the rain 16	9:30 AM - Pool Noodle Exercise! 10:30 AM - Shine on Spa & Pampering Hour 1:00 PM - Leadership in Action - Resident Care Director Gwen 4:30 PM - Sock Hop Family Night! 17	9:30 AM - Daily Chronicle & Trivia 10:30 AM - Select Group Therapy 1:00 PM - Leadership in Action - Maintenance Director & Housekeeping 2:00 PM - Black Jack W/ Noah 3:00 PM - Graceland Carnival! 5:30 PM - Evening Documentary - The Beatles - the touring years 18	9:30 AM - Morning Stretch & Movement 10:30 AM - Bowling Tournament! 1:30 PM - Rement Church Service 3:00 PM - Music Bingo 5:30 PM - Musical Winddown & Popcorn 19
9:15 AM - St. Patrick's Catholic Service 10:45 AM - North Jax Baptist Church Service 1:00 PM - Popcorn & Trivia! 3:00 PM - Sunday Bingo 5:00 PM - I Love Lucy Series 20	9:30 AM - Daily Chronicle In The Library 10:30 AM - Select Group Therapy 1:00 PM - Guess The Tune! 2:00 PM - Bingo W/ Tamika 3:00 PM - Cheese Tasting Social 5:30 PM - Independent Activities: Games in Activity Room 21	9:30 AM - Morning Stretch & Peace Meditation 10:30 AM - Bowling! 1:15 PM - Eleven 22 Church 3:00 PM - Paint by number 5:30 PM - Dear Diary Evening Reflection & Journaling 22	9:30 AM - Courtyard "Equinox" Stroll 10:30 AM - Select Group Therapy 1:00 PM - Dollar Tree Outing 3:00 PM - Bingo W/ Judy 5:30 PM - Cozy Autum Matinee: It's the Great Pumpkin, Charlie Brown 23	9:30 AM - Bluebird of Happiness Morning Stretch 10:30 AM - Pumpkin Painting 1:00 PM - AL Council Meeting 3:00 PM - Cornhole! 5:30 PM - Radio Hour Fireside Listening Party 24	9:30 AM - Daily Chronicle & Horoscopes 10:30 AM - Select Group Therapy 1:00 PM - Comic Strip Take back 3:00 PM - Bowling Tournament! 5:00 PM - Movie & Popcorn - Residents Choice 25	9:30 AM - Morning Coffee on the Patio 10:30 AM - Card Games 1:30 PM - Rement Church Service 3:00 PM - Resident Lead Bingo 5:00 PM - Independent Actvities - Word Searches In Activity Room 26
9:15 AM - St. Patrick's Catholic Service 10:45 AM - North Jax Baptist Church Service 1:30 PM - Afternoon Movie & Popcorn 3:00 PM - Phase 10 5:00 PM - Sunsets on the Patio 27	7:00 AM - Coffee & Autum Chronicles 10:30 AM - Select Group Therapy 1:00 PM - Make your own fall trail mix! 3:00 PM - Bingo W/ Judy 5:00 PM - Independent Activity - UNO! 28	9:30 AM - Seated Autum Ribbon Aerobics 9:30 AM - Morning Coffee Social 1:15 PM - Eleven 22 Church 3:00 PM - Food Committee Meeting 5:00 PM - Sunset Cinemas - Residents Choice 29	9:30 AM - Daily Chronicles & Coffee 10:30 AM - Select Group Therapy 1:00 PM - Price is right game 3:00 PM - Bingo W/ Judy! 5:00 PM - Live Virtual Concert - Frank Sinatra 30			

* Activities are subject to change

September 2026 Alto Duval Station MEMORY CARE 						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations	Dimensions	9:00 AM - Daily Chronicle & Chat 01 10:30 AM - Select Group Therapy 1:15 PM - Eleven 22 3:00 PM - Hershey Match! 5:30 PM - Dollywood Cinemas - Blue Hawaii	9:00 AM - Morning Movement & Orientation 02 10:30 AM - 50's & 60's Sing A Long! 1:00 PM - Thoughtful Actions - Make homemade Dog treats for the Humane Society 3:00 PM - Aroma Therapy & Nature Sounds 5:00 PM - Sunsets on the Patio	9:00 AM - Daily Chronicle & Horoscopes 03 10:30 AM - Select Group Therapy 1:00 PM - Eldersong Bingo 3:00 PM - Dollywood Gardening Club - Decorating the Garden 5:30 PM - Evening Meditation & Relaxation	9:00 AM - Wildlife Safari Movement! 04 10:00 AM - Wild Animal Sing-Along 1:00 PM - Aromatherapy & Table Prep 3:00 PM - Animal Rescue & Sorting 5:00 PM - Courtyard Stroll & Winddown	9:00 AM - Yard Game Fitness 05 10:00 AM - Hummingbird Sing-Along & Trivia 1:00 PM - Aromatherapy & Nature Sounds 3:00 PM - Water Brush Painting 5:00 PM - Dollywood Cinemas - Fried Green Tomatoes
9:00 AM - Prayers & Hymns 06 10:45 AM - North Jax Baptist Church Service 1:00 PM - Calm Coloring 3:00 PM - Sunday Roast / Baking Sensory Hour 5:00 PM - Classic Film Matinee & Popcorn - I Love Lucy	Labor Day 07 9:00 AM - Gentle Movement & Patriotic Stretch 10:00 AM - Guess the Resident - Old time photos from school, past career, or younger days! 1:00 PM - Post - Lunch Rest & Cinema Matinee 3:00 PM - End of Summer Backyard Games 5:00 PM - Tactile Sorting & Evening Wind - Down	9:00 AM - Daily Chronicle & Chat 08 10:30 AM - Select Group Therapy 1:15 PM - Eleven 22 3:00 PM - Dollywood Bowling Champs! 5:00 PM - Evening Meditation & Relaxation	9:00 AM - Seated Piano & Rhythmr Stretch 09 10:30 AM - Teddy Bear History & Childhood Reminiscence 1:30 PM - Dollywood Performance - Jim & Friends 3:00 PM - Relaxation & Lavender Hand Care 5:00 PM - Soft Evening Wind-Down With Tunes	7:00 AM - Dollywood Cinema & Popcorn - Residents Choice 10 9:00 AM - Good Morning Chronicles! 10:30 AM - Select Group Therapy 1:00 PM - Citrus Social in the Garden! 3:00 PM - Warm Towel Spa & Aromatherapy	9:00 AM - Daily Chronicles & Chat 11 10:30 AM - Moment Of silence for 9/11 1:00 PM - Patriotic Flags in the Courtyard 3:00 PM - Patriotic Singalong & Hymns 5:00 PM - Evening Relaxation & Patriotic Tunes	9:00 AM - Morning Stretch & Movement 12 10:00 AM - "Words of Affirmation" Tree 1:30 PM - Saturday Weekend Stroll & Garden-Fresh Air 3:00 PM - Purposeful Life-Skills & Tactile Stations 5:00 PM - Weekend Wind-Down: Gentle Melodies & Aroma Therapy
9:00 AM - Gentle Chair Movement 13 10:30 AM - North Jax Baptist Church Service 1:00 PM - Grandparents Day! 3:30 PM - Violin Performance - Ziory 5:30 PM - Classic Movie Matinee: Singin In The Rain	9:00 AM - Seated Rhythm & Motion 14 10:30 AM - Simple Morning Sorting 1:00 PM - National Live Creative Day Art Hour - Water Painting 3:00 PM - Sensory Garden & Patio Stroll 5:30 PM - Classic Musical Matinee & Aromatherapy	9:00 AM - Chronicles & Chat 15 10:30 AM - Select Group Therapy 1:15 PM - Eleven 22 3:00 PM - Noodle Ball! 5:30 PM - Soothing Hand Care & Aromatherapy	9:00 AM - Seated Stretch & Rhythm Band 16 10:30 AM - "Collect Rocks" Tactile Sorting Station 1:00 PM - Play-Doh & Scented Dough Sculpting 3:00 PM - Classic Big Band & Jazz Matinee 5:30 PM - Aromatherapy & Nature Sounds	9:00 AM - Good Morning Chronicles! 17 10:30 AM - Select Group Therapy 1:00 PM - Cornhole! 3:00 PM - Country Sing-Along 5:30 PM - Courtyard Sunlight & Garden Walk	7:00 AM - Movie & Popcorn - Driving Miss Daisy 18 9:00 AM - Aromatherapy & Chair Stretch! 10:30 AM - Morning News & On This Day 1:00 PM - Greeting Card "Respect & Joy" Crafting 3:00 PM - Courtyard Nature Strolls	9:00 AM - National Dance Day Seated Movement 19 10:30 AM - The "Folding Station" Hour 1:00 PM - Gardening & Herb Potting 3:00 PM - Vintage Photo Prompt Cards Show & Tell 5:30 PM - Evening Aquarium & Birdwatching
9:00 AM - Hymn Sing-Along & Gospel Music Hour 20 10:30 AM - North Jax Baptist Church Service 1:00 PM - Women's Sunday Tea Social 3:00 PM - Courtyard Sensory Stroll 5:30 PM - Evening Classic Movie & Popcorn - Meet Me in St Louis	9:00 AM - Seated Peace & Harmony Stretch 21 10:30 AM - Circle Of Kindness 1:00 PM - Tactile "Peace Dove" Craft 3:00 PM - Aromatherapy & Soothing Hand Care 5:30 PM - Classic Musical Matinee	9:00 AM - Daily Chronicle & Horoscopes 22 10:30 AM - Select Group Therapy 1:15 PM - Eleven 22 3:00 PM - Autum Equinox Welcome & Apple Cider Social 5:30 PM - Courtyard Autum Stroll	9:00 AM - Pool Noodle Exercise! 23 10:30 AM - Dollywood Picture Day! 1:30 PM - Dollywood Performance - Jim & Friends 3:00 PM - Gardening Club - Decorating The Garden 5:30 PM - Aromatherapy & Nature Sounds	9:00 AM - Daily Chronicles & Chat 24 10:30 AM - Select Group Therapy 1:00 PM - Dollywood Crafts - Bird Feeders For The Garden 3:00 PM - Warm Water Basin Stimulation Activity 5:30 PM - Muppets & Classical Comedy Matinee	9:00 AM - Seated Superhero Stretch 25 10:30 AM - Comic Book & Nostalgia Reading Circle 1:00 PM - Scenic Drive On Bus & Ice Cream! 3:00 PM - Soothing Hand Care & Aromatherapy 5:30 PM - Courtyard Autum Nature Walks	9:00 AM - Good Morning Stretch & Chronicles 26 10:30 AM - Water-Reveal "Magic" Painting 1:00 PM - Fresh Fruit & Mocktail Social 3:00 PM - Jukebox Boggy Dance Party! 5:30 PM - Aromatherapy & Nature Sounds
9:00 AM - Hymn Sing-Along & Gospel Music Hour 27 10:30 AM - North Jax Baptist Church Service 1:00 PM - Aromatherapy & Soothing Hand Care 3:00 PM - Balloon Volleyball! 5:30 PM - Popcorn & Movie - Residents Choice	9:00 AM - Seated "Cardio Drumming" Fitness 28 10:30 AM - Good Neighbor Tea & Greeting Circle 1:00 PM - Courtyard Sensory Walk & Birdwatching 3:00 PM - Dollywood Curious Trivia Hour! 5:30 PM - Evening Meditation & Relaxation	9:00 AM - Daily Chronicles & Chat 29 10:30 AM - Select Group Therapy 1:15 PM - Eleven 22 3:00 PM - What's In The Bean Bag? 5:30 PM - Tunes & Popcorn On The Patio!	9:00 AM - Seated Cardio Drumming & Ribbon Motion 30 10:30 AM - Orange Shirt Day Story Circle & Craft 1:00 PM - Mini Cupcake Making! 3:00 PM - Courtyard Autum Nature Walks 5:30 PM - Soothing Aromatherapy & Classic Cinema			