

Monday

Tuesday

Wednesday

Thursday

Friday



1
10:00 Current Events
10:15 Station Groups
11:00 Sit & Stretch
1:00 Watercolor Art
2:00 Hand Massages & Meditation Music
3:00 Left, Center, Right

2
10:00 Current Events
10:15 Station Groups
11:00 Chair Yoga
1:00 Downtown Ride
2:00 Dominoes
3:00 Singalong - Broadway Musicals

5
Labor Day

DAY CENTER CLOSED

6
10:00 Current Events
10:15 Station Groups
11:00 Sittercise
1:00 Singalong
2:00 Phase 10
3:00 Travelogue - Olympic National Park

7
10:00 Current Events
10:15 Station Groups
11:00 Chair Tai Chi
1:00 Wacky Words & Wafers
2:00 Bingo
3:00 Mandalas & Music

8
10:00 Current Events
10:15 Station Groups
11:00 Bean Bag Toss
1:00 Adult Coloring
2:00 Balloon Volleyball Tournament
3:00 Skip Bo

9
10:00 Current Events
10:15 Station Groups
11:00 Velcro Darts
12:00 Lunch Outing to Chick-Fil-A
2:00 Parachute
3:00 Singalong

12
10:00 Current Events
10:15 Station Groups
11:00 Noodle Ball
1:00 Category Trivia-70's Inventions, Show Biz, 80's Headlines, & TV Teachers
2:00 Bingo

13
10:00 Current Events
10:15 Station Groups
11:00 Ring Toss
1:00 Singalong
2:00 Uno
3:00 Travelogue - Yosemite National Park

14
10:00 Current Events
10:15 Station Groups
11:00 Penny Pitch
1:00 Cryptograms & Chips
2:00 Bingo
3:00 Patio Chat

15
10:00 Current Events
10:15 Station Groups
11:00 Sit & Stretch
1:00 Decorative Tiles
2:00 Hand Massages & Meditation Music
3:00 Left, Center, Right

16
10:00 Current Events
10:15 Station Groups
11:00 Chair Yoga
1:00 Downtown Ride
2:00 Dominoes
3:00 Singalong - Broadway Musicals

19
10:00 Current Events
10:15 Station Groups
11:00 Corn Hole
1:00 Category Trivia Sept Games People Play & Stroke of Time
Adult Day Services Week

20
10:00 Current Events
10:15 Station Groups
11:00 Sittercise
1:00 Singalong
2:00 Phase 10
3:00 Travelogue - Yellowstone National Park

21
10:00 Current Events
10:15 Station Groups
11:00 Chair Tai Chi
1:00 Palindromes & Pie
2:00 Bingo
3:00 Mandalas & Music
World Alzheimer's Day

22
10:00 Current Events
10:15 Station Groups
11:00 Bean Bag Toss
1:00 Adult Coloring
2:00 Balloon Volleyball
3:00 Can You Name 100?
Centenarians Day

23
10:00 Current Events
10:15 Station Groups
11:00 Velcro Darts
12:00 Day Center Luncheon
2:00 Family Fun, Games, Snacks

26
10:00 Current Events
10:15 Station Groups
11:00 Noodle Ball
1:00 Category Trivia - Summer's End, Amore & Sinatra
2:00 Bingo

27
10:00 Current Events
10:15 Station Groups
11:00 Ring Toss
1:00 Singalong
2:00 Uno
3:00 Travelogue - Everglades National Park

28
10:00 Current Events
10:15 Station Groups
11:00 Penny Pitch
1:00 Homonyms & HoHos
2:00 Bingo
3:00 Patio Chat

29
10:00 Current Events
10:15 Station Groups
11:00 Sit & Stretch
1:00 Stained Glass Art
2:00 Hand Massages & Meditation Music
3:00 Left, Center, Right

30
10:00 Current Events
10:15 Station Groups
11:00 Velcro Darts
12:00 Lunch Outing to Charley's
2:00 Parachute
3:00 Singalong