

Monday	Tuesday	Wednesday	Thursday	Friday
 Happy Fall, Y'all!	10:00 am Daily Chronicle 10:30 am Monthly Gazette 12:30 pm Disco Chair Dance 2:00 pm Seated Volleyball 3:00 pm 1970s Trivia 4:00 pm Forgiveness Craft  NATIONAL FORGIVENESS	10:00 am Daily Chronicle 10:30 am Scarf Exercises 12:30 pm Movies & Stars: John Travolta 2:00 pm Bingo 3:00 pm Seated Basketball 4:00 pm Coloring w/Friends WORLD COCONUT DAY	10:00 am Daily Chronicle 10:30 am September and the Number Seven Quiz 12:30 pm Zumba w/Kathleen 2:00 pm Who am I? 3:00 pm Bowling 4:00 pm Cranium Crunches U.S. BOWLING LEAGUE DAY	AGE CLOSED 
 AGE CLOSED	7 10:00 am Daily Chronicle 10:30 am Path of Peace w/Resa 12:30 pm Sit, Dance, Sweat! 2:00 pm Famous Book Bingo 3:00 pm The Benefits of Reading 4:00 pm Literacy Word Search WORLD LITERACY DAY	8 10:00 am Daily Chronicle 10:30 am Whole Brain Health Exercises 12:30 pm Drum Your Stress Away 2:00 pm Bingo 3:00 pm Blackout Bingo 4:00 pm Kickoff the Fun with Football Funnies NATIONAL TEDDY BEAR DAY	9 10:00 am Daily Chronicle 10:30 am Nifty Nails 12:30 pm Zumba w/Kathleen 2:00 pm Grandparents Social Hour 3:00 pm Mosaic Painting 4:00 pm Grandparents Quiz  NATIONAL SWAP IDEAS DAY	10 10:00 am Daily Chronicle 10:30 am The 9/11 Memorial 12:30 pm Yoga w/Shannon 2:00 pm Aging is Cool 3:00 pm Movie & Popcorn 4:00 pm Remembrance Coloring NATIONAL PATRIOT DAY
10:00 am Daily Chronicle 10:30 am Green THUMBS CLUB 12:30 pm Art w/ Rought Draft 2:00 pm Chair Fitness 3:00 pm Seated Volleyball 4:00 pm Coloring w/Friends NATIONAL COLORING DAY 	14 10:00 am Daily Chronicle 10:30 am Path of Peace w/Resa 12:30 pm Austin Bats Dance Team 2:00 pm Fun Dance Chair 3:00 pm Spanish Words Used in English 4:00 pm Karaoke Sing Along HISPANIC HERITAGE MONTH STARTS	15 10:00 am Daily Chronicle 10:30 am Latin Chair Dance 12:30 pm Mockaritas & Fruta cups 2:00 pm Loteria 3:00 pm Huichol-Inspired Art 4:00 pm Mexico Trivia  NATIONAL PLAY DOH DAY	16 10:00 am Daily Chronicle 10:30 am Music Therapy 12:30 pm Zumba w/Kathleen 2:00 pm Movies & Stars: Rita Moreno 3:00 pm Name That Country Star 4:00 pm Jalisco Dancers Art  INTERNATIONAL COUNTRY MUSIC DAY	17 10:00 am Daily Chronicle 10:30 am Hot Musical Chairs 12:30 pm Yoga 2:00 pm Aging is Cool 3:00 pm Movie & Popcorn 4:00 pm Puzzles w/Friends NATIONAL CHEESEBURGER DAY
10:00 am Daily Chronicle 10:30 pm Whole Brain Health Exercises 12:30 pm 1970s Bingo 2:00 pm 1970s Pictionary 3:00 pm Soul Train Runway 4:00 pm Match Songs with Artists: 1970s WORLD ALZHEIMER'S DAY 	21 10:00 am Daily Chronicle 10:30 am Path of Peace w/Resa 12:30 pm Music w/Bones 2:00 pm September Trivia 3:00 pm Autumn Leaves craft 4:00 pm Fall Word Search AUTUMNAL EQUINOX 	22 10:00 am Daily Chronicle 10:30 am Resistance Band Chair Exercises 12:30 pm Brain Games 2:00 pm Singo Bingo 3:00 pm What am I? 4:00 pm Ring Toss NATIONAL BAKER DAY	23 10:00 am Daily Chronicle 10:30 am pm Reminiscing: Comics 12:30 pm Zumba w/Kathleen 2:00 pm Science & Magic 3:00 pm Kryptonite Chaos Toss 4:00 pm Comic Making NATIONAL COMICS DAY	24 10:00 am Daily Chronicle 10:30 am Yoga 12:30 pm One Hit, That's It! 2:00 pm Aging is Cool 3:00 pm Movie & Popcorn 4:00 pm Games w/Friends  NATIONAL ONE HIT WONDER DAY
10:00 am Daily Chronicle 10:30 am Green THUMBS CLUB 12:30 pm Modern September Jeopardy 2:00 pm Arts & Craft 3:00 pm Bowling 4:00 pm Get to Know You NATIONAL FAMILY DAY	28 10:00 am Daily Chronicle 10:30 am Path of Peace w/Resa 12:30 pm Gospel Chair exercises 2:00 pm Coffee Around the World 3:00 pm Seated Volleyball 4:00 pm UNO NATIONAL COFFEE DAY	29 10:00 am Daily Chronicle 10:30 am Mystery Box 12:30 pm Soul Chair Dance 2:00 pm Bingo & Iced Tea 3:00 pm Blackout Bingo 4:00 pm Jewelry Making  NATIONAL LOVE PEOPLE DAY	September 2026 Happy Birthday, Karen & Richard! 	

TYPE ALL ACTIVITIES ARE SUBJECT TO CHANGE. DAILY ACTIVITIES: 7 AM COFFEE, ART, & CHAT. BREAKFAST 9:30 AM. LUNCH 11:30 AM. SNACK 1:30 PM