

# Memory Wellness

## SEPTEMBER 2026

### Special September Dates:

9/4 : National Wildlife Day  
 9/6 : National Read a Book Day  
 9/7 : Labor Day  
 9/8 : National Star Trek Day  
 9/11 : 9/11 Remembrance  
 9/12 : National Chocolate Shake Day  
 9/13 : National Positive Thinking Day  
 9/18 : National Cheeseburger Day  
 9/22 : National White Chocolate Day  
 9/30 : National Hot Cider Day

### Non-Featured Daily

#### Activities:

-Sensory Strolls  
 -Spiritual/Daily Devotionals  
 -Neurobics  
 -Reminiscing  
 -Music  
 -1:1 Engagement

| SUNDAY                                                                                                                                                                                                                                                            | MONDAY                                                                                                                                     | TUESDAY                                                                                                                          | WEDNESDAY                                                                                               | THURSDAY                                                                                                                                      | FRIDAY                                                                                                                                                                                            | SATURDAY                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                   |                                                                                                                                            | 9:30 - Open Game Hour<br>11:00 - Sittercise<br>1:30 - Poetry Reading<br>2:30 - Crafting Corner<br>3:30 - Patio Pow-Wow           | 9:30 - Open Game Hour<br>11:00 - Sit & Stretch<br>1:30 - BINGO!<br>3:30 - Don't Touch the Color Game    | <i>Salon Day</i><br>9:30 - Open Game Hour<br>10:15 - UNO!<br>11:00 - Sittercise<br>1:30 - Golf<br>2:30 - Live Music with Charmell!            | 9:30 - Open Game Hour<br>10:30 - Traveling Zoo!<br>2:00 - Sit & Stretch<br>3:00 - Crafting Corner                                                                                                 | 9:30 - Open Game Hour<br>10:30 - Brain Games<br>11:00 - Saturday Sports<br>1:30 - Garden Club<br>3:30 - Book Club                                                                                        |
| <br>9:30 - Open Game Hour<br>10:30 - Weekly Buzz<br>11:00 - Coffee & Convos<br>1:30 - Yard Yoga<br>3:00 - Guided Meditation<br><i>*Read today for National Read a Book Day!*</i> | <b>★ LABOR DAY ★</b><br>9:30 - Open Game Hour<br>10:30 - My Way, My Story<br>11:00 - Sittercise<br>1:30 - Chaplain<br>2:30 - Movie Matinee | 9:30 - Open Game Hour<br>10:30 - This Day in History<br>11:00 - Sittercise<br>1:30 - Armchair Travel<br>2:30 - Poetry Reading    | 9:30 - Open Game Hour<br>11:00 - Sit & Stretch<br>1:30 - BINGO!<br>3:00 - Brain Games                   | <i>Salon Day</i><br>9:30 - Open Game Hour<br>10:30 - Live Music with David Whitacre!<br>11:00 - Sittercise<br>1:30 - Trivia<br>2:30 - Bowling | <br>9:30 - Open Game Hour<br>11:00 - Sonny the Therapy Dog!<br>1:30 - Sit & Stretch<br>2:00 - Color Match Game | <br>9:30 - Open Game Hour<br>10:30 - Brain Games<br>11:00 - Saturday Sports<br>1:30 - Garden Club<br>3:30 - Book Club |
| 9:30 - Open Game Hour<br>10:30 - Weekly Buzz<br>11:00 - Coffee & Convos<br>1:30 - Yard Yoga<br>3:00 - Guided Meditation                                                                                                                                           | 9:30 - Open Game Hour<br>10:30 - My Way, My Story<br>11:00 - Sittercise<br>1:30 - Chaplain<br>2:30 - Movie Matinee                         | 9:30 - Open Game Hour<br>11:00 - Sittercise<br>1:30 - Table Hockey<br>2:30 - Help Your Neighbor<br>3:30 - Patio Pow-Wow          | 9:30 - Open Game Hour<br>10:30 - Sit & Stretch<br>11:00 - Live Music with Anne & Linda<br>1:30 - BINGO! | <i>Salon Day</i><br>9:30 - Open Game Hour<br>10:15 - YAHTZEE!<br>11:00 - Sittercise<br>1:30 - Creative Coloring                               | 9:30 - Open Game Hour<br>10:30 - Seth on the Accordion<br>11:00 - Sit & Stretch<br>1:30 - Shut the Box Game<br>3:00 - Crafting Corner                                                             | 9:30 - Open Game Hour<br>10:30 - Brain Games<br>11:00 - Saturday Sports<br>1:30 - Garden Club<br>3:30 - Book Club                                                                                        |
| 9:30 - Open Game Hour<br>10:30 - Weekly Buzz<br>11:00 - Coffee & Convos<br>1:30 - Yard Yoga<br>3:00 - Guided Meditation                                                                                                                                           | 9:30 - Open Game Hour<br>10:30 - My Way, My Story<br>11:00 - Sittercise<br>1:30 - Chaplain<br>2:30 - Movie Matinee                         | 9:30 - Open Game Hour<br>11:00 - Sittercise<br>1:30 - Trivia<br>2:30 - Golf<br>3:30 - Patio Pow-Wow                              | 9:30 - Open Game Hour<br>11:00 - Sit & Stretch<br>1:30 - BINGO!<br>3:00 - Fall Art                      | <i>Salon Day</i><br>9:30 - Open Game Hour<br>10:15 - UNO!<br>11:00 - Sittercise<br>1:30 - This Day in History                                 | 9:30 - Open Game Hour<br>11:00 - Sit & Stretch<br>1:30 - Help Your Neighbor<br>3:00 - September Birthdays Celebration!                                                                            | 9:30 - Open Game Hour<br>10:30 - Brain Games<br>11:00 - Saturday Sports<br>1:30 - Garden Club<br>3:30 - Book Club                                                                                        |
| 9:30 - Open Game Hour<br>10:30 - Weekly Buzz<br>11:00 - Coffee & Convos<br>1:30 - Yard Yoga<br>3:00 - Guided Meditation                                                                                                                                           | 9:30 - Open Game Hour<br>10:30 - My Way, My Story<br>11:00 - Sittercise<br>1:30 - Chaplain<br>2:30 - Movie Matinee                         | 9:30 - Open Game Hour<br>10:30 - Live Music with Jean & Abby!<br>11:00 - Sittercise<br>1:30 - Crafting Corner<br>2:30 - Kickball | 9:30 - Open Game Hour<br>11:00 - Sit & Stretch<br>1:30 - BINGO!<br>3:00 - Patio Pow-Wow                 |                                                                                                                                               |                                                                                                                                                                                                   |                                                                                                                                                                                                          |

**\*All activities are subject to change to meet the needs of residents\***