

Glen Abbey Assisted Living and Memory Care

Assisted Living

September 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Chronicles and Coffee 11:00 Chair Yoga(CR) 2:30 Bingo 4:00 Book Club 6:00 Aromatherapy	2 9:30 Chronicles and Coffee 11:00 Chair Exercise(CR) 2:00 Snack Mobile Cart 2:30 Balloon Volley(CR) 4:00 Activity Meeting(CR) 6:00 Aromatherapy	Fankie’s Birthday 3 9:30 Chronicles and Coffee 11:00 Chair Yoga(CR) 2:30 Outside Mini Golf(O) 4:00 Coloring and Mocktails 6:00 Evening Reflection	4 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 11:00 Culver’s Men Outing 12:00 Labor Day BBQ 2:00 Bingo(CR) 4:00 TV-Show-50 States(CR) 6:00 Breathing Exercises	5 9:30 Chronicles and Coffee 11:00 Zumba(CR) 2:00 Flower Craft(CR) 3:00 Dance Party(CR) 6:00 Breathing Exercises
6 9:30 Chronicles and Coffee 10:00 Church Service (L) 11:00 Chair Stretches(CR) 2:00 Card Games(CR) 4:00 TV-Show-50 States(L) 6:00 Relaxation Music	Labor Day 7 9:30 Chronicles and Coffee 11:00 Resistance Bands(CR) 2:00 Bingo(CR) 4:00 Story Time(CR) 6:00 Coloring and Chat	8 9:30 Chronicles and Coffee 11:00 Chair Exercise(CR) 2:00 Moving and Grooving 3:00 Snack Mobile Cart 3:30 Floor Hockey(CR) 6:00 Smooth Jazz Music	9 9:30 Chronicles and Coffee 11:00 Cardio Drumming(CR) 2:30 Outdoor Games(O) 4:00 Walking Club(O) 6:00 Relaxation Music	10 9:30 Chronicles and Coffee 11:00 Chair Yoga(CR) 2:30 Wheel Chair Car Wash 4:00 Coloring and Wine(CR) 6:00 Evening Reflection	Patriot Day 11 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 1:00 Communion(CR) 2:00 Bingo (CR) 4:00 9/11 Remembrance(CR) 6:00 Aromatherapy	12 9:30 Chronicles and Coffee 11:00 Exercise (Weights) 2:00 Shake Mobile Cart 2:30 Kickball(CR) 4:00 TV Show-50 States(L) 6:00 Breathing Exercises
Grandparents Day 13 9:30 Chronicles and Coffee 10:00 Church Service (L) 11:00 Chair Yoga(CR) 12:00 Grandparents Brunch 2:00 Family Games(D) 4:00 Card Games(CR) 6:00 Relaxation Chat	14 9:30 Chronicles and Coffee 11:00 Resistance Bands(CR) 2:00 Walking Club 2:30 Snack Mobile Cart 3:00 Bingo(CR) 4:00 Book Club(CR) 6:00 Calming Tea	15 9:30 Chronicles and Coffee 11:00 Chair Exercise(CR) 2:30 Cup Fishing Game(CR) 4:00 Walking Club 6:00 Relaxation Music	16 9:30 Chronicles and Coffee 11:00 Cardio Drumming(CR) 2:00 Snack Mobile Cart 2:30 Movie-Resident Choice 4:00 Activity Meeting 6:00 Family Bingo	17 9:30 Chronicles and Coffee 11:00 Zumba(CR) 1:00 Cider Mill Outing 2:30 Safety with Gregg 4:00 Coloring and Mocktails 6:00 Evening Reflection	18 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 11:00 Casper Therapy Dog 2:30 Bingo(CR) 4:00 TV-Show and Popcorn 6:00 Breathing Exercises	19 9:30 Chronicles and Coffee 11:00 Pastor Glass (D) 1:00 Josh Men’s Group (D) 2:30 Music and UNO 4:00 Chair Exercise 6:00 Relaxation Music
20 9:30 Chronicles and Coffee 10:00 Church Service (L) 11:00 Chair Exercise 2:00 End of Summer BBQ 4:00 Card Games(CR) 6:00 Aromatherapy	21 9:30 Chronicles and Coffee 11:00 Resistance Bands(CR) 2:00 Snack Mobile Cart 2:30 Sling Shot Game(CR) 4:00 Book Club(CR) 6:00 Resident Led Games	22 9:30 Chronicles and Coffee 11:00 Chair Exercise(CR) 2:00 Moving and Grooving 3:00 Table Hockey(CR) 4:00 Walking Club(CR) 6:00 Evening Reflection	23 9:30 Chronicles and Coffee 11:00 Chair Yoga(CR) 2:00 Axe Throwing(CR) 3:00 Culinary Showcase 4:00 Cup Ball Bowling(CR) 6:00 Relaxation Chat	24 9:30 Chronicles and Coffee 11:00 Zumba(CR) 2:00 Bingo(CR) 2:00 Drinks with Netta/Alicia 4:00 Resident Council(CR) 6:00 Calming Tea	25 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 1:00 Communion(CR) 2:00 Resident Party(CR) 4:00 Book Club(CR) 6:00 Breathing Exercises	Kyung’s Birthday 26 9:30 Chronicles and Coffee 11:00 Chair Stretches(CR) 2:00 UNO Card Game(CR) 2:00 Snack Mobile Cart 4:00 Painting Craft 6:00 Relaxation Music
27 9:30 Chronicles and Coffee 10:00 Church Service (L) 11:00 Chair Zumba 2:00 Outdoor Games 6:00 Breathing Exercises	28 9:30 Chronicles and Coffee 11:00 Resistance Bands(CR) 1:30 Resident Forum(CR) 2:00 Snack Mobile Cart 2:30 Bingo(CR) 6:00 Classical Music	29 9:30 Chronicles and Coffee 11:00 Chair Exercise(CR) 2:30 Egg Tic Tac Toe(CR) 4:00 Book Club (CR) 6:00 Smooth Jazz Music	30 9:30 Chronicles and Coffee 11:00 Cardio Drumming(CR) 2:30 Balloon Circle (CR) 4:00 TV Show-50 States(L) 6:00 Evening Reflections			

Calender Key:

MD – Main Dining
MC – Memory Care
PD – Private Dining

CD – Cooking Room

L – Lobby
P - Patio
O - Outside

B- Beauty Salon

H- Hall
CR-Community Room

Breakfast:
8:00am

Lunch:
12:00pm

Dinner:
5:00pm