

## First Floor Week 1-2 September 2026

Life Enrichment Monthly Calendar

Activities are subject to change

| Sunday                           | Monday                                                                                                                                           | Tuesday                                                                                                    | Wednesday                                                                                                                                                                      | Thursday                                                                                           | Friday                                                                                                                                                                           | Saturday                         |
|----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
|                                  |                                                                                                                                                  | 1                                                                                                          | 2                                                                                                                                                                              | 3                                                                                                  | 4                                                                                                                                                                                | 5                                |
| See Independent Living calendar. | 10:30 ChairYoga<br>11:00 Meaningful Movement / This Day in History<br>1:00 Name That Tune<br>3:00 Music & Memories with Caitlyn, Music Therapist | 10:30 Tai Chi Tuesday<br>11:00 Meaningful Movement / This Day in History                                   | 10:30 Chair Yoga<br>11:00 Meaningful Movement / This Day in History<br>1:00 Courtyard Games<br>2:00 Name That Tune<br>3:00 Hand Jive and Brain Games<br>6:30 Big Furry Friends | 10:30 Tai Chi<br>11:00 Meaningful Movement / This Day in History<br>3:00 Hand Jive and Brain Games | 10:30 Craft of the Month<br>11:00 Meaningful Movement / This Day in History<br>1:00 Why Do We Say That?<br>2:00 Wiffle Ball Competition Upper Courtyard<br>3:00 Happy Hour Lobby | See Independent Living calendar. |
| 6                                | Labor Day 7                                                                                                                                      | 8                                                                                                          | 9                                                                                                                                                                              | 10                                                                                                 | 11                                                                                                                                                                               | 12                               |
| See Independent Living calendar. |                                                                                                                                                  | 10:30 Tai Chi Tuesday<br>11:00 Meaningful Movement / This Day in History<br>3:00 Hand Jive and Brain Games | 10:30 Chair Yoga<br>11:00 Meaningful Movement / This Day in History<br>1:00 Courtyard Games<br>2:00 Name That Tune<br>3:00 Hand Jive and Brain Games<br>6:30 Big Furry Friends | 10:30 Tai Chi<br>11:00 Meaningful Movement / This Day in History<br>3:00 Hand Jive and Brain Games | 10:30 Puzzles & Crafts<br>11:00 Meaningful Movement / This Day in History<br>1:00 Why Do We Say That?<br>2:00 Hand Jive and Brain Games<br>3:00 Happy Hour Lobby                 | See Independent Living calendar. |

Calender Key:

Aud - Auditorium

DR - Dining Room

| Sunday                           | Monday                                                                                                                                                                | Tuesday                                                                                                    | Wednesday                                                                                                                                                                      | Thursday                                                                                           | Friday                                                                                                                                                           | Saturday                         |
|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| 13                               | 14                                                                                                                                                                    | 15                                                                                                         | 16                                                                                                                                                                             | 17                                                                                                 | 18                                                                                                                                                               | 19                               |
| See Independent Living calendar. | 10:30 Chair Yoga<br>11:00 Meaningful Movement / This Day in History<br>1:00 Name That Tune<br>3:00 Music & Memories with Caitlyn, Music Therapist                     | 10:30 Tai Chi Tuesday<br>11:00 Meaningful Movement / This Day in History<br>3:00 Hand Jive and Brain Games | 10:30 Chair Yoga<br>11:00 Meaningful Movement / This Day in History<br>1:00 Courtyard Games<br>2:00 Name That Tune<br>3:00 Hand Jive and Brain Games<br>6:30 Big Furry Friends | 10:30 Tai Chi<br>11:00 Meaningful Movement / This Day in History<br>3:00 Hand Jive and Brain Games | 10:30 Puzzles & Crafts<br>11:00 Meaningful Movement / This Day in History<br>1:00 Why Do We Say That?<br>2:00 Hand Jive and Brain Games<br>3:00 Happy Hour Lobby | See Independent Living calendar. |
| 20                               | 21                                                                                                                                                                    | 22                                                                                                         | 23                                                                                                                                                                             | 24                                                                                                 | 25                                                                                                                                                               | 26                               |
| See Independent Living calendar. | 10:30 Chair Yoga<br>11:00 Meaningful Movement / This Day in History<br>1:00 Name That Tune<br>3:00 Music & Memories with Caitlyn, Music Therapist                     | 10:30 Tai Chi Tuesday<br>11:00 Meaningful Movement / This Day in History<br>3:00 Hand Jive and Brain Games | 10:30 Chair Yoga<br>11:00 Meaningful Movement / This Day in History<br>1:00 Courtyard Games<br>2:00 Name That Tune<br>3:00 Hand Jive and Brain Games                           | 10:30 Tai Chi<br>11:00 Meaningful Movement / This Day in History<br>3:00 Hand Jive and Brain Games | 10:30 Puzzles & Crafts<br>11:00 Meaningful Movement / This Day in History<br>1:00 Why Do We Say That?<br>2:00 Hand Jive and Brain Games<br>3:00 Happy Hour Lobby | See Independent Living calendar. |
| 27                               | 28                                                                                                                                                                    | 29                                                                                                         | 30                                                                                                                                                                             |                                                                                                    |                                                                                                                                                                  |                                  |
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