



SEPTEMBER 2026: 4A ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:30 WELCOME SEPTEMBER DR 2:15 SNACK SHACK DR	2 10:30 BALLOON GAMES DR 11:15 HYDRATION DR 2:15 ARTS AND CRAFTS DR 6:30 ACTIVITY CENTERS DR	3 10:30 SENSORY STATIONS DR 2:15 BIRTHDAY PARTY DR 6:30 THIS OR THAT DR	4 10:30 MORNING MUSIC DR 2:15 CHAIR EXERCISES DR 3:00 HYDRATION DR	5 MORNING VISITS 2:15 KARAOKE DR
6 MONRNING VISITS 2:00 MASS AR	7 LABOR DAY 9:00 SENSORY VISITS 2:15 ALL ABOUT LABOR DAY DR	8 10:30 MORNING STRETCHES DR 11:15 HYDRATION DR 2:15 MUSIC AND MANICURES DR	9 10:30 BALL TOSS DR 11:15 HYDRATION DR 2:15 SING ALONG DR	10 10:30 TEA TIME DR 2:15 CHAIR YOGA DR 3:00 HYDRATION DR	11 10:30 OCEAN SOUNDS AND FACTS DR 2:15 SENSORY GAMES DR 3:00 HYDRATION DR	12 FAMILY DAY (OUTSIDE 2:00-4:00) 10:30 RISE AND SHINE DR 11:00 HYDRATION DR
13 10:30 NAME 5 DR 2:00 MASS AR	14 10:30 COFFEE AND CONVERSATION DR 2:15 VOLLEYBALL DR 3:00 HYDRATION DR	15 10:30 MORNING MUSIC DR 2:15 ZUMBA DR 3:00 HYDRATION DR	16 10:30 SENSORY STATIONS DR 2:15 ART WITH MAE DR	17 10:30 ACTIVITY CENTERS DR 2:00 RESIDENT COUNCIL 3rd FOOR ACT ROOM 2:15 SING AND STRETCH DR 3:00 HYDRATION DR	18 10:30 TEA FOR TWO DR 2:15 SPA DAY DR	19 MORNING VISITS 2:15 NOODLE BALL DR 3:00 HYDRATION DR
20 2:00 MASS AR	21 10:30 BINGO DR 2:15 ICE CREAM PARTY DR	22 10:30 TABLE GAMES DR 11:15 HYDRATION DR 2:15 CLASSICAL MUSIC FUN FACTS DR	23 10:30 MORNING MUSIC AND MOVEMENTS DR 11:15 HYDRATION DR 2:15 SNACK SHACK DR	24 10:30 AUTUMN POETRY DR 2:15 CRAFTING DR	25 10:30 BALLOON GAMES DR 11:15 HYDRATION DR	26 MORNING VISITS 2:15 TEA TALK DR
27 MORNING VISITS 2:00 MASS AR	28 10:30 KARAOKE DR 2:15 BALLOON TOSS DR 3:00 HYDRATION DR	29 10:30 5 SENSES DR 2:15 CHAIR AEROBICS DR 3:00 SNACK SHACK DR	30 10:30 TABLE TALK DR 2:15 ICE CREAM SOCIAL DR 6:30 ACTIVITY CENTERS DR			

ONE TO ONE VISITS &
WALKS ARE PROVIDED
DAILY AT
9:15AM & 9:30AM
1:15PM, 3:30PM & 4:00PM
MONDAY—FRIDAY
SEPTEMBER 17TH
2:00 Resident Council
Meeting—2:00 3RD
FLOOR ACT ROOM
WEDNESDAYS
10:30 PROTESTANT
SERVICES 3RD FLOOR
ACT ROOM

SEPTEMBER 12
FAMILY DAY
CELEBRATION
OUTSIDE-WEATHER
PERMITTING
2:00-4:00
ADDITIONAL ACTIVITY
SUPPLIES ARE
AVAILABLE PLEASE
CALL THE
RECREATION
DEPARTMENT AT
EXT 3181.
ALL PROGRAMS ARE
SUBJECT TO CHANGE
ALL PROGRAMS
ARE HELD IN THE
ACTIVITY ROOM
UNLESS OTHERWISE
INDICATED
DYS—DAYROOM