

Memory Care

September 2026 MC

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 10:30 - Church Service 11:00 - Sunday Sweat 2:00 - Steal a "Kiss"- Hershey Style Evening Activity: Calm & Cozy Time	31 10:30 - Move to the Groove 11:00 - Current Event Chat 2:00 - Balloon Volleyball 6:00 - Resident Lead Games Evening Activity: Evening Meditation	1 10:15 - Bocce Ball 11:00- Yahtzee Game 1:00 - Brian Eldred 3:00 - The Books that Raised Us Evening Activity: Soft Music & Relax	2 10:30 - Wake up and Move 11:00 - Wellness Wednesday 3:00 - Wine Wednesday & Resident Council 6:00 - Resident Lead Games Evening Activity: Wind Down Wednesday	Labor Day Festivities 3 10:30 - Labor and Sweat Workout 11:00 - Back when I worked - Coffee and Conversation 12:00 - Lunch off the Grill 2:00 p.m.- A Dollar then, A Dollar Now Evening Activity: Relax & Reflect	4 10:30 - Sit, Stretch & Smile 11:00 - Men's Group 2:00 - Crochet, Stitch, and Puzzle Together 6:00 - Resident Lead Games Evening Activity: Soothing Sounds	5 10:30- Chair Yoga 11:00 Time Travelers Club 2:00 p.m. Bocce Ball Evening Activity: Evening Unwind
6 10:30 - Church Service 11:00 - Chair Yoga 2:00 - Table Top Tournament Evening Activity: Peaceful Evening	7 10:30 - Move to the Groove 11:00- Hunters Club 2:00 - Bingo Day! 6:00 - Resident Lead Games Evening Activity: Mindful Moments	8 International Literacy Day 10:15 - Bocce Ball 11:00- Can you Believe it! 12:15 - Top Secret Sacred Heart Mission 2:00 - The Books that Raised Us Evening Activity: Cozy & Calm	Falsley Accused Day 9 10:30 - Wake up and Move 11:00 - You won't believe it (real life and games) 2:00 - "I know for a fact that...." Mobile Madness! 6:00 - Resident Lead Games Evening Activity: Relax & Rewind	Men's Group 10 10:30 - Sit, Stretch & Smile 11:00 - History Happening 2:00 -(NEW) Bethany with Heartland - Patriotic Prep 6:00 - Resident Lead Games Evening Activity: Evening Reflections	National Patriotic Day 11 10:30 - Wave the Flag workout 11:00- Front Patio Sipping 2:00 - Patriotic Deliveries Evening Activity: Patriotic Peace	12 10:30 - Chair Yoga 11:00 - Bible Study with Betty 2:00 - Card Games Evening Activity: Bedtime Stories
National Assisted Living Week 13 10:30 - Church Service 11:00 - Center, Left, Right Game 2:00 - Seated Cardio Evening Activity: Relax & Recharge	Golden Beginnings 14 10:30- Balance Clinic 11:00 - Shining through the years Display 2:00 - I'm Loved Because Game 6:00 - Resident Lead Games Evening Activity: Gentle Rest	Golden Girls Gone Wild 15 10:15 - Bocce Ball 11:00 - Golden Girls Tasting Bar 2:00 - Golden Girls Showing Evening Activity: Calm & Comfort	Where are we going Wednesday? 16 10:00- Aromatherapy Yoga 2:00 - Outing to Our local lavender Farms (Lavendar Bingo!) 3:00 - Live Music with Mark Evening Activity: Lavender & Lullabies	Think Outside the Cup Thursday 17 10:30 - Sit and Be Fit 11:00 - Name that Tune with John G. 6:00 - Resident Lead Games Evening Activity: Peaceful Pause	Taco Take Over Friday 18 10:30 - Music and Movement 11:00 - Would you Rather with a Twist! 2:00 - Movie Friday Celebrating Sept Bdays! Evening Activity: Movie & Munch	19 10:30 - Sit and be Fit 11:00-Bible Study with Betty 2:00- Who Wants to be a Millionaire Evening Activity: Sweet Dreams
20 10:30 - Church Service 11:00 - Morning Stretches 2:00 - Cozy Fireside Bring a Craft Club Evening Activity: Evening Serenity	21 10:30 - Music and Movement 11:00 - Fireside Friendships 2:30 - Treasured Memories with Amanda Evening Activity: Guided Calm	First Day of Fall Fun 22 10:15- Bocce Ball 11:00 -Radio Garden 2:00 - First day of Fall Craft Corner Evening Activity: Autumn Ambiance	Last Lunch off the Grill 23 10:30- Peaceful Morning Stretches 11:00 - Barbara Miller Gospel and Hymns 12:00- Lunch off the Grill 1:00-Cornhole (Welcome Party!) Evening Activity: Warm & Cozy	24 10:30 - Sit, Stretch, Smile 11:00 - Ring Toss Challenge 3:00 - Live Music with Kevin Bendele 4:00 - Seated Stretches Evening Activity: Evening Wind Down	CMU Dance Team is Back! 25 10:30 - Board Game Stations 11:00 - Community Sing 1:30 - CMU Dance Team Workout 3:00 - Movie Friday Evening Activity: Relax & Enjoy	26 10:30 - Seated Yoga 11:00 - Puzzle Club 2:00 - Yahtzee Game Evening Activity: Bedtime Breeze
Live Gospel Music 27 10:30 - Live Gospel Music with Kevin Bendele 11:00 - Animal Education 2:00- Bocce Ball Evening Activity: Peaceful Night	28 10:30 - Chair Yoga 11:00 - Question Roulette 2:00 - Travel to Yosewwrite with Alex Honnold Evening Activity: Relax & Reflect	National Coffee Day 29 9:30- Bus Pick up To Local Ponder Coffee 1:30 - Robbies Bible Study Evening Activity: Coffee & Calm				
Calendar Key: MC - Memory Care D - Dining Hall C - Community Room	MCA - Memory Care Atrium FP - Front Patio L - Lobby	Soc - By the Fireplace	Your paragraph text			