

Maple Lake Assisted Living

Assisted Living

September 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Seated March and Reach (MC) 11:00 September Trivia (LR) 1:00 Baking: Apple Crisp (BCR) 2:00 Tabletop Bowling (BCR) 3:00 Music Memories (BCR) 4:00 Card Games (FL) 6:00 Tea and Relaxation (MC)	2 9:30 Finish the Phrase (MC) 10:00 Resistance Band Basics (MC) 11:00 Picture Puzzles (LR) 1:00 Bingo (BCR) 2:00 Afternoon Walk (OS) 3:00 Giant Crossword (LR)	3 9:30 Word Scramble (MC) 10:00 Chair Yoga Flow (MC) 11:00 Name That Tune (BCR) 1:00 Autumn Taste Test (BCR) 2:00 Apple Orchard Happy Hour (LR) 3:00 Tabletop Cornhole (BCR)	4 9:30 This or That (MC) 10:00 Seated Kickboxing (MC) 11:00 Friday Word Challenge (LR) 1:00 Bingo (BCR) 2:00 Root Beer Float Social (OS) 3:00 Name That Tune (BCR)	5 10:00 Beach Ball Exercise (MC) 11:00 Finish the Old Saying (MC) 1:00 Fall Trivia Toss (LR) 2:00 Picture Reminiscing (BCR)
6 10:00 Gentle Stretch & Breathe (MC) 11:00 Sunday Morning Trivia (MC) 1:00 Sunday Sing-Along (BCR) 2:00 Church Service (BCR)	7 10:00 Patriotic Chair Aerobics (MC) 11:00 Balloon Volley (MC) 1:00 Bingo (BCR) 2:00 Teddy Bear Pipecleaner Craft (BCR)	8 10:00 Seated Tai Chi (MC) 11:00 Monthly Activity Meeting (BCR) 1:00 Fall Wreath Making (BCR) 2:00 Apple Tasting (BCR) 3:00 Rummikub (LR) 4:00 Brain Games (LR) 6:00 Popcorn & Movie (BCR)	9 9:30 Category Challenge (MC) 10:00 Noodle Fitness (MC) 11:00 Finish the Saying (LR) 1:00 Bingo (BCR) 2:00 Reminiscing: School Days (BCR) 3:00 Word Ladder (LR)	10 9:30 Guess the Object (MC) 10:00 Chair Dance Party (MC) 11:00 Decades Trivia (LR) 1:00 Caramel Apple Making (BCR) 2:00 Dave Johnson Live Music Happy Hour (LR) 3:00 Family Feud (BCR)	11 9:30 Remember When? (MC) 10:00 Seated Strength Circuit (MC) 11:00 Patriotic Music Trivia (MC) 1:00 Bingo (BCR) 2:00 Patriotic Sing-Along (BCR) 3:00 Giant Jenga (MC)	12 10:00 Sit & Get Fit (MC) 11:00 Guess the Decade (MC) 1:00 Autumn Word Games (LR) 2:00 Balloon Volleyball (MC)
13 10:00 Chair Pilates (MC) 11:00 Music Memories (MC) 1:00 Reminiscing: Sunday Dinners (BCR) 2:00 Church Service (BCR)	14 9:30 Monday Brain Teasers (MC) 10:00 Seated Cardio Blast (MC) 11:00 Monday Brain Teasers (LR) 1:00 Nail Care & Polish (LR) 2:30 Bingo (BCR) 3:30 Leaf Suncatchers (BCR)	15 10:00 Balance & Coordination (MC) 11:00 Apple Facts & Trivia (LR) 1:00 Caramel Making (BCR) 2:00 Mask Decorating (BCR) 3:00 Card Tournament (LR) 4:00 Patio Social (FP) 6:00 Book Club (LR)	16 11:30 Guess the Decades (LR) 1:00 Bingo (BCR) 4:00-6:00 Maple Lake 15-Year Anniversary Party	17 9:30 Would You Rather? (MC) 10:00 Flexibility & Range of Motion (MC) 11:00 Word Wheel (LR) 1:00 Baking: Pumpkin Bread (BCR) 2:00 Hello Fall Happy Hour! (LR) 3:00 Chicken Foot Dominoes (LR)	18 9:30 Famous Sayings (MC) 10:00 Chair Zumba with Megan (MC) 11:00 TV Theme Challenge (BCR) 1:00 Bingo (BCR) 2:00 Sara Dawson Live Music (BCR) 3:00 Mocktail Social (LR)	19 10:00 Seated Soccer Fitness (MC) 11:00 Music Trivia (MC) 1:00 Sevens (LR) 2:00 Tea and Relaxation (BCR)
20 10:00 Gentle Mobility Moves (MC) 11:00 Finish the Old Saying (MC) 1:00 Puzzle & Game Hour (BCR) 2:00 Church Service (BCR)	21 9:30 Monday Categories (MC) 10:00 Chair Aerobics Mix (MC) 11:00 Monday Categories (LR) 1:00 Bingo (BCR) 2:00 Manicure Monday (LR) 3:00 Wheel of Fortune (BCR)	22 10:00 Fall-Themed Fitness (MC) 11:00 First Day of Fall Trivia (LR) 1:00 Leaf Rubbing Art (BCR) 2:00 Culinary Showcase (BCR) 3:00 Autumn Jeopardy (LR) 4:00 Card Games (LR) 6:00 Book Club (LR)	23 9:30 Guess Who? (MC) 10:00 Seated Volleyball Workout (MC) 11:00 Autumn Riddles (LR) 1:00 Bingo (BCR) 2:30 Scenic Fall Drive (OUTING) 4:00 Lisenze Plate Craft (LR)	24 9:30 Finish the Proverb (MC) 10:00 Core & Posture Chairs (MC) 11:00 Music Trivia (LR) 1:00 Fall Baking: Apple Turnovers (BCR) 2:00 Tailgate Happy Hour (LR) 3:00 Wheel of Fortune (LR)	25 9:30 Friday Brain Battle (MC) 10:00 Seated Dance Through Decades (MC) 11:00 Famous Movie Lines (LR) 1:00 Bingo (BCR) 2:00 Baking: Sugar Cookies (BCR) 3:00 Puzzle Corner (LR)	26 10:00 Chair Drumming Workout (MC) 11:00 Fall Jeopardy (MC) 1:00 Fall Taste Test (BCR) 2:00 Popcorn & Trivia (BCR)
27 10:00 Slow Flow Chair Yoga (MC) 11:00 Sunday Brain Games (MC) 1:00 Inspirational Stories (LR) 2:00 Church Service (BCR)	28 9:30 Monday Word Play (MC) 10:00 Seated Strength & Stretch (MC) 11:00 Dream Big Ideas (LR) 1:00 Bingo (BCR) 2:00 Polish & Pamper (LR) 3:00 Fall Floral Arranging (BCR)	29 10:00 Chair Exercise Dice (MC) 11:00 September Jeopardy (BCR) 1:00 Apple Taste Test (BCR) 2:00 Storytelling Circle (MC) 3:00 Domino Tournament (LR) 4:00 Jokes and Riddles (MC) 6:00 Book Club (LR)	30 9:30 Morning Brain Games (MC) 10:00 Balloon Fitness (MC) 11:00 Morning Music With Dave (LR) 1:00 Bingo (BCR) 2:00 September Birthday Party (LR) 3:00 Music & Memories (LR)			

Calender Key:
BCR- Big Community Room
LR- Living Room

MC- Memory Care
O- Outing
OS- Outside
L- Lobby

SR- Sunroom
AL- Assisted Living
S- Salon
DR- Dining Room

G- Gazebo
FP- Front Porch
FL- Front Lobby