

SEPTEMBER 2026

MONTHLY ACTIVITIES

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				10:00 Chair Zumba 10:30 Music Therapy with Caroline 11:30 Words That Start with 1:00 Balloon Volleyball 1:30 Trip to Mamma Mia 1:30 Relaxing Music Time 2:30 Snacks and Beverages 3:00 Music Bingo 3:15 Reading Club with Nancy 4:00 Name That Tune 4:00 Learning Spanish		10:00 Catholic Service 10:15 Cardio Drumming 10:15 Chess Club 11:15 Brain Teasers 1:00 Balloon Volleyball 1:00 Puzzle Club 2:00 Sip & Paint Party 2:00 Relaxing Music 2:30 Appetizers 3:00 Bingo Time 3:00 Nail Salon & Aromatherapy 4:00 Dance Therapy		10:00 Chair Zumba 10:00 Expressing Through Art 11:00 Trivia Around the World 11:00 Watering the Plants 1:00 Balloon Volleyball 1:30 Music Therapy 2:30 Trip to Longford Ice Cream 2:30 Afternoon Tea Party 3:30 Bingo Time 4:00 Aroma Therapy 4:30 Karaoke Time		10:00 Chair Yoga 10:00 Gardening Club 11:00 Debbie: Art Therapy 11:00 Would You Rather? 1:00 Balloon Volleyball 1:30 Common Sayings 1:30 Piña Coladas & Music 2:00 Birthday Celebration 3:00 Shabbat Services 3:30 Coloring Time 3:30 Wii Games 4:30 Sing Along		10:00 Exercise with Weights 10:00 Puzzle Club 11:00 Family Feud Game 11:00 Coloring Time 1:00 Cardio Drumming 1:00 Watering Plants 2:00 Trivia Around The World 2:00 Relaxing Music 2:30 Beverages and Snacks 3:00 Bingo Time 4:00 Cello Concert by Christian	
		10:00 Chess Class with Jason 10:15 Catholic Mass 10:15 Chair Zumba 11:00 Words That Start with 1:00 Balloon Volleyball 1:30 Bingo Time 2:30 Appetizers and Beverages 3:00 Words That Start with 3:30 Coloring Time 3:30 Concert by Tom Spinella 4:30 Karaoke Time!	Labor Day 10:00 Cardio Drumming 10:00 Painting Canvas 11:00 Learning About Labor Day 1:00 Labor Day Trivia 1:30 Creating Collages 2:00 Balloon Volleyball 2:30 Snack & Beverages 3:00 Darby: Art Interpretation 3:30 Cello Concert by Thirzah 4:30 Nail Salon 4:00 Sing Along	National Waffle Week 10:00 Chair Zumba 10:30 Music Therapy 11:30 Words That Start with 1:00 Balloon Volleyball 1:30 Creating Air-Dry Clay Animals 1:30 Relaxing Music Time 2:30 Waffle Party 3:00 Music Bingo 3:15 Reading Club with Nancy 4:00 Name That Tune	10:00 Catholic Service 10:15 Cardio Drumming 10:15 Expressing Through Art 10:45 Brain Teasers 11:30 Darby: Art Interpretation 1:00 Balloon Volleyball 1:00 Photograph Club 1:30 Trip to Carvel 1:30 Family Feud 2:30 Ice Cream and Snacks 3:00 Nail Salon & Aromatherapy 4:00 Dance Therapy	10:15 Chair Zumba 10:00 Coloring time 11:00 Trivia Around the World 11:00 Watering the Plants 1:00 Balloon Volleyball 1:30 Music Therapy 2:30 Trip to Coffee for Good 2:30 Afternoon Tea Party 3:30 Bingo Time 4:00 Aroma Therapy 4:30 Karaoke Time	Rosh Hashanah 10:00 Chair Yoga 10:00 Gardening Club 11:00 Debbie: Art Therapy 11:00 Would You Rather? 1:00 Balloon Volleyball 1:30 Common Sayings 1:30 Challa Bread & Mocktails 2:30 Renewal & Reflection 3:00 Shabbat Services 3:30 Wii Games 4:30 Sing Along	Chocolate Milkshake Day 10:00 Exercise with Weights 10:00 Puzzle Club 11:00 Family Feud Game 11:00 Coloring Time 1:00 Cardio Drumming 1:00 Watering Plants 2:00 Trivia Around The World 2:00 Relaxing Music 2:30 Milkshakes and Snacks 3:00 Bingo Time 4:00 Piano Concert by Nicole					
		International Chocolate Day 10:00 Chess Class with Jason 10:15 St. Patrick's Cathedral Mass 10:15 Chair Zumba 11:00 Piano Concert by Nicole 1:00 Balloon Volleyball 1:30 Importance of Chocolate 2:30 Chocolate and Beverages 3:30 Performance by Patrick 4:30 Karaoke Time!	National Coloring Day 10:00 Cardio Drumming 11:00 Family Feud 1:00 This or That 1:30 Balloon Volleyball 1:30 Coloring Mandalas 2:00 Piano Concert by Nicole 3:00 Cookies and Beverages 3:30 Bingo Time 3:00 Nail Salon 4:30 Aromatherapy 4:30 Sing Along!	National Double Cheeseburger Day 10:00 Chair Zumba 10:30 Music Therapy 11:30 Words That Start with 1:00 Balloon Volleyball 1:30 Trip to McDonalds 1:30 Relaxing Music Time 2:30 Snacks and Beverages 3:00 Music Bingo 3:15 Reading Club with Nancy 4:00 Name That Tune 4:00 Learning Spanish	National Tattoo Story Day 10:00 Catholic Service 10:15 Cardio Drumming 10:15 Expressing Through Art 11:00 Brain Teasers 1:00 Balloon Volleyball 1:00 Tattoo Stories 2:00 Sip & Paint Party 2:30 Appetizers 3:00 Bingo Time 3:00 Nail Salon & Aromatherapy 4:00 Dance Therapy	10:15 Chair Zumba 10:15 Expressing Through Art 11:00 Trivia Around the World 11:15 Watering the Plants 1:00 Balloon Volleyball 1:30 Music Therapy 2:30 Trip to Longford 2:30 Afternoon Tea Party 3:00 Relaxing Music 3:30 Bingo Time 4:00 Sips, Sounds & Spain 4:00 Performance by Kati Sol	10:15 Chair Yoga 11:00 Debbie: Art Therapy 11:15 Common Sayings 1:00 Wii Games 1:30 Balloon Volleyball 1:30 Gardening Club 2:15 Melodies with Eric 3:15 Piña Coladas and Snacks 3:15 Shabbat Services 3:45 Creating Collages 3:45 Common Sayings 4:15 Sing Along!	10:00 Exercise with Weights 10:00 Puzzle Club 11:00 Family Feud Game 11:00 Coloring Time 1:00 Balloon Volleyball 1:00 Painting Canvas 1:30 Trivia Around The World 2:30 Performance by Bob R. 3:30 Beverages and Snacks 4:00 Bingo Time 4:30 Balloon Volleyball					
		National Dance Day 10:00 Chess Class with Jason 10:15 St. Patrick's Cathedral Mass 10:15 Dance in your Chair 11:00 Words That Start with 1:00 Balloon Volleyball 1:30 Family Feud 2:30 Appetizers and Beverages 3:00 Bingo Time 3:30 Name That Tune w Bonnie 4:30 Karaoke Time!	National Chai Day 10:15 Cardio Drumming 10:15 Watering the Plants 11:00 Family Feud 1:00 Words That Start With 1:30 Trip to Dunkin 2:00 Balloon Volleyball 2:30 Snacks and Beverages 3:00 Sing Along 3:30 Concert by Tom D. 4:30 Nail Salon & Aromatherapy 4:30 Sing Along!	10:00 Chair Zumba 10:30 Music Therapy with Caroline 11:30 Common Sayings 1:00 Balloon Volleyball 1:30 Expressing Through Art 1:30 Reminiscing & Feeling 2:30 Afternoon Picnic Party 3:00 Bingo Time 3:15 Reading Club with Nancy 4:00 Name That Tune 4:00 Learning Spanish	10:00 Catholic Service 10:15 Cardio Drumming 10:15 Coloring Fairies 11:00 Brain Teasers 1:00 Balloon Volleyball 1:30 Trip to Carvel 1:30 Stretching Outside 2:00 Sip & Paint Party 2:30 Puzzle Club 2:30 Refreshments & Snacks 3:00 Nail Salon & Aromatherapy 4:00 Dance Therapy	10:00 Chair Zumba 10:00 Coloring time 11:00 Trivia Around the World 11:00 Watering the Plants 1:00 Balloon Volleyball 1:30 Music Therapy 2:30 Relaxing Music 2:30 Afternoon Tea Party 3:30 Bingo Time 4:00 Aroma Therapy 4:30 Karaoke Time	National Quesadilla Day 10:15 Cardio Drumming 11:00 Debbie: Art Therapy 11:15 Learning About Amelia 1:00 Balloon Volleyball 1:00 Gardening Club 1:30 Piano Concert by Nicole 2:30 Drinks and Quesadillas 3:00 Shabbat Services 3:30 Creating Collages 4:30 Bird Watching Club 4:30 Sing Along!	National Pancake Day 10:00 Exercise with Weights 10:00 Puzzle Club 11:00 Family Feud Game 11:00 Coloring Time 1:00 Balloon Volleyball 1:30 Trivia Around The World 2:00 Painting Canvas 2:00 Relaxing Music 2:30 Pancakes & Beverages 3:00 Concert by Sam Tesch 4:00 Family Feud					
		National Tree Day 10:00 Chess Class with Jason 10:15 St. Patrick's Cathedral Mass 10:15 Chair Zumba 11:00 Piano Concert by Nicole 1:00 Balloon Volleyball 1:30 Family Feud 2:30 Appetizers and Beverages 3:00 Bingo Time 3:30 Performance by Myrt 4:30 Trivia Around The World	10:00 Cardio Drumming 11:00 Family Feud 1:00 This or That 1:30 Balloon Volleyball 2:00 Painting Canvas 2:00 Reminiscing and Feeling 2:30 Cookies and Beverages 3:00 Bingo Time 3:00 Nail Salon 4:30 Aromatherapy 4:30 Sing Along!	National Starbucks Day 10:00 Chair Zumba 10:30 Music Therapy 11:30 Common Sayings 1:00 Balloon Volleyball 1:30 Expressing Through Art 1:30 Trivia Around the World 1:30 Trip to Starbucks 2:30 Beverages and Snacks 3:00 Bingo Time 3:15 Reading Club with Nancy 4:00 Learning Spanish	10:00 Catholic Service 10:15 Cardio Drumming 10:15 Expressing Through Art 11:00 Brain Teasers 1:00 Balloon Volleyball 1:00 Trivia Around The World 2:00 Sip & Paint Party 2:30 Appetizers 3:00 Bingo Time 3:00 Nail Salon & Aromatherapy 4:00 Dance Therapy								