

Glen Abbey Assisted Living and Memory Care

September 2026

Memory Care

Life Enrichment Monthly Calendar

Activities are subject to change

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