

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	NATIONAL ASSISTED LIVING WEEK® SEPTEMBER 13-19, 2026 SPONSOR  NALW.org • #NALW	1 9:30  Nature Walk (AT) 11:00  Summer Travel Series: Montreal (AR) 2:00  BINGO! (AR) 3:30  Front Porch Chats (FP)	2 9:30  Wise & Well (AR) 10:30  Bible Prophecy: Seventh Day Adventist (SR) 11:00  Catholic Mass (LB) 11:00  Wednesday Word Game Challenge (AR) 11:30  Pet Pals: Tanner & Jenny (AT) 2:00  Creative Crafts (AR) 3:30  Nail Spa (AR)	3 9:30  Better Balance (AR) 11:00  '70s TV Guess Who (AR) 2:00  Live Music: Jaime Lloyd (LR) 3:30  Country Store	4 9:30  Wise & Well (AR) 10:30  Kitchen Creations (AR) 2:00  First Friday Happy Hour w/ Kevin Oriol (LR) 3:30  Bonus Performance w/ Vince Borelli (LR)	5 9:00  Activity Room Open for Independent Activities (AR) 2:00  B.I.N.G.O. (AR) 2:30  Seventh-Day Adventist Choir (SR) 3:00  Apple Cider in the Cafe	
6 9:30  Pet Visits w/ Jax (AT) 9:30  Virtual Catholic Mass Service (SR) 9:30  Virtual Presbyterian Service (AR) 2:00  Sunday Gratitude Coffee Chat (CF)	7 9:30  Wise & Well (AR) 1:00  Crafts with Kelly (AR) 2:00  Cool Treats in the Cafe! 3:00  Movie Matinee: Residents' Choice (SR)	8 9:30  Nature Walk (AT) 11:00  Summer Travel Series: Czech Republic (AR) 2:00  BINGO! (AR) 3:30  Front Porch Chats (FP)	9 9:30  Wise & Well (AR) 10:30  Bible Prophecy: Seventh Day Adventist (SR) 11:00  Wednesday Word Game Challenge (AR) 2:00  Creative Crafts (AR) 3:30  Nail Spa (AR)	10 9:30  Better Balance (AR) 10:00  Worship w/ Spotswood Baptist (SR) 11:00  Word Detective (AR) 1:00  Library Lobby Stop (CF) 2:00  Bingo! (AR) 3:30  Country Store	11 9:30  Wise & Well (AR) 10:30  Kitchen Creations (AR) 2:00  Happy Hour w/ Elvis! (LR/CF) 3:00  Game Club: Rummikub (AR)	12 9:00  Activity Room Open for Independent Activities (AR) 2:00  B.I.N.G.O. (AR) 3:00  Hot Chocolate in the Cafe	
13 9:30  Pet Visits w/ Jax (AT) 9:30  Virtual Catholic Mass Service (SR) 9:30  Virtual Presbyterian Service (AR) 1:30  Grandparents Day Ice Cream Social (CF) 2:30  Faith Baptist Church (SR)	14 9:30  Wise & Well (AR) 11:00  Sunshine Sing-Along 1:30  Pet Therapy w/ Jambo (AT) 3:00  Movie Matinee: Residents' Choice (SR)	15 9:30 Hearing Aid Clinic (WC)👤 9:30  Nature Walk (AT) 10:00  Blessed To Be Alive w/ Anthony (LR) 2:00  BINGO! (AR) 3:30  Front Porch Chats (FP)	16 9:30  Wise & Well (AR) 10:30  Bible Prophecy: Seventh Day Adventist (SR) 11:00  Catholic Communion (LB) 11:00  Wednesday Word Game Challenge (AR) 11:30  Pet Therapy w/ Tanner & Jenny (AT) 2:00  Creative Crafts (AR) 3:30  Nail Spa (AR)	17 9:30  Better Balance (AR) 11:00  Remembering Old Time Ads and Jingles (AR) 2:00  BLINGO! (AR) 3:30  Diamonds & Pearls Sparkling Cider Social w/ Norman Voss (CF)	18 9:30  Wise & Well (AR) 10:30  Kitchen Creations (AR) 2:00  Sweet Memories Dessert Social (CF) 3:00  Game Club: Rummikub (AR)	19 9:00  Activity Room Open for Independent Activities (AR) 2:00  B.I.N.G.O. (AR) 3:00  Apple Cider in the Cafe	
20 9:30  Pet Visits w/ Jax (AT) 9:30  Virtual Catholic Mass Service (SR) 9:30  Virtual Presbyterian Service (AR) 10:30  Pet Therapy with Honey (AT) 2:00  Sunday Gratitude Coffee Chat (CF)	21 9:30  Wise & Well (AR) 1:00  Resident Council (AR) 2:00  Live Music by Michael Martin (LR) 3:00  Movie Matinee: Residents' Choice (SR)	22 9:30  Nature Walk (AT) 11:00  Lunch Bunch: Mission BBQ (AT)👤 2:00  BINGO! (AR) 3:30  Front Porch Chats (FP)	23 9:30  Wise & Well (AR) 10:30  Bible Prophecy: Seventh Day Adventist (SR) 11:00  Wednesday Word Game Challenge (AR) 2:00  Wellness Talk with Bayada (AR) 3:30  Nail Spa (AR)	24 9:30  Better Balance (AR) 11:00  Word Detective (AR) 1:00  Library Lobby Stop (CF) 2:00  Bingo! (AR) 3:30  Country Store	25 9:30  Wise & Well (AR) 10:30  Kitchen Creations (AR) 2:00  Live Music: Melanie Bates (LR) 3:00  Game Club: Rummikub (AR)	26 9:00  Activity Room Open for Independent Activities (AR) 2:00  B.I.N.G.O. (AR) 3:00  Hot Chocolate in the Cafe	
27 9:30  Pet Visits w/ Jax (AT) 9:30  Virtual Catholic Mass Service (SR) 9:30  Virtual Presbyterian Service (AR) 2:00  Sunday Gratitude Coffee Chat (CF)	28 9:30  Wise & Well (AR) 1:30  Pet Therapy w/ Jambo (AT) 2:00  Bill & Friends Performs (LR) 3:00  Movie Matinee: Residents' Choice (SR)	29 9:30  Nature Walk (AT) 11:00  Lunch Bunch: Panera Bread 🍷 2:00  BINGO! (AR) 3:30  Front Porch Chats (FP)	30 9:30  Wise & Well (AR) 10:30  Bible Prophecy: Seventh Day Adventist (SR) 11:00  Wednesday Word Game Challenge (AR) 2:00  Creative Crafts (AR) 3:30  Nail Spa (AR) 6:00  Salvation Army Sing Along (LR)	SEPTEMBER IS HEALTHY AGING MONTH		KEY: AR - Activity Room AT - Atrium CF - Cafe FP - Front Porch LB - Library SR - Sun Room LR - Living Room	Please Note: Activities, times, and locations are subject to change. Please see the daily activity sheets for updates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Please Note: <i>Activities, times, and locations are subject to change. Please see the daily activity sheets for updates.</i>	1 9:30 PHYSICAL Tuesday Chair & Breathe 10:30 SOCIAL Morning Snack 11:00 Entertainment Tover Tuesdays 1:00 SELF-CARE Rest & Relaxation 2:00 CREATIVE Cottage Art Studio 2:30 SOCIAL Afternoon Snack	2 9:30 COGNITIVE This Day in History Chat 10:30 SOCIAL Morning Snack 10:45 PHYSICAL Wise & Well Exercise 1:00 SELF-CARE Rest & Relaxation 2:00 Entertainment Sing Fit 2:30 SOCIAL Afternoon Snack 3:00 SOCIAL No Bake Kitchen Creations	3 9:30 PHYSICAL Seated & Strong 10:30 SOCIAL Morning Snack 11:00 SOCIAL Apple Cider Social 1:00 SELF-CARE Rest & Relaxation 2:00 Entertainment Throwback Thursday Jukebox 2:30 SOCIAL Afternoon Snack 3:30 Entertainment Live Music: Jamie Lloyd	4 9:30 PHYSICAL Friday Move & Groove 10:00 COGNITIVE Morning trivia - Alphabet Game 10:30 SOCIAL Morning Snack 1:00 SELF-CARE Rest & Relaxation 2:00 Entertainment Live Music: Vince Borrelli 2:30 SOCIAL Afternoon Snack 3:30 Entertainment Bonus Performance w/ Kevin Oriol	5 9:30 PHYSICAL Saturday Sunrise Stretch 10:00 PHYSICAL Autumn Dance Freeze 10:30 SOCIAL Morning Snack 1:00 SELF-CARE Rest & Relaxation 2:00 Entertainment Game Show Saturdays 2:30 SOCIAL Afternoon Snack 3:00 COGNITIVE Evening Sing-Along
6 9:30 SPIRITUAL Sunday Service (Virtual) 10:00 SOCIAL Pet Therapy w/Jax 10:30 SOCIAL Morning Snack 11:00 SPIRITUAL Sunday Hymns 1:00 SELF-CARE Rest & Relaxation 2:30 SOCIAL Afternoon Snack 3:00 CREATIVE Puzzle W/Pals	7 Labor Day 9:30 COGNITIVE Monday Talk & Tell (Guess that occupation) 10:30 SOCIAL Morning Snack 10:45 PHYSICAL Wise & Well Exercise 1:00 SELF-CARE Rest & Relaxation 2:00 SOCIAL Indoor Labor Day Cookout 2:30 SOCIAL Afternoon Snack 3:00 Entertainment Monday Movie Matinee	8 9:30 PHYSICAL Tuesday Chair & Breathe 10:30 SOCIAL Morning Snack 11:00 Entertainment Tover Tuesdays 1:00 SELF-CARE Rest & Relaxation 2:00 CREATIVE Cottage Art Studio 2:30 SOCIAL Afternoon Snack	9 9:30 COGNITIVE This Day in History Chat 10:00 Entertainment Blessed To Be Alive W/ Anthony 10:30 SOCIAL Morning Snack 10:45 PHYSICAL Wise & Well Exercise 1:00 SELF-CARE Rest & Relaxation 2:00 Entertainment Sing Fit 2:30 SOCIAL Afternoon Snack 3:00 SOCIAL No Bake Kitchen Creations	10 9:30 PHYSICAL Seated & Strong 10:30 SOCIAL Morning Snack 11:00 SOCIAL Apple Cider Social 1:00 SELF-CARE Rest & Relaxation 2:00 Entertainment Throwback Thursday Jukebox 2:30 SOCIAL Afternoon Snack 3:00 CREATIVE Peel Stick & Smile (Sticker Art)	11 9:30 PHYSICAL Friday Move & Groove 10:00 COGNITIVE Morning trivia - Alphabet Game 10:30 SOCIAL Morning Snack 1:00 SELF-CARE Rest & Relaxation 2:00 COGNITIVE Finish The lyrics 2:30 SOCIAL Afternoon Snack 3:30 SOCIAL Elvis, Live!	12 9:30 PHYSICAL Saturday Sunrise Stretch 10:00 PHYSICAL Autumn Dance Freeze 10:30 SOCIAL Morning Snack 1:00 SELF-CARE Rest & Relaxation 2:00 Entertainment Game Show Saturdays 2:30 SOCIAL Afternoon Snack 3:00 COGNITIVE Evening Sing-Along
Nat'l Grandparents Day 13 9:30 SPIRITUAL Sunday Service (Virtual) 10:00 SOCIAL Pet Therapy w/Jax 10:30 SOCIAL Morning Snack 11:00 COGNITIVE History of Grandparents Day 1:00 SELF-CARE Rest & Relaxation 2:30 SOCIAL Ice Cream Social 3:00 CREATIVE Puzzle W/Pals	Nat'l Assisted Living Week 14 9:30 COGNITIVE Monday Talk & Tell 10:30 SOCIAL Morning Snack 10:45 PHYSICAL Wise & Well Exercise 1:00 SELF-CARE Rest & Relaxation 2:00 CREATIVE Color Creations 2:30 SOCIAL Afternoon Snack 3:00 Entertainment Monday Movie Matinee	15 9:30 PHYSICAL Tuesday Chair & Breathe 10:30 SOCIAL Morning Snack 11:00 Entertainment Tover Tuesdays 1:00 SELF-CARE Rest & Relaxation 2:00 CREATIVE Cottage Art Studio 2:30 SOCIAL Afternoon Snack	16 9:30 COGNITIVE This Day in History Chat 10:30 SOCIAL Morning Snack 10:45 PHYSICAL Wise & Well Exercise 1:00 SELF-CARE Rest & Relaxation 2:00 Entertainment Sing Fit 2:30 SOCIAL Afternoon Snack 3:00 SOCIAL No Bake Kitchen Creations	17 9:30 PHYSICAL Seated & Strong 10:30 SOCIAL Morning Snack 11:00 SOCIAL Apple Cider Social 1:00 SELF-CARE Rest & Relaxation 2:00 Entertainment Throwback Thursday Jukebox 2:30 SOCIAL Afternoon Snack 3:00 CREATIVE Peel Stick & Smile (Sticker Art)	18 9:30 PHYSICAL Friday Move & Groove 10:00 COGNITIVE Morning trivia - Alphabet Game 10:30 SOCIAL Morning Snack 1:00 SELF-CARE Rest & Relaxation 2:00 SOCIAL New Friends & Old Comers Volunteer Group 2:30 SOCIAL Afternoon Snack 3:00 COGNITIVE Wheel of Fortune Fridays	19 9:30 PHYSICAL Saturday Sunrise Stretch 10:00 PHYSICAL Autumn Dance Freeze 10:30 SOCIAL Morning Snack 1:00 SELF-CARE Rest & Relaxation 2:00 Entertainment Game Show Saturdays 2:30 SOCIAL Afternoon Snack 3:00 COGNITIVE Evening Sing-Along
20 9:30 SPIRITUAL Sunday Service (Virtual) 10:00 SOCIAL Pet Therapy w/Jax 10:30 SOCIAL Morning Snack 11:00 SPIRITUAL Sunday Hymns 1:00 SELF-CARE Rest & Relaxation 2:30 SOCIAL Afternoon Snack 3:00 CREATIVE Puzzle W/Pals	21 9:30 COGNITIVE Monday Talk & Tell 10:30 SOCIAL Morning Snack 10:45 PHYSICAL Wise & Well Exercise 1:00 SELF-CARE Rest & Relaxation 2:00 CREATIVE Color Creations 2:30 SOCIAL Afternoon Snack 3:00 Entertainment Monday Movie Matinee	22 9:30 PHYSICAL Tuesday Chair & Breathe 10:30 SOCIAL Morning Snack 11:00 Entertainment Tover Tuesdays 1:00 SELF-CARE Rest & Relaxation 2:00 CREATIVE Cottage Art Studio 2:30 SOCIAL Afternoon Snack	23 9:30 COGNITIVE This Day in History Chat 10:30 SOCIAL Morning Snack 10:45 PHYSICAL Wise & Well Exercise 1:00 SELF-CARE Rest & Relaxation 2:00 Entertainment Sing Fit 2:30 SOCIAL Afternoon Snack 3:00 SOCIAL No Bake Kitchen Creations	24 9:30 PHYSICAL Seated & Strong 10:30 SOCIAL Morning Snack 11:00 SOCIAL Apple Cider Social 1:00 SELF-CARE Rest & Relaxation 2:00 Entertainment Throwback Thursday Jukebox 2:30 SOCIAL Afternoon Snack 3:00 CREATIVE Peel Stick & Smile (Sticker Art)	25 9:30 PHYSICAL Friday Move & Groove 10:00 COGNITIVE Morning trivia - Alphabet Game 10:30 SOCIAL Morning Snack 1:00 SELF-CARE Rest & Relaxation 2:00 COGNITIVE Finish The lyrics 2:30 SOCIAL Afternoon Snack 3:00 COGNITIVE Wheel of Fortune Fridays	26 9:30 PHYSICAL Saturday Sunrise Stretch 10:00 PHYSICAL Autumn Dance Freeze 10:30 SOCIAL Morning Snack 1:00 SELF-CARE Rest & Relaxation 2:00 Entertainment Game Show Saturdays 2:30 SOCIAL Afternoon Snack 3:00 COGNITIVE Evening Sing-Along
27 9:30 SPIRITUAL Sunday Service (Virtual) 10:00 SOCIAL Pet Therapy w/Jax 10:30 SOCIAL Morning Snack 11:00 SPIRITUAL Sunday Hymns 1:00 SELF-CARE Rest & Relaxation 2:30 SOCIAL Afternoon Snack 3:00 CREATIVE Puzzle W/Pals	28 9:30 COGNITIVE Monday Talk & Tell 10:30 SOCIAL Morning Snack 10:45 PHYSICAL Wise & Well Exercise 1:00 SELF-CARE Rest & Relaxation 2:00 CREATIVE Color Creations 2:30 SOCIAL Afternoon Snack 3:00 Entertainment Monday Movie Matinee	29 9:30 PHYSICAL Tuesday Chair & Breathe 10:30 SOCIAL Morning Snack 11:00 Entertainment Tover Tuesdays 1:00 SELF-CARE Rest & Relaxation 2:00 CREATIVE Cottage Art Studio 2:30 SOCIAL Afternoon Snack	30 9:30 COGNITIVE This Day in History Chat 10:30 SOCIAL Morning Snack 10:45 PHYSICAL Wise & Well Exercise 1:00 SELF-CARE Rest & Relaxation 2:00 Entertainment Sing Fit 2:30 SOCIAL Afternoon Snack 3:00 SOCIAL No Bake Kitchen Creations			