

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>September Birthdays</u> Marlene M – 9/2 Lynn S – 9/3 Nancy K- 9/11 Theresa R – 9/21 Patricia M -9/23	<u>MORNING ACTIVITIES:</u> 1 Drum Fit Tuesday Sing Along W/Susie Q Coloring & Puzzles <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC BINGO Heritage House Calls 1:1	<u>MORNING ACTIVITIES:</u> 2 Chair Exercise Crafty Corner Coloring & Puzzles <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Match Game Kickball in the Courtyard	<u>MORNING ACTIVITIES:</u> 3 Parachute in the Courtyard Kickball Hangman <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC BINGO Happy Hour on the Patio	<u>MORNING ACTIVITIES:</u> 4 Chair Exercise Ring Toss Water Coloring <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Finish the Phrase Heritage House Calls 1:1	<u>MORNING ACTIVITIES:</u> 5 Noodle -Size Bowling Sing Along W/Susie Q <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Reminiscing in the Courtyard Snack & Chat in the Courtyard
<u>MORNING ACTIVITIES:</u> 6 Chair Exercise Kickball Church Services <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Memory Game Movie & Snacks	<u>MORNING ACTIVITIES:</u> 7 Parachute in the Courtyard Bowling Manicure Monday <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Trivia and ice cream on the Patio Labor Day	<u>MORNING ACTIVITIES:</u> 8 Drum Fit Tuesday Sing Along W/Susie Q Coloring & Puzzles <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC BINGO Heritage House Calls 1:1	<u>MORNING ACTIVITIES:</u> 9 Chair Exercise on the Patio Bean Bag Toss on the Patio Crafty Corner <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Hangman Music in the Courtyard	<u>MORNING ACTIVITIES:</u> 10 Noodle-Size Kickball Patio and Trivia <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC BINGO Happy Hour on the Patio	<u>MORNING ACTIVITIES:</u> 11 Parachute in the Courtyard No Bake Friday <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Match Game Heritage House Calls 1:1 Patriot Day	<u>MORNING ACTIVITIES:</u> 12 Chair Exercise Ring Toss Water Coloring <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Finish the Phrase Snack & Chat in the Courtyard
<u>National Grandparents Day</u> 13 <u>MORNING ACTIVITIES:</u> Chair Exercise Kickball Church Services <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Sundays on Sunday Reading on the Porch	<u>MORNING ACTIVITIES:</u> 14 Balloon Volleyball Water Painting Manicure Monday <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Hangman Trivia on the Patio	<u>MORNING ACTIVITIES:</u> 15 Drum Fit Tuesday Sing Along W/Susie Q Try it Tuesday <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC BINGO Heritage House Calls 1:1	<u>MORNING ACTIVITIES:</u> 16 Parachute Table Golf Crafty Corner <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Coloring & Puzzles Music in the Courtyard	<u>MORNING ACTIVITIES:</u> 17 Balloon Volleyball Ring Toss Reading in the Courtyard <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC BINGO Happy Hour on the Patio	<u>MORNING ACTIVITIES:</u> 18 Chair Exercise on the Patio Ball Toss on the Patio Patio and Trivia <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Snack & Chat Heritage House Calls 1:1	<u>MORNING ACTIVITIES:</u> 19 Noodle-Size Bowling Coloring & Puzzles <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Reminiscing in the Courtyard Snack & Chat in the Courtyard
<u>MORNING ACTIVITIES:</u> 20 Chair Exercise Kickball Church Services <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Memory Game Movie & Snacks	<u>MORNING ACTIVITIES:</u> 21 Parachute in the Courtyard Manicure Monday Coloring <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC What's in the Bag Movie & Snacks	<u>National Ice Cream Cone Day</u> 22 <u>MORNING ACTIVITIES:</u> Drum Fit Tuesday Sing Along W/Susie Q Coloring & Puzzles <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC BINGO Ice Cream Cones on the Patio	<u>MORNING ACTIVITIES:</u> 23 Chair Exercise Table Golf Crafty Corner <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Kickball in the Courtyard First Day of Autumn	<u>MORNING ACTIVITIES:</u> 24 Noodle-Size Kickball Patio and Trivia <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC BINGO Happy Hour on the Patio	<u>MORNING ACTIVITIES:</u> 25 Parachute No Bake Friday <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Ring Toss in the Courtyard Heritage House Calls 1:1	<u>MORNING ACTIVITIES:</u> 26 Chair Exercise Ring Toss Water Coloring <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Finish the Phrase Snack & Chat in the Courtyard
<u>MORNING ACTIVITIES:</u> 27 Chair Exercise Bean Bag Toss Church Services <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Sundaes on Sunday Reading on the Porch	<u>MORNING ACTIVITIES:</u> 28 Balloon Volleyball Manicure Monday Match Game <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Hangman Painting	<u>MORNING ACTIVITIES:</u> 29 Drum Fit Tuesday Sing Along W/Susie Q Coloring & Puzzles <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC BINGO Heritage House Calls 1:1	<u>MORNING ACTIVITIES:</u> 30 Parachute in the Courtyard Crafty Corner Music Therapy <u>AFTERNOON ACTIIVES:</u> Heritage Hikers in MC Bowling Water Painting		DAILY HYDRATION & SNACK CART	<u>What's New?</u> *Drum Fit Tuesdays (New form of Exercise) *Try It (Once a month we will be trying something new)

**All activities are subject to change when necessary. Residents' families are invited to participate in community events.*