

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LABOR DAY LUNCHEON	SEPTEMBER 7, 2026 12PM DINING ROOM ABP/TS Join us for a specially curated luncheon from Culinary, accompanied by patriotic tunes as we celebrate Labor Day!	1 10:30 Morning Hydration & Daily Chronicles (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Name the Household Tools (SOL) 2:00 Free-Style Painting (DR) 4:00 Residents' Movie Choice (SOL)	2 10:30 Morning Hydration & Daily Chronicles (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Volleyball Toss (DR) 2:00 Chair Fitness w/ OG Coach (SOL) 3:15 Music w/ Tony Nalker (SOL) 4:00 Residents' Movie Choice (SOL)	3 10:30 Morning Hydration & Daily Chronicles (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Hymns w/ Chaplain Scott 2:00 Baking Bunch: Strawberry Ice-Cream Squares (DR) 4:00 Residents' Movie Choice (SOL)	4 10:30 Morning Hydration & Daily Chronicles (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Kim's Chalk Leaf Product (DR) 2:30 Accordionist Dave Lovins (SOL) 3:30 Pie Social (DR) 4:00 Residents' Movie Choice (SOL)	5 10:30 Morning Hydration & Daily Chronicle 11:00 Sit & Be Bit (SOL) 11:30 Inspirational Word of the Day 1:30 B I N G O ! 2:00 Animals In the Wild (SOL) 2:30 How Many Words Can You Say That Rhyme (SOL) 3:00 Afternoon Bites (SOL) 3:30 Sharing Our Day (SOL) 4:00 Residents' Movie Choice (SOL)
6 10:10 Virtual Catholic Service (SOL) 10:45 Chair Yoga w/Ying (SOL) 11:15 Virtual Nondenom Service (SOL) 1:30 Football Sunday (SOL) 3:00 Afternoon Bites (SOL) 4:00 Sunday Showtime (SOL)	7 Labor Day 10:30 Morning Hydration w/ Daily Chronicle (SOL) 11:00 Sit & Be Fit (SOL) 12:00 Labor Day Luncheon (DR) 1:30 Finish The Phrase SOL 2:00 Classic Comedy (SOL) 2:30 Dance w/ Music (SOL) 3:30 Labor Day Concert: Josh Allen Band (TS-Outside)	8 10:30 Morning Hydration w/ Daily Chronicles (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Balloon Toss (DR) 2:30 Pianist Jim West (SOL) 4:00 Residents' Movie Choice (SOL)	9 National Teddy Bear Day 10:30 Morning Hydration w/ Daily Chronicles (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Big Buns Good Burger (Outing) 1:00 Make Your Own Teddy Bear-(SOL) 2:00 Chair Fitness w/ OG Coach (SOL) 3:15 Music w/ Tony Nalker (SOL) 4:00 Residents' Movie Choice (SOL)	10 10:30 Morning Hydration w/ Daily Chronicles (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Hymns w/ Chaplain Scott (SOL) 2:00 Baking Bunch: Cheesy Baked Crackers (SOL) 3:00 Sensory Art Creations: Shaving Cream Marbling (DR) 4:00 Residents' Movie Choice (SOL)	11 Patriot Day 10:30 Morning Hydration w/ Daily Chronicles (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:15 Music w/ Jerry Roman (SOL) 2:15 Patriotic Red, White & Blue Kindness Collage (SOL) 3:30 Nacho Social (DR) 4:00 Residents' Movie Choice (SOL)	12 10:30 Morning Hydration w/ Daily Chronicle (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 B I N G O ! 2:00 Mystery Bag Reminiscing (SOL) 3:00 Afternoon Bites (SOL) 4:00 Virtual Concert (SOL)
13 Grandparents Day! 10:10 Virtual Catholic Service (SOL) 10:45 Chair Yoga w/Ying (SOL) 11:15 Virtual Nondenom Service (SOL) 1:30 Football Sunday (SOL) 3:00 Afternoon Bites (SOL) 3:15 Grandparents' Social (SOL) 4:00 Sunday Showtime (SOL)	14 10:30 Morning Hydration w/ Daily Chronicle (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Scenic Ride (Great Falls) 2:00 Chair Fitness w/ OG Fitness Coach (SOL) 3:30 Share Your Day (SOL) 4:00 Residents' Choice Movie (SOL)	15 10:30 Morning Hydration w/ Daily Chronicle (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Name the Taste/Flavor (DR) 2:00 Beauty in Nature (SOL) 2:30 One with Nature (Leaf Collecting) - Outdoors 4:00 Residents' Choice Movie (SOL)	16 10:30 Morning Hydration w/ Daily Chronicle (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Painting Me (DR) 2:00 Chair Fitness w/ OG Fitness Coach (SOL) 3:15 Music w/ Tony Nalker (SOL) 4:00 Residents' Movie Choice (SOL)	17 10:30 Morning Hydration w/ Daily Chronicle (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Hymns w/ Chaplain Scott (SOL) 2:00 Baking Bunch: Sweet Potato Pie Cups (SOL) 3:30 Music Entertainment w/ Bill Crews (SOL) 4:00 Residents' Choice Movie (SOL)	18 10:30 Morning Hydration w/ Daily Chronicles (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Sensory Art Creations: Magical Salt Painting (DR) 2:30 Music w/ Bob Clarks (SOL) 3:30 Ice Cream Sandwich Social (DR) 4:00 Residents' Choice Movie (SOL)	19 10:30 Morning Hydration w/ Daily Chronicles (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 B I N G O ! 2:00 Finish the Phrase (SOL) 3:00 Afternoon Bites (SOL) 3:30 Spin The Wheel (SOL) 4:00 Residents' Choice Movie (SOL)
20 10:10 Virtual Catholic Service (SOL) 10:45 Chair Yoga w/Ying (SOL) 11:15 Virtual Nondenom Service (SOL) 1:30 Football Sunday (SOL) 4:00 Sunday Showtime (SOL)	21 10:30 Morning Hydration w/ Daily Chronicle (SOL) 11:00 Music w/ Roberta (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Scenic Ride (National Harbor) 2:00 Chair Fitness w/ OG Fitness Coach (SOL) 3:30 Share Your Day (SOL) 4:00 Residents' Choice Movie (SOL)	22 10:30 Morning Hydration w/ Daily Chronicle (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Classic Comedy (SOL) 2:00 Birdhouse Painting (DR) 4:00 Residents' Choice Movie (SOL)	23 10:30 Morning Hydration w/ Daily Chronicle (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Lunch at Bistro 2:00 Chair Fitness w/ OG Fitness Coach (SOL) 3:15 Music w/ Tony Nalker (SOL) 4:00 Residents' Choice Movie (SOL)	24 10:30 Morning Hydration w/ Daily Chronicles (SOL) 11:00 Watercolor Painting w/Sarah (DR) 11:30 Inspirational Word of the Day (SOL) 1:30 Hymns w/ Chaplain Scott (SOL) 2:00 Baking Bunch: Chocolate Frost Shake (DR) 4:00 Residents' Choice Movie (SOL)	25 10:30 Morning Hydration w/ Daily Chronicles (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Big Egg Carton Sorting Ball Game (DR) 2:00 Water Bottle Flower Design (DR) 3:30 September Birthday Social (DR) 4:00 Residents' Choice Movie (SOL)	26 10:30 Morning Hydration w/ Daily Chronicles (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 B I N G O ! 2:30 Simon Says (SOL) 3:30 How Was Your Day (SOL) 4:00 Residents' Choice Movie (SOL)
27 10:10 Virtual Catholic Service (SOL) 10:45 Chair Yoga w/Ying (SOL) 11:15 Virtual Nondenom Service (SOL) 1:30 Football Sunday (SOL) 3:30 Share Your Day (SOL) 4:00 Sunday Showtime (SOL)	28 10:30 Morning Hydration w/ Daily Chronicle (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Under the Sea (SOL) 2:00 Chair Fitness w/ OG Fitness Coach (SOL) 3:30 Name the Picture (SOL) 4:00 Residents' Choice Movie (SOL)	29 10:30 Morning Hydration w/ Daily Chronicle (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Scenic Ride (Great Falls) 2:30 Music with Vince Borelli (SOL) 4:00 Residents' Choice Movie (SOL)	30 10:30 Morning Hydration w/ Daily Chronicle (SOL) 11:00 Sit & Be Fit (SOL) 11:30 Inspirational Word of the Day (SOL) 1:30 Music Circle (SOL) 2:00 Chair Fitness w/ OG Fitness Coach (SOL) 3:15 Music w/ Tony Nalker (SOL) 4:00 Residents' Choice Movie (SOL)	Please Note All activities are subject to change. Please refer to daily announcements and posted updates for the most current schedule and event information.	Location Key CAF-Rose Cafe CR-Craft Room DR-Dining Room HA-Main Hallway L-Library LR-Living Room PAT-Patio SOL-Solarium PHD-PH Dining Room RM-Room BI-Bistro	 September is Healthy Aging Month