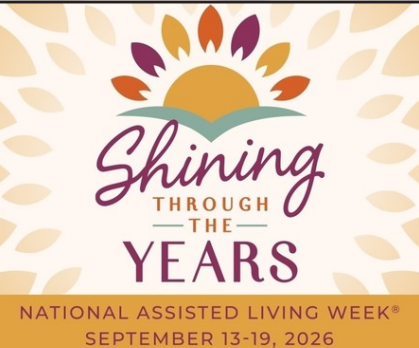


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 NATIONAL ASSISTED LIVING WEEK® SEPTEMBER 13-19, 2026	Key to Locations A - Atrium (Lobby) AR - Activity Room C - Café H - Hallway L - Library LR - Living Room P - Patio S - Salon SR - Sunroom W - Wellness Center	1 10:00-11:00 Salon Delights-S 11:00-11:30 Stretch in Strength with Legacy Health-W 1:00- 2:00 Bingo-AR 2:30- 3:00 Baking Bliss: Sugar Pie-AR 3:00- 3:30 Star of the Month-AR 4:00- 4:30 Rosary Group-SR 5:30- 6:00 Game Table: Foosball-AR	2 9:00- 9:30 Café Connection: Coffee Break 10:00-10:45 Master Gardeners Visit-AR 11:00-11:30 Classical Chair Stretch-AR 1:00- 1:30 Left Right Center Game-AR 2:30- 3:00 Ice Cream Parlor Treats: Freedom Pops-AR 3:00- 3:30 General Store Connect 4 4:00- 4:30 Anniversary of V-J Day 1945 Documentary-SR 5:30- 6:00 Evening Devotions-SR	3 9:00- 9:30 Praise Chorale-AR 10:00-11:00 Resident Council-AR 11:00-11:30 Stretch in Strength with Legacy Health-W 1:00- 3:00 Dollar Tree Shopping Adventure 2:00- 3:00 Open Studio: Easy Movement & Table Options-AR 3:30- 4:00 What's Up: Current Events-AR 4:00- 4:30 Bingo Express-AR 5:30- 6:00 Rummikub-AR	4 10:00-12:00 Wildlife Day Hemlock Bluffs Adventure 11:00-11:30 Flower Savvy: Centerpieces-AR 11:30-11:45 Sidewalk Stroll-A 1:00- 1:30 Posh & Polish-S 2:00- 2:30 What's That Song?-AR 3:30- 4:30 Eat an Extra Dessert Day Happy Hour-AR 4:00- 4:30 Game On: Scattergories-AR 6:00- 8:00 Friday Night Light Summer Feature-AR	5 10:00-10:30 Quick to Craft: Simple Fun-AR 11:00-11:30 St. Michael's Eucharistic Ministry-SR 11:30-12:00 Pickup Game: Conversation Cubes-AR 1:00- 2:00 Bingo with Jack-AR 2:00- 5:00 MLB Game Watch-SR 3:00- 3:30 Deisy's Chair Fitness-AR 4:00- 4:30 Cards on Deck: Memory Match-AR 4:30- 4:45 Poetry Reading and Excerpts-LR 5:30- 6:00 NC Weekend: PBS TV 1276-SR
Read a Book Day 6 9:15- 9:45 Daily Garden Watering-P 10:00-10:45 Sunday Mass Telecast-AR 11:00-12:00 Hayes Barton Church Telecast-SR 11:30-12:00 Yard Games: Horseshoes-AR 1:00- 1:30 Summer's End: Apartment Stops 2:00- 2:30 Cafe Wordplay: Wacky Wordies 3:00- 3:30 Sunday Soda Fountain-AR 4:30- 4:50 Parlor Stories Book Club-LR 5:30- 7:30 Sunday Night Cinema: TV 55-SR 7:00- 8:00 The Moth Story Hour: 91.5 FM-AR	Labor Day 7 10:00-11:00 Art From The Heart-AR 11:00-11:30 Sit and Be Fit-AR 11:30-11:45 Monday Meditation-AR 1:00- 2:00 BrainFit Trivia with Legacy Health-AR 1:00- 2:00 Game of Cards: Hand & Foot-SR 3:00- 3:30 Patio Games: Horseshoes-AR 4:00- 4:30 Americana Sing-Along-AR 4:00- 5:00 MLB Game Watch Party-SR 5:20- 6:00 Melissa on Piano-LR	8 10:00-11:00 Salon Delights-S 11:00-11:30 Stretch in Strength with Legacy Health-W 1:00- 2:00 Bingo-AR 2:00- 3:30 Men at the Movies-AR 3:30- 4:00 Literacy Day's Monthly Gazette-H 4:00- 4:30 Rosary Group-SR 5:30- 6:00 TED Talk-AR	Colonel Sanders Day 9 10:00-10:30 Drum Fit and Fun-AR 11:00-11:30 Worship with Peace Church-LR 11:30- 1:30 Lunch Bunch in the Cottage: KFC 1:00- 1:30 Dominoes-AR 2:00- 4:00 August Movie Matinee-AR 3:00- 3:30 General Store Sudoku 4:00- 4:30 Pop the Cork: Wine & Cheese-AR 5:30- 6:00 Evening Devotions-SR	10 9:00- 9:30 Morning Devotion-AR 10:15-11:00 Magnolia Melodies Visit-AR 11:00-11:30 Stretch in Strength with Legacy Health-W 1:00- 3:00 Cracker Barrel Adventure 2:00- 3:00 Open Studio: Easy Movement & Table Options-AR 3:30- 4:00 Wiki Riddles-AR 4:00- 4:30 Bingo Express-AR 5:30- 6:00 Restaurant Review: Family Favorites-AR	Patriot Day 11 10:00-12:00 Jean's Market Adventure 11:00-11:30 Fresh Picks Flower Cart-SR 1:00- 1:30 Travelogue: 9/11 Memorial-AR 1:30- 2:00 Posh & Polish-S 2:30- 3:00 Isabel's Crafting: Honey Day Fries-AR 3:00- 4:00 Gospel Hour with Tom & Diane-LR 4:00- 4:30 Patriot Day Stories-AR 6:00- 8:00 Friday Night Lights Featuring Harry Connick Jr.-AR	12 10:00-10:30 Encore! Art Session-AR 11:00-11:30 St. Michael's Eucharistic Ministry-SR 11:30-12:00 Pickup Game: Golf Tee-AR 1:00- 2:00 Bingo with Jack-AR 2:00- 5:00 MLB Game Watch-SR 3:30- 4:30 Piano with Dennis-LR 4:30- 4:45 The Greatest Stories Never Told-LR 5:30- 6:00 NC Weekend: PBS TV 1276-SR
Happy Grandparents Day! 13 9:15- 9:45 Daily Garden Watering-P 10:00-10:45 Sunday Mass Telecast-AR 11:00-12:00 Hayes Barton Church Telecast-SR 1:00- 1:30 Summer's End: Apartment Stops 2:00- 2:30 Cafe Wordplay: Sunday Funnies-C 2:00- 3:00 Ice Cream Social in the Atrium 3:00- 4:00 Amy O Lecture Series-AR 4:30- 4:50 Parlor Stories Book Club-LR 5:30- 7:30 Sunday Night Cinema: TV 55-SR 7:00- 8:00 The Moth Story Hour: 91.5 FM-AR	NATIONAL 14 9:30- 9:45 Glamor Shine on the Go-H 10:00-11:00 Art From The Heart: You Are My Sunshine-AR 11:00-11:30 Seated Senior Strength-AR 11:30-11:45 Monday Meditation-AR 1:00- 2:00 Game of Cards: Hand & Foot-SR 1:00- 2:00 Leaders in Action: Legacy Rehab--Health Nuts-A 3:00- 3:30 Snapology Lego Creations-AR 4:00- 5:00 MLB Game Watch Party-SR 4:00- 4:30 Sing Along through the Years-AR 5:30- 6:00 EZ Detective-AR	ASSISTED 15 10:00-11:00 Pint-Size Pasture Visits-P 10:00-11:00 Salon Delights-S 11:00-11:30 Stretch in Strength with Legacy Health-W 1:00- 2:00 Leaders in Action: Managers' Bingo-AR 2:30- 3:00 Tuesday Tea with the Science of Things-AR 3:30- 4:00 Blender Splendor: Sunburst Orange Julius-AR 4:00- 4:30 Rosary Group-SR 5:30- 6:00 Picture This & Chat-AR	LIVING 16 9:00-10:00 Gazebo Tea Party 10:30-11:00 Earth Works: Spider Plants, '70s Style-AR 11:00-11:30 Chair Tai Chi-AR 1:00- 2:00 Leaders in Action Slideshow: Shine a Light on Residents-A 2:30- 3:00 Ice Cream Parlor Treats-AR 3:00- 3:30 General Store Jenga 4:00- 4:30 The Sounds of Music through the Years-AR 5:30- 6:00 Evening Devotions-SR	WEEK: 17 9:00-12:00 New Hope Valley Railway Adventure 10:00-10:30 Barefoot in the Grass-CY 11:00-11:30 Stretch in Strength with Legacy Health-W 12:00- 1:00 Spring Arbor Backyard Barbecue-DR, AR, C 1:00- 2:00 Leaders in Action: Vintage Zoom Ball-A 2:00- 3:00 Open Studio: Easy Movement & Table Options-AR 3:30- 4:00 What's Up: Current Events-AR 4:00- 4:30 Bingo Express-AR 5:30- 6:00 Rummikub-AR	SHINING THROUGH THE YEARS 18 10:00-12:00 Cary Senior Center Adventure 11:00-11:30 Flower Savvy: Centerpieces-AR 11:30-11:45 Sidewalk Stroll-A 1:00- 2:00 Leaders in Action: Managers' Flash Mob & Apple Barrel Toss-A 2:00- 2:30 Wise & Well Healthy Lifestyle-AR 3:00- 4:30 Shine Lives Here: Block Party with Deisy's Zumba-A 6:00- 8:00 Friday Night Light Shine Feature-AR	19 9:00- 9:30 Shine On Cafe Bar with Emily 10:00-10:40 St. Michael's Mass-SR 11:00-11:30 Quick to Craft: Simple Fun-AR 11:30-12:00 Pickup Game: Ladder Ball-AR 1:00- 2:00 Bingo with Jack-AR 2:00- 3:00 Winds of Joy Flute Ensemble-LR 4:00- 4:30 Cards on Deck: Find & Seek-AR 5:30- 6:00 NC Weekend: PBS TV 1276-SR
20 9:15- 9:45 Daily Garden Watering-P 10:00-10:45 Sunday Mass Telecast-AR 11:00-12:00 Hayes Barton Church Telecast-SR 11:30-12:00 Yard Games: Ladderball-AR 1:00- 1:30 Summer's End: Apartment Stops 2:00- 2:30 Cafe Wordplay: Word Search-C 3:00- 3:30 Sunday Sundaes-AR 4:30- 4:50 Parlor Stories Book Club-LR 5:30- 7:30 Sunday Night Cinema: TV 55-SR 7:00- 8:00 The Moth Story Hour: 91.5 FM-AR	21 9:30- 9:45 SalOn-the-Go Cart-H 10:00-11:00 Art From The Heart-AR 11:00-11:30 Sitting Zumba-AR 11:30-11:45 Monday Meditation-AR 1:00- 2:00 BrainFit Trivia with Legacy Health-AR 1:00- 2:00 Game of Cards: Hand & Foot-SR 2:00- 2:30 Finish the Word at the General Store 3:30- 4:00 Chef Chat with Sakana-C 4:00- 5:00 MLB Game Watch Party-SR 4:00- 4:30 Music & Motion Sing-Along-AR 5:20- 6:00 Melissa on Piano-LR	22 Autumn Equinox 10:00-11:00 Salon Delights-S 11:00-11:30 Stretch in Strength with Legacy Health-W 1:30- 2:00 Movercize with Richard-AR 2:00- 3:00 Bingo-AR 3:30- 4:00 Signs of the Season: Destiny's Pumpkin Spice Cookies & The Farmers' Almanac-AR 4:00- 4:30 Rosary Group-SR 5:30- 6:00 TED Talk-AR	23 10:00-10:30 Drum Fit and Fun-AR 11:00-11:30 Worship with Peace Church-LR 11:30- 1:30 Lunch Bunch: Chili's 1:00- 1:30 Pondering Prompts Word Game-AR 2:00- 4:00 August Movie Matinee-AR 4:00- 4:30 Resident Welcome Wagon Social-AR 5:30- 6:00 Evening Devotions-SR	24 9:00- 9:30 Morning Devotion-AR 10:00-10:30 Barefoot in the Grass-CY 10:15-11:00 Magnolia Melodies Visit the Cottage 11:00-11:30 Stretch in Strength with Legacy Health-W 1:00- 3:00 Ice Cream Adventure: Howling Cow 2:00- 3:00 Open Studio: Easy Movement & Table Options-AR 3:30- 4:00 Wiki Riddles-AR 4:00- 4:30 Bingo Express-AR 5:30- 6:00 Restaurant Review: Family Favorites-AR	25 Mid-Autumn Moon Day 10:00-12:00 Autumn Oaks Scenic Drive 11:00-11:30 Fresh Picks Flower Cart-SR 1:00- 1:30 Posh & Polish: Black & White Option-S 2:00- 2:30 Exploring Moon Fest-AR 3:30- 4:30 Birthday Party Happy Hour-AR 6:00- 8:00 Friday Night Light Autumn Feature-AR	26 10:00-10:30 Encore! Art Session-AR 11:00-11:30 St. Michael's Eucharistic Ministry-SR 11:30-12:00 Pickup Game: Balloon Volley-AR 1:00- 2:00 Bingo with Jack-AR 2:00- 5:00 MLB Game Watch-SR 3:00- 3:30 Cards on Deck: Past & Present Pairs-AR 3:00- 3:30 Cards on Deck: Uno-AR 4:30- 4:45 Riddle Me This: Solve a Riddle-LR 5:30- 6:00 NC Weekend: PBS TV 1276-SR
27 9:15- 9:45 Daily Garden Watering-P 10:00-10:45 Sunday Mass Telecast-AR 11:00-12:00 Hayes Barton Church Telecast-SR 11:30-12:00 Chair Yoga-AR 1:00- 1:30 Summer's End: Apartment Stops 2:00- 2:30 Cafe Wordplay: Table Talkers-C 3:00- 3:30 Silver Scoops-AR 4:30- 4:50 Parlor Stories Book Club-LR 5:30- 7:30 Sunday Night Cinema: TV 55-SR 7:00- 8:00 The Moth Story Hour: 91.5 FM-AR	28 9:30- 9:45 SalOn-the-Go Cart-H 10:00-11:00 Art From The Heart-AR 11:00-11:30 Sit and Be Fit-AR 11:30-11:45 Monday Meditation-AR 1:00- 2:00 BrainFit Trivia with Legacy Health-AR 1:00- 2:00 Game of Cards: Hand & Foot-SR 2:00- 2:30 General Store IQ 3:00- 3:30 Open Gym: Corn Hole-AR 4:00- 4:30 Hymn Sing-AR 4:00- 5:00 MLB Game Watch Party-SR 5:00- 6:00 Mike on Guitar-DR 5:30- 6:00 Mind Matters of Nature-AR	29 Happy Birthday, Sandra! 10:00-11:00 Salon Delights-S 11:00-11:30 Stretch in Strength with Legacy Health-W 1:00- 2:00 Bingo-AR 3:00- 3:30 Recipe Roundup: Teacher's Day Brownies-AR 4:00- 4:30 Rosary Group-SR 5:30- 6:00 Game Table: Sorry-AR	30 Happy Birthday, Carolyn! 9:00- 9:30 Cafe Connection: Coffee Break 10:00-10:30 Frisbee Day Frisbee Bocce-AR 11:00-11:30 Core Fitness in a Chair-AR 2:30- 3:00 Ice Cream Parlor Treats-AR 3:00- 3:30 General Store Photo Match Up 4:00- 4:30 Cooler's in the Courtyard: Guys' Time 5:30- 6:00 Evening Devotions-SR		Dining Room Hours 7:30-9am Breakfast 12-1pm Lunch 5-6pm Dinner <i>Calendar is subject to change.</i> <i>Please check the daily list.</i> Enjoy your day!	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Signature Programs Royal Treatment & See Clear We CARE Club: Cottage & AL Residents Engaged Relaxing Moments: 1-2pm Refresh Program: 11:45am & 4:45pm Individual & Small Groups Art From the Heart Baby Joy Cottage Stories You've Got Mail	1 9:30-10:00 Weights & Wellness 10:00-10:30 Golden Memories: Morning Mingle 11:00-11:30 Wise & Well: Walking Club to the Library 1:00- 2:00 Relaxing Moments: Brush & Breathe 2:00- 2:30 Afternoon Yoga 3:00- 3:30 The Catch-Up: Current Events 4:00- 4:30 Devotions with a View: Rosary Circle 5:30- 6:00 Match It Up: Uno Cards	2 9:30-10:00 Wake, Shake & Zumba 10:30-11:00 Wise & Well: BrainFit with Legacy 11:00-11:30 Crafting with Isabel: Leaves of Memories Centerpiece 1:00- 2:00 Relaxing Moments with Rosy Glow Hand Massages 2:00- 3:00 Scenic Splurge: Starbucks Refreshers 3:30- 4:00 Wine-Down at the Arbor Spa 4:00- 4:30 The Gentlemen's Table 5:30- 6:00 Evening Devotions	3 Bowling League Day 10:00-10:30 Resident Council 11:00-11:30 Wise & Well: Walking Club Around the Arbor 1:00- 2:00 Relaxing Moments with Baby Joy 2:00- 2:30 Game On: Giant Bowling 3:00- 3:30 Flower Arranging 4:00- 4:30 You've Got Mail: Crafting Connections 5:30- 6:00 Artful Expressions	4 College Colors Day 9:30-10:00 Tour de Carolina: College Edition 10:30-11:00 Coffee & Chronicle: A Week in Review 11:00-11:30 Wise & Well: Sit & Be Fit with Legacy 1:00- 2:00 Relaxing Moments with Tea & Tranquility 2:00- 3:00 Friday Night Bites with Rob at the Mic 3:30- 4:00 Scripture Study 4:00- 4:30 The Cozy Corner Bin: Campus Spirit 5:30- 7:30 Classics on Screen	5 Tailgating Day 9:30-10:00 Sunrise Strides 10:00-10:30 St. Michael's Eucharistic Ministry Visits 10:30-11:00 Balloon Boogie 1:00- 2:00 Relaxing Moments with Meditative Melodies 2:00- 2:30 Cottage Stories: Game Day Glory 3:30- 4:00 Deisy's Fitness Fun 4:00- 4:30 The Brainy Bunch 5:30- 7:30 Saturday Night Sitcom
6 Read a Book Day 9:15- 9:45 We CARE: Community Garden Watering 10:15-10:45 Catholic Mass Telecast 10:15-10:45 Gather 'Round & Read: Dogs Unleashed 11:15-11:45 Music & The Spoken Word: The Tabernacle Choir 1:00- 2:00 Relaxing Moments with Soft Jazz 2:00- 2:30 Booked for Montreal: Travelogue & Tasting 3:30- 4:00 Cranium Crunches 4:00- 4:30 The Daily Chronicle: Weekend Update 5:30- 6:30 Sunday TV Hour	7 Labor Day 9:30-10:00 Clock In & Sing Out! 10:00-11:00 Wellness Clinic 10:30-11:00 Labor Day Play: It's a Long Way to the Top 11:00-11:30 Art From the Heart: These Hands Built a Life 1:00- 2:00 Relaxing Moments with Apple Cinnamon Aromatherapy 2:00- 3:00 Destiny's Recipe Review Club: Banana Pudding 4:00- 4:45 A Job Well Done: Hand Spa 5:00- 7:00 Live From the Living Room: Tony Bennett	8 10:00-10:30 Wise & Well: Walking Club to the Cafe 11:00-11:30 Think & Drink 1:00- 2:00 Relaxing Moments: Brush & Breathe 2:00- 2:30 Chair Qigong 3:00- 3:30 The Catch-Up: Current Events 4:00- 4:30 Devotions with a View: Rosary Circle 5:30- 6:00 Match It Up: Buttons by Color	9 9:30-10:00 Chair Flow Tai Chi 10:30-11:00 Wise & Well: BrainFit with Legacy 11:00-11:30 Worship with Peace Church (AL) 11:30- 1:00 Lunch Bunch in House: Colonel Sanders Day KFC Special 1:00- 2:00 Relaxing Moments with Rosy Glow Hand Massages 2:00- 2:30 First Steps in Spanish with Isabel 3:00- 4:00 Wine Down at the Spa 4:00- 4:30 Patio Pours: Guys' Time in the Courtyard 5:30- 6:00 Evening Devotions	10 9:30-10:00 Core & More Seated Exercise 10:15-11:00 Magnolia Melodies Music Therapy (AL) 11:00-11:30 Wise & Well: Walking Club through the Courtyard 1:00- 2:00 Relaxing Moments with Baby Joy 2:00- 3:00 Bingo 3:30- 4:00 Flower Arranging 4:00- 4:30 You've Got Mail 5:30- 6:00 Artful Expressions	11 Patriot Day 9:30-10:00 Cottage Stroll: Visiting American Landscapes 10:30-11:00 United We Remember: A Patriotic Reflection 11:00-11:30 Wise & Well: Sit & Be Fit with Legacy 1:00- 2:00 Relaxing Moments with Tea & Tranquility 2:00- 3:00 Stars of Gratitude: Americana Social 3:30- 4:00 Scripture Study: You Inspire Me, I Inspire You 4:00- 4:30 The Cozy Corner Bin: Touch of America 5:30- 7:30 Classics on Screen	12 9:30-10:00 Sunrise Strides 10:00-10:30 St. Michael's Eucharistic Ministry Visits 10:30-11:00 Pass the Conversation 1:00- 2:00 Relaxing Moments with Meditative Melodies 2:00- 2:30 Cottage Stories 3:30- 4:00 The Brainy Bunch 4:00- 4:30 Pastime Picks 5:30- 7:30 Saturday Night Sitcom
13 Happy Grandparents Day! 9:15- 9:45 We CARE: Community Garden Watering 10:15-10:45 Catholic Mass Telecast 10:15-10:45 Grandparents' Kitchen Table Special 11:15-11:45 Music & The Spoken Word: The Tabernacle Choir 1:00- 2:00 Relaxing Moments with Soft Jazz 2:00- 3:00 Grand Ol' Scoops Social (AL) 3:30- 4:00 Cranium Crunches 4:00- 4:30 The Daily Chronicle: Weekend Update 5:30- 6:30 Sunday TV Hour	14 Happy Birthday, Paul! Happy National 10:00-10:30 Musical Memories: Remembering 1970s Hits 11:00-11:30 Art From the Heart: Clipped in Sunshine 1:00- 2:00 Leaders in Action: Legacy Rehab-Health Nuts 1:00- 2:00 Relaxing Moments with Apple Cinnamon Aromatherapy 2:00- 2:30 Destiny's Recipe Review Club: Old-Fashioned Chocolate Chip Cookies 3:00- 4:00 Scenic Drive: History of Our Downtown Communities 4:15- 4:45 The Manicure Lounge: Sunny Shades 5:00- 7:00 Live From the Living Room: ABBA	15 Assisted 10:00-11:00 Barnyard Bliss: Pint-Size Pasture Visits (AL) 11:00-11:30 Walking Club: Cary Through the Years 1:00- 2:00 Leaders in Action: Managers' Bingo 1:00- 2:00 Relaxing Moments: Brush & Breathe 2:00- 2:30 Game On: The Game of a Lifetime 3:00- 3:30 The Catch-Up: Current Events 4:00- 4:30 Devotions with a View: Rosary Circle 5:30- 6:00 Match It Up: Playing Cards	16 Living 9:00-10:00 'Tea Under the Trees' Gazebo Party (AL) 10:30-11:00 Wise & Well: BrainFit with Legacy 11:00-11:30 Crafting with Isabel: Catching the Sun 1:00- 1:30 Leaders in Action Slideshow: Shine a Light on Residents 1:00- 2:00 Relaxing Moments with Rosy Glow Hand Massages 2:00- 3:00 Scenic Splurge: Golden Hour Sips 3:30- 4:00 Wine-Down at the Arbor Spa 4:00- 4:30 The Gentlemen's Table: Men Who Made the Music 5:30- 6:00 Evening Devotions	17 Week: 9:00-12:00 All Aboard: New Hope Valley Railway Adventure 11:00-11:30 Wise & Well: Walking Club Around the Arbor 12:00- 1:00 Spring Arbor's Backyard BBQ 1:00- 2:00 Leaders in Action: Vintage Zoom Ball 1:00- 2:00 Relaxing Moments with Baby Joy 2:00- 3:00 Bingo Bash: What Did You Win? 3:30- 4:00 Flower Arranging 4:00- 4:30 You've Got Mail: Sending a Little Sunshine 5:30- 6:00 Artful Expressions	18 Shine Through the Years! 10:30-11:00 Cottage Stroll: Melodies in Time 11:00-11:30 Wise & Well: Sit & Be Fit with Legacy 1:00- 1:30 Leaders in Action: Managers' Flash Mob & Apple Barrel Toss 1:00- 2:00 Relaxing Moments with Tea & Tranquility 2:00- 2:30 Sip, Sparkle & Shine Social 3:00- 4:30 Shine Lives Here: Block Party with Deisy's Zumba Groove 5:30- 7:30 Classics on Screen	19 9:00- 9:30 'Shine On' Coffee Bar with Emily (AL) 10:00-10:45 St. Michael's Mass (AL) 11:00-11:30 Balloon Boogie 1:00- 2:00 Relaxing Moments with Meditative Melodies 2:00- 3:00 Winds of Joy Flute Ensemble (AL) 3:30- 4:00 The Brainy Bunch 4:00- 4:30 Pastime Picks 5:30- 7:30 Saturday Night Sitcom
20 Happy Birthday, Tina! 9:15- 9:45 We CARE: Community Garden Watering 10:15-10:45 Catholic Mass Telecast 10:15-10:45 Color Along Creations 11:15-11:45 Music & The Spoken Word: The Tabernacle Choir 1:00- 2:00 Relaxing Moments with Soft Jazz 2:00- 2:30 Sundae Social 3:30- 4:00 Cranium Crunches 4:00- 4:30 The Daily Chronicle: Weekend Update 5:30- 6:30 Sunday TV Hour	21 9:30-10:00 Sit & Stretch 10:00-10:30 Musical Memories: Sunshine Songs 11:00-11:30 Art From the Heart: Hummingbird Charms 1:00- 2:00 Relaxing Moments with Apple Cinnamon Aromatherapy 2:00- 2:30 Destiny's Recipe Review Club: Pecan Pie 3:00- 4:00 Scenic Drive to Yates Mill Historic Park 4:15- 4:45 The Manicure Lounge 5:00- 7:00 Live From the Living Room: Stevie Wonder	22 Autumn Equinox & National Girls Night Out 10:00-11:00 The Beauty Bar: Posh & Pumpkin Spice 11:00-11:45 The Glam Cam: Glamour Shots 1:00- 2:00 Relaxing Moments with Autumn Flower Bar 2:00- 2:30 Movercize with Richard 3:00- 3:30 Glitz, Giggles & Girl Talk 4:00- 5:00 Mike on Guitar 5:30- 6:00 Match It Up: Complete the Outfit	23 9:30-10:00 Chair Flow Tai Chi 10:30-11:00 Wise & Well: BrainFit with Legacy 11:00-11:30 Worship with Peace Church (AL) 11:30- 1:30 Lunch Bunch: Chili's 1:00- 2:00 Relaxing Moments with Rosy Glow Hand Massages 2:00- 2:30 First Steps in Spanish with Isabel 3:00- 4:00 Wine Down at the Spa 4:00- 4:30 Patio Pours: Guys' Time in the Courtyard 5:30- 6:00 Evening Devotions	24 9:30-10:00 Core & More Seated Exercise 10:15-11:00 Magnolia Melodies Music Therapy 11:00-11:30 Wise & Well: Walking Club through the Courtyard 1:00- 2:00 Relaxing Moments with Baby Joy 2:00- 3:00 Bingo 3:30- 4:00 Flower Arranging 4:00- 4:30 You've Got Mail 5:30- 6:00 Artful Expressions	25 One-Hit Wonder Day 9:30-10:00 Cottage Stroll 10:30-11:00 One Hit, That's It! 11:00-11:30 Wise & Well: Sit & Be Fit with Legacy 1:00- 2:00 Relaxing Moments with Tea & Tranquility 2:00- 2:30 Scripture Study 3:30- 4:30 We Care: Birthday Party Happy Hour 4:00- 4:30 The Cozy Corner Bin: Super '70s 5:30- 7:30 Classics on Screen	26 9:30-10:00 Sunrise Strides 10:00-10:30 St. Michael's Eucharistic Ministry Visits 10:30-11:00 Pass the Conversation 1:00- 2:00 Relaxing Moments with Meditative Melodies 2:00- 2:30 Cottage Stories 3:30- 4:30 Piano with Dennis 5:30- 7:30 Saturday Night Sitcom
27 9:15- 9:45 We CARE: Community Garden Watering 10:15-10:45 Catholic Mass Telecast 10:15-10:45 Color Along Creations 11:15-11:45 Music & The Spoken Word: The Tabernacle Choir 1:00- 2:00 Relaxing Moments with Soft Jazz 2:00- 2:30 Sundae Social 3:30- 4:00 Cranium Crunches 4:00- 4:30 The Daily Chronicle: Weekend Update 5:30- 6:30 Sunday TV Hour	28 North Carolina Day 9:30-10:00 From Mountain to Sea: Carolina Moves 10:00-10:30 Carolina in My Mind: Music Across the Tar Heel State 11:00-11:30 Art From the Heart: Book Page Dogwoods 1:00- 2:00 Relaxing Moments with Apple Cinnamon Aromatherapy 2:00- 2:30 Destiny's Recipe Review Club: Pig Pickin' Cake 3:00- 4:00 Scenic Drive: A Tour of Our State Capital 4:15- 4:45 The Manicure Lounge: Cardinal Red 5:15- 6:00 Live From the Living Room: Melissa on Piano	29 9:30-10:00 Weights & Wellness 10:00-10:30 Golden Memories: Morning Mingle 11:00-11:30 Wise & Well: Walking Club to the Library 1:00- 2:00 Relaxing Moments: Brush & Breathe 2:00- 2:30 Afternoon Yoga 3:00- 3:30 The Catch-Up: Current Events 4:00- 4:30 Devotions with a View: Rosary Circle 5:30- 6:00 Match It Up: Pompoms by Color	30 9:30-10:00 Wake, Shake & Zumba 10:30-11:00 Wise & Well: BrainFit with Legacy 11:00-11:30 Crafting with Isabel: Dough-Ray-Me Sunflowers 1:00- 2:00 Relaxing Moments with Rosy Glow Hand Massages 2:00- 3:00 Scenic Splurge: Pumpkin Spice Lattes 3:30- 4:00 Wine-Down at the Arbor Spa 4:00- 4:30 The Gentlemen's Table 5:30- 6:00 Evening Devotions		Dining Hours 7:30-9:00am: Breakfast 12:00-1:00pm: Lunch 5:30-6:30pm: Dinner Snack 10am, 2pm & 7pm <i>Calendar is subject to change. Please refer to the daily sheet. Have a great day!</i>	 NATIONAL ASSISTED LIVING WEEK® SEPTEMBER 13-19, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Signature Programs Royal Treatment & See Clear We CARE Club: Cottage & AL Residents Engaged Relaxing Moments: 1-2pm Refresh Program: 11:45am & 4:45pm Individual & Small Groups Art From the Heart Baby Joy Cottage Stories You've Got Mail	1 9:30-10:00 Weights & Wellness 10:00-10:30 Golden Memories: Morning Mingle 11:00-11:30 Wise & Well: Walking Club to the Library 1:00- 2:00 Relaxing Moments: Brush & Breathe 2:00- 2:30 Afternoon Yoga 3:00- 3:30 The Catch-Up: Current Events 4:00- 4:30 Devotions with a View: Rosary Circle 5:30- 6:00 Match It Up: Uno Cards	2 9:30-10:00 Wake, Shake & Zumba 10:30-11:00 Wise & Well: BrainFit with Legacy 11:00-11:30 Crafting with Isabel: Leaves of Memories Centerpiece 1:00- 2:00 Relaxing Moments with Rosy Glow Hand Massages 2:00- 3:30 Scenic Splurge: Starbucks Refreshers 3:30- 4:00 Wine-Down at the Arbor Spa 4:00- 4:30 The Gentlemen's Table 5:30- 6:00 Evening Devotions	Bowling League Day 3 10:00-10:30 Resident Council 11:00-11:30 Wise & Well: Walking Club Around the Arbor 1:00- 2:00 Relaxing Moments with Baby Joy 2:00- 2:30 Game On: Giant Bowling 3:00- 3:30 Flower Arranging 4:00- 4:30 You've Got Mail: Crafting Connections 5:30- 6:00 Artful Expressions	College Colors Day 4 9:30-10:00 Tour de Carolina: College Edition 10:30-11:00 Coffee & Chronicle: A Week in Review 11:00-11:30 Wise & Well: Sit & Be Fit with Legacy 1:00- 2:00 Relaxing Moments with Tea & Tranquility 2:00- 3:00 Friday Night Bites with Rob at the Mic 3:30- 4:00 Scripture Study 4:00- 4:30 The Cozy Corner Bin: Campus Spirit 5:30- 7:30 Classics on Screen	Tailgating Day 5 9:30-10:00 Sunrise Strides 10:00-10:30 St. Michael's Eucharistic Ministry Visits 11:00-11:30 Balloon Boogie 1:00- 2:00 Relaxing Moments with Meditative Melodies 2:30- 3:00 Cottage Stories: Game Day Glory 3:30- 4:00 Deisy's Fitness Fun 4:00- 4:30 The Brainy Bunch 5:30- 7:30 Saturday Night Sitcom
Read a Book Day 6 9:15- 9:45 We CARE: Community Garden Watering 10:15-10:45 Catholic Mass Telecast 10:15-10:45 Gather 'Round & Read: Dogs Unleashed 11:15-11:45 Music & The Spoken Word: The Tabernacle Choir 1:00- 2:00 Relaxing Moments with Soft Jazz 2:00- 2:30 Booked for Montreal: Travelogue & Tasting 3:30- 4:00 The Daily Chronicle: Weekend Update 4:00- 4:30 Cranium Crunches 5:30- 6:30 Sunday TV Hour	Labor Day 7 9:30-10:00 Clock In & Sing Out! 10:30-11:00 Labor Day Play: It's a Long Way to the Top 11:00-11:30 Art From the Heart: These Hands Built a Life 11:00-12:00 Wellness Clinic 1:00- 2:00 Relaxing Moments with Apple Cinnamon Aromatherapy 2:00- 3:00 Destiny's Recipe Review Club: Banana Pudding 4:00- 4:45 A Job Well Done: Hand Spa 5:00- 7:00 Live From the Living Room: Tony Bennett	8 10:00-10:30 Wise & Well: Walking Club to the Cafe 11:00-11:30 Think & Drink 1:00- 2:00 Relaxing Moments: Brush & Breathe 2:00- 2:30 Chair Qigong 3:00- 3:30 The Catch-Up: Current Events 4:00- 4:30 Devotions with a View: Rosary Circle 5:30- 6:00 Match It Up: Buttons by Color	9 9:30-10:00 Chair Flow Tai Chi 10:30-11:00 Wise & Well: BrainFit with Legacy 11:00-11:30 Worship with Peace Church (AL) 11:30- 1:00 Lunch Bunch in House: Colonel Sanders Day KFC Special 1:00- 2:00 Relaxing Moments with Rosy Glow Hand Massages 2:00- 2:30 First Steps in Spanish with Isabel 3:00- 4:00 Wine-Down at the Arbor Spa 4:00- 4:30 Patio Pours: Guy's Time in the Courtyard 5:30- 6:00 Evening Devotions	10 9:30-10:00 Core & More Seated Exercise 10:15-11:00 Magnolia Melodies Music Therapy (AL) 11:00-11:30 Wise & Well: Walking Club through the Courtyard 1:00- 2:00 Relaxing Moments with Baby Joy 2:00- 3:00 Bingo 3:30- 4:00 Flower Arranging 4:00- 4:30 You've Got Mail 5:30- 6:00 Artful Expressions	Patriot Day 11 9:30-10:00 Cottage Stroll: Visiting American Landscapes 10:30-11:00 United We Remember: A Patriotic Reflection 11:00-11:30 Wise & Well: Sit & Be Fit with Legacy 1:00- 2:00 Relaxing Moments with Tea & Tranquility 2:00- 3:00 Stars of Gratitude: Americana Social 3:30- 4:00 Scripture Study: You Inspire Me, I Inspire You 4:00- 4:30 The Cozy Corner Bin: Touch of America 5:30- 7:30 Classics on Screen	12 9:30-10:00 Sunrise Strides 10:00-10:30 St. Michael's Eucharistic Ministry Visits 11:00-11:30 Pass the Conversation 1:00- 2:00 Relaxing Moments with Meditative Melodies 2:30- 3:00 Cottage Stories 3:30- 4:00 Pastime Picks 4:00- 4:30 The Brainy Bunch 5:30- 7:30 Saturday Night Sitcom
Happy Grandparents Day! 13 9:15- 9:45 We CARE: Community Garden Watering 10:15-10:45 Catholic Mass Telecast 10:15-10:45 Grandparent's Kitchen Table Special 11:15-11:45 Music & The Spoken Word: The Tabernacle Choir 1:00- 2:00 Relaxing Moments with Soft Jazz 2:00- 3:00 Grand Ol' Scoops Social (AL) 3:30- 4:00 The Daily Chronicle: Weekend Update 4:00- 4:30 Cranium Crunches 5:30- 6:30 Sunday TV Hour	Happy National 14 10:00-10:30 Musical Memories: Remembering 1970s Hits 11:00-11:30 Art From the Heart: Clipped in Sunshine 1:00- 2:00 Leaders in Action: Legacy Rehab-Health Nuts 1:00- 2:00 Relaxing Moments with Apple Cinnamon Aromatherapy 2:00- 2:30 Destiny's Recipe Review Club: Old Fashioned Chocolate Chip Cookies 3:00- 4:00 Scenic Drive: History of Our Downtown Communities 4:15- 4:45 The Manicure Lounge: Sunny Shades 5:00- 7:00 Live From the Living Room: ABBA	Assisted 15 10:00-11:00 Barnyard Bliss: Pint-Size Pasture Visits (AL) 11:00-11:30 Walking Club: Cary Through the Years 1:00- 2:00 Leaders in Action: Managers' Bingo 1:00- 2:00 Relaxing Moments: Brush & Breathe 2:00- 2:30 Game On: The Game of a Lifetime 3:00- 3:30 The Catch-Up: Current Events 4:00- 4:30 Devotions with a View: Rosary Circle 5:30- 6:00 Match It Up: Playing Cards	Living 16 9:00- 9:30 'Tea Under the Trees' Gazebo Party (AL) 10:30-11:00 Wise & Well: BrainFit with Legacy 11:00-11:30 Crafting with Isabel: Catching the Sun 1:00- 1:30 Leaders in Action Slideshow: Shine a Light on Residents 1:00- 2:00 Relaxing Moments with Rosy Glow Hand Massages 2:00- 3:00 Scenic Splurge: Golden Hour Sips 3:30- 4:00 Wine-Down at the Arbor Spa 4:00- 4:30 The Gentlemen's Table: Men Who Made the Music 5:30- 6:00 Evening Devotions	Week: 17 9:00-12:00 All Aboard: New Hope Valley Railway Adventure 11:00-11:30 Wise & Well: Walking Club Around the Arbor 12:00- 1:00 Spring Arbor's Backyard BBQ 1:00- 2:00 Leaders in Action: Vintage Zoom Ball 1:00- 2:00 Relaxing Moments with Baby Joy 2:00- 3:00 Bingo Bash: What Did You Win? 3:00- 3:30 Flower Arranging 4:00- 4:30 You've Got Mail: Sending a Little Sunshine 5:30- 6:00 Artful Expressions	Shine Through the Years! 18 10:30-11:00 Cottage Stroll: Melodies in Time 11:00-11:30 Wise & Well: Sit & Be Fit with Legacy 1:00- 1:30 Leaders in Action: Managers' Flash Mob & Apple Barrel Toss 1:00- 2:00 Relaxing Moments with Tea & Tranquility 2:00- 2:30 Sip, Sparkle & Shine Social 3:00- 4:30 Shine Lives Here: Block Party with Deisy's Zumba Groove 5:30- 7:30 Classics on Screen	19 9:00- 9:30 'Shine On' Coffee Bar with Emily (AL) 10:00-10:45 St. Michael's Mass (AL) 11:00-11:30 Balloon Boogie 1:00- 2:00 Relaxing Moments with Meditative Melodies 2:00- 3:00 Winds of Joy Flute Ensemble (AL) 3:30- 4:00 Pastime Picks 4:00- 4:30 The Brainy Bunch 5:30- 7:30 Saturday Night Sitcom
20 9:15- 9:45 We CARE: Community Garden Watering 10:15-10:45 Catholic Mass Telecast 10:15-10:45 Color Along Creations 11:15-11:45 Music & The Spoken Word: The Tabernacle Choir 1:00- 2:00 Relaxing Moments with Soft Jazz 2:00- 2:30 Sundae Social 3:30- 4:00 The Daily Chronicle: Weekend Update 4:00- 4:30 Cranium Crunches 5:30- 6:30 Sunday TV Hour	21 9:30-10:00 Sit & Stretch 10:00-10:30 Musical Memories: Sunshine Songs 11:00-11:30 Art From the Heart: Hummingbird Charms 1:00- 2:00 Relaxing Moments with Apple Cinnamon Aromatherapy 2:00- 2:30 Destiny's Recipe Review Club: Pecan Pie 3:00- 4:00 Scenic Drive to Yates Mill Historic Park 4:15- 4:45 The Manicure Lounge 5:00- 7:00 Live From the Living Room: Stevie Wonder	Autumn Equinox & National Girls Night Out 22 10:00-11:00 The Beauty Bar: Posh & Pumpkin Spice 11:00-11:45 The Glam Cam: Glamour Shots 1:00- 2:00 Relaxing Moments with Autumn Flower Bar 2:00- 2:30 Movercize with Richard 3:00- 3:30 Glitz, Giggles & Girl Talk 4:00- 5:00 Mike on Guitar 5:30- 6:00 Match It Up: Complete the Outfit	23 9:30-10:00 Chair Flow Tai Chi 10:30-11:00 Wise & Well: BrainFit with Legacy 11:00-11:30 Worship with Peace Church (AL) 11:30- 1:30 Lunch Bunch: Chili's 1:00- 2:00 Relaxing Moments with Rosy Glow Hand Massages 2:00- 2:30 First Steps in Spanish with Isabel 3:00- 4:00 Wine-Down at the Arbor Spa 4:00- 4:30 Patio Pours: Guy's Time in the Courtyard 5:30- 6:00 Evening Devotions	24 9:30-10:00 Core & More Seated Exercise 10:15-11:00 Magnolia Melodies Music Therapy 11:00-11:30 Wise & Well: Walking Club through the Courtyard 1:00- 2:00 Relaxing Moments with Baby Joy 2:00- 3:00 Bingo 3:30- 4:00 Flower Arranging 4:00- 4:30 You've Got Mail 5:30- 6:00 Artful Expressions	One-Hit Wonder Day 25 9:30-10:00 Cottage Stroll 10:30-11:00 One Hit, That's It! 11:00-11:30 Wise & Well: Sit & Be Fit with Legacy 1:00- 2:00 Relaxing Moments with Tea & Tranquility 2:00- 2:30 Scripture Study 3:30- 4:30 We CARE: Birthday Party Happy Hour 4:00- 4:30 The Cozy Corner Bin: Super 70s 5:30- 7:30 Classics on Screen	26 9:30-10:00 Sunrise Strides 10:00-10:30 St. Michael's Eucharistic Ministry Visits 11:00-11:30 Pass the Conversation 1:00- 2:00 Relaxing Moments with Meditative Melodies 2:30- 3:00 Cottage Stories 3:30- 4:30 Piano with Dennis 5:30- 7:30 Saturday Night Sitcom
27 9:15- 9:45 We CARE: Community Garden Watering 10:15-10:45 Beach Ball Banter 10:15-10:45 Catholic Mass Telecast 10:15-10:45 Color Along Creations 11:15-11:45 Music & The Spoken Word: The Tabernacle Choir 1:00- 2:00 Relaxing Moments with Soft Jazz 2:00- 2:30 Sundae Social 3:30- 4:00 The Daily Chronicle: Weekend Update 4:00- 4:30 Cranium Crunches 5:30- 6:30 Sunday TV Hour	North Carolina Day 28 9:30-10:00 From Mountains to Sea: Carolina Moves 10:00-10:30 Carolina in My Mind: Music Across the Tar Heel State 11:00-11:30 Art From the Heart: Book Paper Dogwoods 1:00- 2:00 Relaxing Moments with Apple Cinnamon Aromatherapy 2:00- 2:30 Destiny's Recipe Review Club: Pig Pickin' Cake 3:00- 4:00 Scenic Drive: A Tour of Our State Capital 4:15- 4:45 The Manicure Lounge: Cardinal Red 5:15- 6:00 Live From the Living Room: Melissa on Piano	29 9:30-10:00 Weights & Wellness 10:00-10:30 Golden Memories: Morning Mingle 11:00-11:30 Wise & Well: Walking Club to the Library 1:00- 2:00 Relaxing Moments: Brush & Breathe 2:00- 2:30 Afternoon Yoga 3:00- 3:30 The Catch-Up: Current Events 4:00- 4:30 Devotions with a View: Rosary Circle 5:30- 6:00 Match It Up: Pompoms by Color	30 9:30-10:00 Wake, Shake & Zumba 10:30-11:00 Wise & Well: BrainFit with Legacy 11:00-11:30 Crafting with Isabel: Dough-Ray-Me Sunflowers 1:00- 2:00 Relaxing Moments with Rosy Glow Hand Massages 2:00- 3:00 Scenic Splurge: Pumpkin Spice Lattes 3:30- 4:00 Wine Down at the Arbor Spa 4:00- 4:30 The Gentlemen's Table 5:30- 6:00 Evening Devotions		Dining Hours 7:30-9:00am: Breakfast 12:00-1:00pm: Lunch 5:30-6:30pm: Dinner Snack 10am, 2pm & 7pm <i>Calendar is subject to change. Please refer to the daily sheet. Have a great day!</i>	