

SEPTEMBER 2026

TUE

1

AM: COFFEE & CONNECTIONS, BRAIN WORKOUT: THIS DAY IN HISTORY, WORD GAMES, ART THERAPY ACTIVITY
LUNCH - THE DINNER CLUB
PM: QUOTES & POEMS, CHAIR YOGA, HEART & SOLE MOVEMENT GROUP, MUSIC & SENSORY INTEGRATION, CLOSING CIRCLE

8

AM: COFFEE & CONNECTIONS, BRAIN WORKOUT: THIS DAY IN HISTORY, WORD GAMES, ART THERAPY ACTIVITY
LUNCH - THE DINNER CLUB
PM: QUOTES & POEMS, CHAIR YOGA, HEART & SOLE MOVEMENT GROUP, MUSIC & SENSORY INTEGRATION, CLOSING CIRCLE

15

AM: COFFEE & CONNECTIONS, BRAIN WORKOUT: THIS DAY IN HISTORY, WORD GAMES, ART THERAPY ACTIVITY
LUNCH - THE DINNER CLUB
PM: QUOTES & POEMS, CHAIR YOGA, HEART & SOLE MOVEMENT GROUP, MUSIC & SENSORY INTEGRATION, CLOSING CIRCLE

22

AM: COFFEE & CONNECTIONS, BRAIN WORKOUT: THIS DAY IN HISTORY, WORD GAMES, ART THERAPY ACTIVITY
LUNCH - THE DINNER CLUB
PM: QUOTES & POEMS, CHAIR YOGA, HEART & SOLE MOVEMENT GROUP, MUSIC & SENSORY INTEGRATION, CLOSING CIRCLE

29

AM: COFFEE & CONNECTIONS, BRAIN WORKOUT: THIS DAY IN HISTORY, WORD GAMES, ART THERAPY ACTIVITY
LUNCH - THE DINNER CLUB
PM: QUOTES & POEMS, CHAIR YOGA, HEART & SOLE MOVEMENT GROUP, MUSIC & SENSORY INTEGRATION, CLOSING CIRCLE

THU

3

AM: COFFEE & CONNECTIONS, BRAIN WORKOUT: THIS DAY IN HISTORY, WORD GAMES, ART THERAPY ACTIVITY
LUNCH - THE DINNER CLUB
PM: QUOTES & POEMS, CHAIR YOGA, HEART & SOLE MOVEMENT GROUP, MUSIC & SENSORY INTEGRATION, CLOSING CIRCLE

10

AM: COFFEE & CONNECTIONS, BRAIN WORKOUT: THIS DAY IN HISTORY, WORD GAMES, ART THERAPY ACTIVITY
LUNCH - THE DINNER CLUB
PM: QUOTES & POEMS, CHAIR YOGA, HEART & SOLE MOVEMENT GROUP, MUSIC & SENSORY INTEGRATION, CLOSING CIRCLE

17

AM: COFFEE & CONNECTIONS, BRAIN WORKOUT: THIS DAY IN HISTORY, WORD GAMES, ART THERAPY ACTIVITY
LUNCH - THE DINNER CLUB
PM: QUOTES & POEMS, CHAIR YOGA, HEART & SOLE MOVEMENT GROUP, MUSIC & SENSORY INTEGRATION, CLOSING CIRCLE

24

AM: COFFEE & CONNECTIONS, BRAIN WORKOUT: THIS DAY IN HISTORY, WORD GAMES, ART THERAPY ACTIVITY
LUNCH - THE DINNER CLUB
PM: QUOTES & POEMS, CHAIR YOGA, HEART & SOLE MOVEMENT GROUP, MUSIC & SENSORY INTEGRATION, CLOSING CIRCLE