

| Sunday                          | Monday                                                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                | Thursday                                                                                                                                                                                                                            | Friday                                                                                                                                                                                                                                              | Saturday                                                                                                                                                                                                                                               |                                                                                                                                                                                                  |
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| FLIP TO<br>SEE<br>OTHER<br>SIDE |                                                                                                                                                                                                                                                                            | 1<br>10:00am Rockin’ in<br>Our Seats w/ Lynsay<br>(TL)<br>11:00am Mealtime<br>Helpers (DR)<br>1:00pm BINGO (TL)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Jeopardy (FS)<br>6:00pm Beauty Lounge<br>(TL)                | 2<br>10:00am Sit and Stretch<br>w/ Lynsay (TL)<br>11:00am Mealtime<br>Helpers (DR)<br>1:00pm Trivia: Name<br>that Tune(TL)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Pool Noodle<br>Fishing(FS)<br>5:00pm Cups (FS)                                  | 3<br>10:00am Balance Class<br>w/ Lynsay (TL)<br>11:00am Mealtime<br>Helpers (DR)<br>1:00pm Outing: Park<br>(TL)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Free Paint(DR)<br>6:00pm Polish &<br>Pamper (TL)                      | 4<br>10:00am Balance Class<br>w/ Lynsay (TL)<br>11:00am Mealtime<br>Helpers (DR)<br>1:00pm Air Hockey<br>(FS)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Axe Throwing<br>(FS)<br>6:00pm Folding Towels<br>(DR)                                   | 5<br>10:00am Rockin In<br>Our Seats w/ Lynsay<br>(TL)<br>11:00am Mealtime<br>Helpers (TL)<br>1:00pm Fashion<br>Show(DR)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Serve & Float<br>(FS)                                                            |                                                                                                                                                                                                  |
|                                 | 6<br>10:00am Rockin in our<br>Seats w/ Lynsay (TL)<br>10:00am Streaming Mass<br>(TL)<br>11:00am Mealtime<br>Helpers (DR)<br>1:00pm Jeopardy (FS)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Balloon Volleyball<br>(FS)<br>5:30pm Movie Night:<br>Ramona and Beezus (TL) | 7<br>10:00am Sit & Stretch<br>w/ Stephanie (TL)<br>11:00am Mealtime<br>Helpers (DR)<br>1:00pm Trivia: Labor<br>Day (TL)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Knock A Cup<br>(FS)<br>6:00pm Folding Towels<br>(DR) | 8<br>10:00am Balance Class<br>w/ Lynsay (TL)<br>11:00am Mealtime<br>Helpers (DR)<br>1:00pm BINGO (TL)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Happy Hour:<br>Marie (DR)<br>6:00pm Beauty Lounge<br>(TL)                                            | 9<br>10:00am Sit & Stretch<br>w/ Lynsay (TL)<br>11:00am Mealtime<br>Helpers (DR)<br>1:00pm Air Hockey<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Bubble Art<br>(DR)<br>5:00pm Cups (FS)                                          | 10<br>10:00am Balance Class<br>w/ Lynsay (TL)<br>11:00am Mealtime<br>Helpers (DR)<br>1:00pm Outing: Dairy<br>Queen (TL)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Senior<br>Superbowl (FS)<br>6:00pm Polish & Pamper<br>(TL)                    | 11<br>Patriot Day<br>10:00am Sit & Stretch w/<br>Lynsay (TL)<br>11:00am Mealtime Helpers<br>(DR)<br>1:00pm Mind & Movement<br>w/ Better You(TL)<br>2:00pm Hydration & Snack<br>(DR)<br>3:00pm Whack a Balloon<br>(FS)<br>6:00pm Folding Towels<br>(DR) | 12<br>10:00am Streching w/<br>Stephanie (TL)<br>11:00am Mealtime<br>Helpers (DR)<br>1:00pm Balloon<br>Volleyball (FS)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Don’t Touch<br>The Color(FS) |
|                                 | 13<br>10:00am Streching w/<br>Stephanie (TL)<br>10:30am Streaming Mass<br>(TL)<br>11:00am Mealtime<br>Helpers (DR)<br>1:00pm Beauty<br>Lounge(FS)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Jeopardy (FS)<br>5:30pm Movie Night: A<br>Dogs Purpose (TL)                | 14<br>10:00am Sit & Stretch<br>w/ Heather (TL)<br>11:00am Mealtime<br>Helpers (DR)<br>1:00pm Jeopardy (FS)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Punch a Prize<br>(FS)<br>6:00pm Folding<br>Towels (DR)            | 15<br>10:00am Rockin in Our<br>Seats w/ Lynsay (TL)<br>10:45am Entertainment:<br>Rachel (DR)<br>11:00am Mealtime<br>Helpers (DR)<br>1:00pm BINGO (TL)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Axe Throwing<br>(FS)<br>6:00pm Beauty Lounge<br>(TL) | 16<br>10:00am Balance Class<br>w/ Lynsay (TL)<br>11:00am Mealtime<br>Helpers (DR)<br>1:30pm Happy Hour w/<br>Pat Crontey (DR)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Air Hockey (FS)<br>5:00pm Don’t Touch<br>The Color (FS) | 17<br>10:00am Sit & Stretch w/<br>Lynsay (TL)<br>11:00am Mealtime Helpers<br>(DR)<br>11:30am Outing Fords<br>Garage<br>1:00pm BINGO (TL)<br>2:00pm Hydration & Snack<br>(DR)<br>3:00pm Balloon Volleyball<br>(FS)<br>6:00pm Polish & Pamper<br>(TL) | 18<br>10:00am Balance Class<br>w/ Lynsay (TL)<br>11:00am Mealtime<br>Helpers (DR)<br>1:00pm Fall Door Signs<br>(FS)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Balloon Tennis<br>(FS)<br>6:00pm Folding Towels<br>(DR)                              | 19<br>10:00am Rockin In<br>Our Seats w/ Lynsay<br>(TL)<br>11:00am Mealtime<br>Helpers (DR)<br>1:00pm Air Hockey<br>(FS)<br>2:00pm Hydration &<br>Snack (DR)<br>3:00pm Knock-a-Cup<br>(FS)        |

| StoryPoint Birmingham<br>Memory Care                                                                                                                                                                                                                                          |                                                                                                                                                                                                                            | Week 4-5 September 2026<br>Life Enrichment Monthly Calendar                                                                                                                                                                                             |                                                                                                                                                                                                              |                                                                                                                                                                                                       |                                                                                                                                                                                                                          |                                                                                                                                                                                | Activities are subject to change |
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| Sunday                                                                                                                                                                                                                                                                        | Monday                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                    | Thursday                                                                                                                                                                                              | Friday                                                                                                                                                                                                                   | Saturday                                                                                                                                                                       |                                  |
| 20<br>10:00am Sit & Stretch w/ Lynsay (TL)<br>10:30am Streaming Mass (TL)<br>11:00am Mealtime Helpers (DR)<br>1:00pm Trivia: Name That Tune (TL)<br>2:00pm Hydration & Snack (DR)<br>3:00pm Balloon Tennis (FS)<br>5:30pm Movie Night: Dog (TL)                               | 21<br>10:00am Balance Class w/ Stephanie (TL)<br>11:00am Mealtime Helpers (DR)<br>1:00pm BINGO (TL)<br>2:00pm Hydration & Snack (DR)<br>3:00pm Higher or Lower (FS)<br>6:00pm Folding Towels (DR)                          | 22<br>10:00am Rockin in Our Seats w/ Lynsay (TL)<br>11:00am Mealtime Helpers (DR)<br>1:00pm Art for All Ages (DR)<br>2:00pm Hydration & Snack (DR)<br>3:00pm Punch A Prize(TL)<br>3:30pm Whack a Balloon (FS)<br>6:00pm Beauty Lounge w/ Carestaff (TL) | 23<br>10:00am Sit & Stretch w/ Lynsay (TL)<br>11:00am Mealtime Helpers (DR)<br>1:30pm Happy Hour w/ Jeff (DR)<br>2:00pm Hydration & Snack: Culinary Showcase (DR)<br>3:30pm Golfing (FS)<br>5:00pm Cups (FS) | 24<br>10:00am Balance Class w/ Lynsay (TL)<br>11:00am Mealtime Helpers (DR)<br>1:00pm BINGO (TL)<br>2:00pm Hydration & Snack (DR)<br>3:00pm Dart Throwing<br>6:00pm Polish & Pamper w/ Carestaff (TL) | 25<br>10:00am Rockin in Our Seats w/ Lynsay (TL)<br>11:00am Mealtime Helpers (DR)<br>1:00pm Outing: Johnson Nature Center(FS)<br>2:00pm Hydration & Snack (DR)<br>3:00pm Axe Throwing (FS)<br>6:00pm Folding Towels (DR) | 26<br>10:00am Streching w/ Stephanie (TL)<br>11:00am Mealtime Helpers (DR)<br>1:00pm Sorting Silverware (TL)<br>2:00pm Hydration & Snack (DR)<br>3:00pm Badminton Balloon (FS) |                                  |
| 27<br>7:00am Detroit Zoo Walk<br>10:00am Stretching w/ Stephanie (TL)<br>10:30am Streaming Mass (TL)<br>11:00am Mealtime Helpers (DR)<br>1:00pm Don't Touch the Color (FS)<br>2:00pm Hydration & Snack (DR)<br>3:00pm Beauty Lounge (TL)<br>5:30pm Movie Night: Anaconda (TL) | 28<br>10:00am Sit & Stretch w/ Stephanie(TL)<br>11:00am Mealtime Helpers (DR)<br>1:00pm Trivia: Name the Famous Person (TL)<br>2:00pmHydration & Snack (DR)<br>3:00pm Badminton Balloon (FS)<br>6:00pm Folding Towels (DR) | 29<br>10:00am Rockin in Our Seats w/ Lynsay (TL)<br>11:00am Mealtime Helpers (DR)<br>1:00pm BINGO (TL)<br>2:00pm Hydration & Snack (DR)<br>3:00pm Golfing<br>6:00pm Beauty Lounge w/ Care Staff (TL)                                                    | 30<br>10:00am Sit & Stretch w/ Lynsay(TL)<br>11:00am Mealtime Helpers (DR)<br>1:00pm Trivia: The Decade Challenge (TL)<br>2:00pm Hydration & Snack (DR)<br>3:00pm Air Hockey (FS)<br>5:00pm Cups (FS)        |                                                                                                                                                                                                       |                                                                                                                                                                                                                          |                                                                                                                                                                                |                                  |
| Calender Key:                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                            | DR- Dining Room<br>TI – Theatre Lounge<br>FS- Four Seasons                                                                                                                                                                                              | CY – Courtyard<br>FD– Front Desk<br>IE- Interactive Inviroment                                                                                                                                               | AL- Assisted Living                                                                                                                                                                                   |                                                                                                                                                                                                                          |                                                                                                                                                                                |                                  |
| STORYPOINT<br>Senior Living                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                         |                                                                                                                                                                                                              |                                                                                                                                                                                                       |                                                                                                                                                                                                                          |                                                                                                                                                                                |                                  |