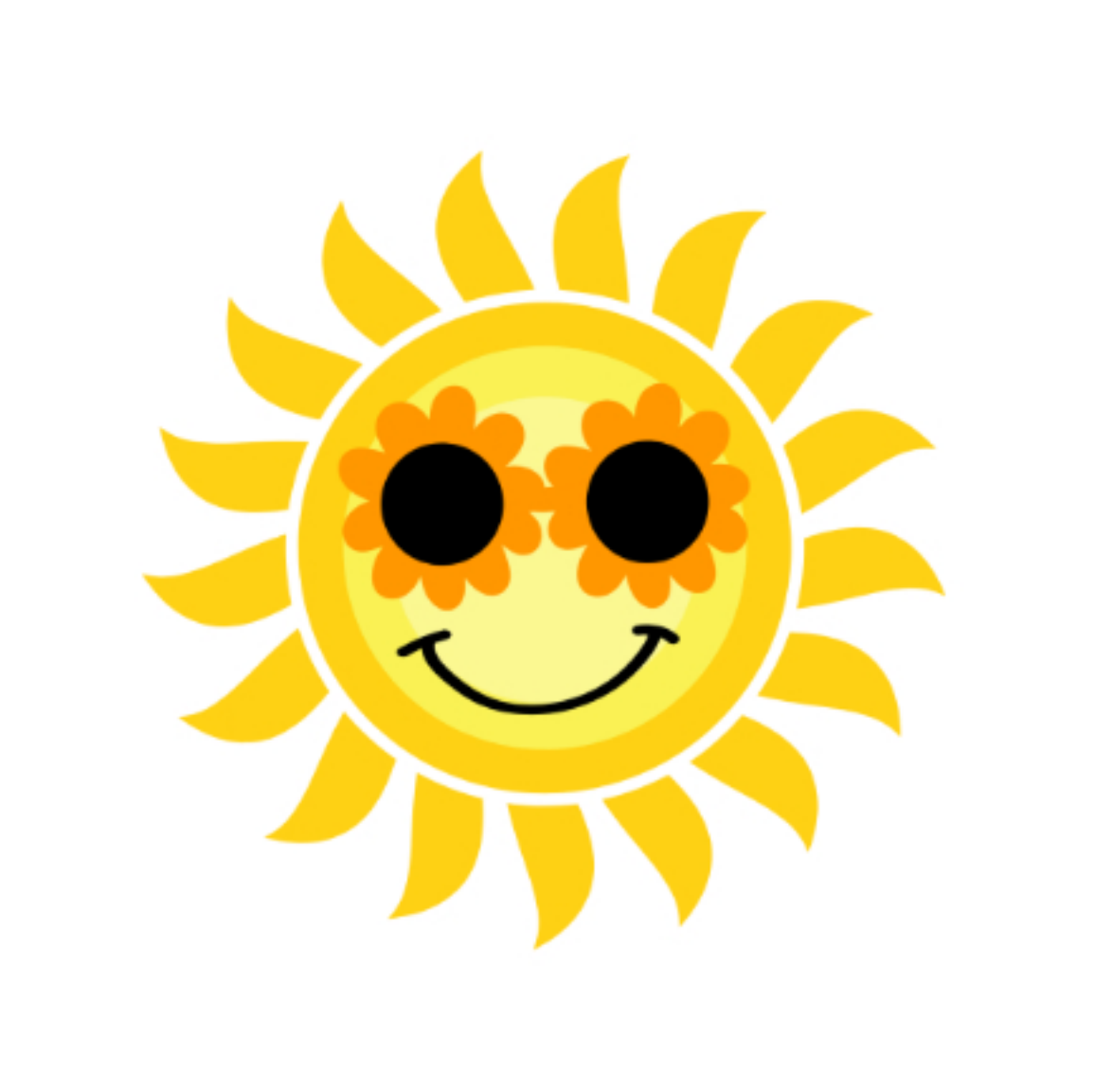


September 2026Spring Arbor of Frankfort Assisted Living						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00-10:30 Scrabble Game with Friends (AA) 10:30-11:00 Devotions w/Carla Phillips (USA) 11:00-11:30 Sit & Be Fit with Therapy (USA) 1:00-4:00 TJ Max Shopping 4:00-4:30 Team Trivia (AA) 6:00-6:30 Cards with Friends (AA)	2 10:00-10:30 Word Puzzles w/ Friends (AA) 10:30-11:00 Devotions with Jack Brewer (USA) 11:00-11:30 Emily Luttrell from Public Library (AA) 1:00-1:30 Fun with Meighan (AA) 2:00-3:00 Bingo w/ Dawn (AA) 3:30-4:30 Wine Wednesday (AA) 6:00-7:00 Cards W/ Friends (AA)	3 10:00-10:30 cognitive puzzles w/ friends (AA) 10:30-11:00 Devotions w/ Wes (USA) 11:00-11:30 Walk W/ Friends (USA) 1:30-5:00 Hand & Foot Game w/ Friends (AA) 6:00-6:30 Cards with Friends (AA)	4 10:00-10:30 Scrabble Game w/ friends (AA) 10:30-11:00 Devotions with Carol & David (USA) 11:00-11:30 Walk with Friends (IF) 2:00-3:00 Bingo 5:00-8:00 Spring Arbor Car Show w/ Good Ol' Boys (O)	5 10:00-10:30 Word searches w/ friends (AA) 10:30-11:00 Devotions & Gospel Music (USA) 11:00-11:30 Walking with Friends (IF) 1:00-2:00 Let's Play Uno (AA) 3:00-5:00 Movie w/ popcorn resident choice 6:00-6:30 Cards with Friends (AA)
6 10:00-10:30 Cognitive Puzzles w/ friends (AA) 10:30-11:00 Devotions & Gospel w/ Ed Ball (USA) 11:00-11:30 Walk W/ Friends (IF) 3:00-4:00 Corn Hole (USA) 6:00-6:30 Cards with Friends (AA)	7 10:00-10:30 Word Puzzles Social W/ Coffee (AA) 10:30-11:00 Devotions with Gene from Buck Run Baptist Church (USA) 11:00-11:30 Walk W/ Friends (USA) 1:00-2:00 Manicure Mondays (AA) 2:00-3:00 Bingo (AA) 6:00-7:00 Cards W/ Friends (USA) 6:00-6:30 Cards with Friends (AA)	8 10:00-10:30 Scrabble Game with Friends (AA) 11:00-11:30 Sit & Be Fit with Therapy (USA) 1:00-3:00 Dollar Tree (O) 4:00-4:30 Wheel Of Fortune (AA) 6:00-6:30 Cards with Friends (AA)	9 10:00-10:30 Word Puzzles w/ Friends (AA) 10:30-11:00 Devotions with Jack Brewer (USA) 11:00-11:30 Walk W/ Friends (AA) 1:00-1:30 Fun with Meighan (AA) 2:00-3:00 Bingo w/ Dawn (AA) 3:30-4:30 Wine Wednesday & Painting Class (AA) 6:00-7:00 Cards W/ Friends (AA)	10 10:00-10:30 cognitive puzzles w/ friends (AA) 10:30-11:00 Devotions w/ Wes (USA) 11:00-1:00 Lunch Bunch Tammy's Dinner (O) 2:00-3:00 VFW Bingo (AA) 6:00-6:30 Cards with Friends (AA)	11 10:00-10:30 Scrabble Game w/ friends (AA) 10:30-11:00 Devotions with Carol & David (USA) 11:00-11:30 Walk with Friends (IF) 1:00-2:00 Skincare & Manicures w/Sara Bradley 2:00-3:00 Bingo 6:00-6:30 Games & Cards with Friends (AA)	12 10:00-10:30 Word searches w/ friends (AA) 10:30-11:00 Devotions & Gospel Music (USA) 11:00-11:30 Walking with Friends (IF) 2:00-3:00 Endre Samu Elvis Presley Impersonator to Kick off Assisted Living Week! (DR) 6:00-6:30 Cards with Friends (AA)
13 10:00-10:30 Cognitive Puzzles w/ friends (AA) 10:30-11:00 Devotions & Gospel w/ Ed Ball (USA) 11:00-11:30 Walk with Friends 1:30-2:30 Happy Grandparents Day! Karaoke with family & friends (DR) 6:00-6:30 Cards with Friends (AA)	14 10:00-10:30 Word Puzzles Social W/ Coffee (AA) 10:30-11:00 Devotions with Doug Kilby & Gene Buck Run Baptist Church (USA) 11:00-11:30 Walk W/ Friends (USA) 1:00-2:30 Sweet Memories Desert Bar to Celebrate National Assisted Living Week! (DR) 2:00-3:00 Bingo (AA) 6:00-7:00 Cards W/ Friends (USA) 6:00-6:30 Cards with Friends (AA)	15 10:00-10:30 Scrabble Game with Friends (AA) 11:00-11:30 Chair Yoga with Therapy (USA) 2:00-3:00 Cassino Games (play with Spring Arbor Bucks) w/ Angie, Sara B., Sara T. Heather, Victor & Shanelle (AA) 6:00-6:30 Cards with Friends (AA)	16 10:00-10:30 Word Puzzles w/ Friends (AA) 10:30-11:00 Devotions with Jack Brewer (USA) 11:00-11:30 Walk W/ Friends (AA) 1:00-1:30 Fun with Meighan (AA) 2:00-3:00 Stewart Home School Choir coming to sing to celebrate Assisted Living Week (AA) 3:30-4:30 Wine Wednesday (AA) 6:00-7:00 Cards W/ Friends (AA)	17 10:00-10:30 cognitive puzzles w/ friends (AA) 10:30-11:00 Devotions w/ Wes (USA) 11:00-11:30 Gardening W/ Friends (O) 1:30-5:00 Hand & Foot Game w/ Friends (AA) 4:00-6:00 National Assisted Living Community Celebration Dave Cantrelle will perform magic, music and comedy (AA)	18 10:00-10:30 Scrabble Game w/ friends (AA) 10:30-11:00 Devotions with Carol & David (USA) 11:00-11:30 Walk with Friends (IF) 1:00-2:00 Assisted Living Week Pamper yourself with facials, hand massages and manicures w/ Sara B. (AA) 1:00-2:00 Skincare & Manicures w/Sara Bradley 2:00-3:00 Bingo Luau themed w/ Dawn 6:00-6:30 Games & Cards with Friends (AA)	19 10:00-10:30 Word searches w/ friends (AA) 10:30-11:00 Devotions & Gospel Music (USA) 11:00-11:30 Walking with Friends (IF) 2:00-4:00 movie with popcorn 6:00-6:30 Cards with Friends (AA)
20 10:00-10:30 Cognitive Puzzles w/ friends (AA) 10:30-11:00 Devotions & Gospel w/ Ed Ball (USA) 11:00-11:30 Walk W/ Friends (IF) 11:00-11:30 Walk with Friends 2:00-4:00 Croquet Game (USA) 6:00-6:30 Cards with Friends (AA)	21 10:00-10:30 Word Puzzles Social W/ Coffee (AA) 10:30-11:00 Devotions with Ron (USA) 11:00-11:30 Walk W/ Friends (USA) 1:00-2:30 Manicure Mondays (AA) 2:00-3:00 Bingo w/ Dawn (AA) 6:00-7:00 Cards W/ Friends (USA) 6:00-6:30 Cards with Friends (AA)	22 10:00-10:30 Scrabble Game with Friends (AA) 11:00-1:00 Lunch Bunch in Midway Residents choice 4:00-4:30 Wheel Of Fortune (AA) 6:00-6:30 Cards with Friends (AA)	23 10:00-10:30 Word Puzzles w/ Friends (AA) 10:30-11:00 Devotions with Jack Brewer (USA) 11:00-11:30 Walk W/ Friends (AA) 1:00-1:30 Fun with Meighan (AA) 2:00-3:00 Bingo w/ Dawn (AA) 3:30-4:30 Wine Wednesday (AA) 6:00-7:00 Cards W/ Friends (AA)	24 10:00-10:30 cognitive puzzles w/ friends (AA) 10:30-11:00 Devotions w/ Wes (USA) 11:00-11:30 Gardening W/ Friends (O) 1:30-5:00 Hand & Foot Game w/ Friends (AA) 6:00-6:30 Cards with Friends (AA)	25 10:00-10:30 Scrabble Game w/ friends (AA) 10:30-11:00 Devotions with Carol & David (USA) 11:00-11:30 Walk with Friends (IF) 1:00-2:00 Skincare & Manicures w/Sara Bradley 2:00-3:00 Bingo 6:00-6:30 Games & Cards with Friends (AA)	26 10:00-10:30 Word searches w/ friends (AA) 10:30-11:00 Devotions & Gospel Music (USA) 11:00-11:30 Walking with Friends (IF) 2:00-4:00 Movie with popcorn residents' choice 6:00-6:30 Cards with Friends (AA)
27 10:00-10:30 Cognitive Puzzles w/ friends (AA) 10:30-11:00 Devotions & Gospel w/ Ed Ball (USA) 11:00-11:30 Walk W/ Friends (IF) 11:00-11:30 Walk with Friends 3:00-4:00 Corn Hole (USA) 6:00-6:30 Cards with Friends (AA)	28 10:00-10:30 Word Puzzles Social W/ Coffee (AA) 10:30-11:00 Devotions with Ron (USA) 11:00-4:00 Red Mile Outing in Lexington (OOF) 1:00-2:30 Manicure Mondays (AA) 2:00-3:00 Bingo w/ Dawn (AA) 6:00-7:00 Cards W/ Friends (USA) 6:00-6:30 Cards with Friends (AA)	29 10:00-10:30 Scrabble Game with Friends (AA) 11:00-11:30 Sit & Be Fit with Therapy (USA) 1:30-2:30 Resident Council Meeting (TG) 3:00-4:30 Aldi's Shopping Trip (AA) 6:00-6:30 Cards with Friends (AA)	30 10:00-10:30 Word Puzzles w/ Friends (AA) 10:30-11:00 Devotions with Jack Brewer (USA) 11:00-12:00 Bingo Store (AA) 1:00-2:00 September Birthday Party (DR) 2:00-3:00 Bingo w/ Dawn (AA) 3:30-4:30 Wine Wednesday (AA) 6:00-7:00 Cards W/ Friends (AA)			



Happy Birthday!

Betty "Betty" S. - 2nd
Nancy "Nancy" W. - 3rd
Willie "Willie" M. - 11th
Norine "Marie" H. - 12th
Sharon P. 13th
Wanda "Wanda" S. - 22nd



Locations

SA = Upstairs Sitting Area
A = Activity Area
DR = Dining Room
GYM = Therapy Gym
IR = In Room
F = In Facility
OUT = Outside
FP = On Front Porch
BD = On Back Deck
OOF = Out Of Facility

September 2026

Cottage Care of Frankfort



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Devotions & Coffee 10:00 Chair Yoga 11:00 Fine Motor Activity (Cones) 1:00 Volleyball 3:00 Afternoon Walk 4:00 Memory Trivia	9:00 Devotions & Coffee 9:30 Arts/Crafts 10:30 Manicures/Grooming 11:00 Tai Chi 1:00 Bingo 3:00 Happy Hour Mocktails 5:00 Movie & Popcorn	9:00 Devotions & Coffee 9:30 Arts/Crafts 11:00 Ball Roll Game 11:00 DrumSticks Exercise 1:00 Parachute Game 3:00 Afternoon Walk 4:00 Memory Trivia	9:00 Devotions & Coffee 10:00 Cardio Drumming 10:30 Manicures/Grooming 1:00 Bingo 4:00 Volleyball 5:00 Movie & Popcorn	9:00 Devotions & Coffee 10:00 Chair Yoga 2:00 Music Session 3:00 Word Search 5:00 Movie & Popcorn
9:00 Devotions & Coffee 11:00 Televised Church 2:00 Would you Rather 3:00 Word Search 5:00 Movie & Popcorn	9:00 Devotions & Coffee 9:30 Arts/Crafts 10:00 Cardio Drumming 10:30 Manicures/Grooming 1:00 Bingo 5:00 Movie & Popcorn	9:00 Devotions & Coffee 10:00 Chair Yoga 11:00 Name that Tune Game 1:00 Volleyball 2:00 Snack Activity 3:00 Afternoon Walk 4:00 Memory Trivia	9:00 Devotions & Coffee 9:30 Arts/Crafts 10:30 Manicures/Grooming 11:00 Zumba 1:00 Bingo 3:00 Happy Hour Mocktails 5:00 Movie & Popcorn	9:00 Devotions & Coffee 9:30 Arts/Crafts 11:00 DrumSticks Exercise 1:00 Parachute Game 2:00 Wheel of Fortune Game 3:00 Afternoon Walk 4:00 Memory Trivia	9:00 Devotions & Coffee 10:00 Cardio Drumming 10:30 Manicures/Grooming 1:00 Scenic Drive 2:00 Ball cup Game 4:00 Cornhole 5:00 Movie & Popcorn	9:00 Devotions & Coffee 10:00 Chair Yoga 11:00 Old Shows 2:00 Elvis Presley Impersonator 3:00 Word Search 5:00 Movie & Popcorn
9:00 Devotions & Coffee 11:00 Televised Church 1:30 Grandparents Day/ Karaoke 3:00 Word Search 5:00 Movie & Popcorn	9:00 Devotions & Coffee 9:30 Arts/Crafts 10:00 Cardio Drumming 10:30 Manicures/Grooming 1:00 Sweet Memories Dessert Bar 2:00 Bingo 5:00 Movie & Popcorn	9:00 Devotions & Coffee 10:00 Chair Yoga 11:00 Crossword Puzzles 1:00 Balloon Batting 3:00 Afternoon Walk 4:00 Memory Trivia	9:00 Devotions & Coffee 9:30 Arts/Crafts 10:30 Manicures/Grooming 11:00 Exercise 1:00 Bingo 3:00 Happy Hour Mocktails 5:00 Movie & Popcorn	9:00 Devotions & Coffee 9:30 Arts/Crafts 11:00 DrumSticks Exercise 1:00 Assisted Living Celebration 3:00 Bowling 4:00 Memory Trivia	9:00 Devotions & Coffee 10:00 Cardio Drumming 10:30 Manicures/Grooming 1:00 Bingo 4:00 Volleyball 5:00 Movie & Popcorn	9:00 Devotions & Coffee 10:00 Chair Yoga 2:00 Bean Bag Toss 3:00 Dominoes 5:00 Movie & Popcorn
9:00 Devotions & Coffee 11:00 Televised Church 2:00 This or That Game 3:00 Word Search 5:00 Movie & Popcorn	9:00 Devotions & Coffee 9:30 Arts/Crafts 10:00 Cardio Drumming 10:30 Manicures/Grooming 1:00 Bingo 5:00 Movie & Popcorn	9:00 Devotions & Coffee 10:00 Chair Yoga 11:00 Lunch Bunch Pizza Inn 1:00 Beach Volleyball 3:00 Afternoon Walk 4:00 Memory Trivia	9:00 Devotions & Coffee 9:30 Arts/Crafts 10:30 Manicures/Grooming 11:00 Tai Chi 1:00 Bingo 3:00 Happy Hour Mocktails 5:00 Movie & Popcorn	9:00 Devotions & Coffee 9:30 Arts/Crafts 10:00 Left Right Game 11:00 Exercise 1:00 Parachute Game 3:00 Afternoon Walk 4:00 Memory Trivia	9:00 Devotions & Coffee 10:00 Cardio Drumming 10:30 Manicures/Grooming 1:00 Bingo 4:00 Jigsaw Puzzle 5:00 Movie & Popcorn	9:00 Devotions & Coffee 10:00 Chair Yoga 2:00 Music Session 3:00 History Game 5:00 Movie & Popcorn
9:00 Devotions & Coffee 11:00 Televised Church 2:00 Name that Tune Game 3:00 memory trivia 5:00 Movie & Popcorn	9:00 Devotions & Coffee 9:30 Arts/Crafts 10:00 Cardio Drumming 10:30 Manicures/Grooming 1:00 Bingo 5:00 Movie & Popcorn	9:00 Devotions & Coffee 10:00 Chair Yoga 11:00 Crossword Puzzles 1:00 Ball Roll Game 3:00 Indoor Relay Race (Newspapers) 4:00 Memory Trivia	9:00 Devotions & Coffee 9:30 Arts/Crafts 10:30 Manicures/Grooming 11:00 Chair Exercise 1:00 Bingo 3:00 Happy Hour Mocktails 5:00 Movie & Popcorn			

Happy Birthday!

No Birthdays this Month

Locations

MC = MC
Common Area