

September Activity Calendar 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		AM: ROM (Range of Motion) PM: Popcorn and Movie	AM: Baking Day PM: Stepping up - Stepping out	9:30 AM: Exercise with residents PM: Play Cards with Friend	AM: Windy Forecast Craft PM: Tell a story or share a memory	AM: Read a Book with Residents PM: Fall coloring page
6	7	8	9	10	11	12
AM: Watch Church on TV PM: Stretching Exercises	AM: Board Game Day PM: Play a game in your house	AM: ROM (Range of Motion) PM: Puzzle Day	PM: Baking Day AM: Stepping up - stepping out	9:30 AM: Chair exercises PM: Pass A ball With Housemates	AM: Night time Bonfire Cact PM: Music, Singing & Dancing	AM: Start a Puzzle PM: 9/11 craft
13	14	15	16	17	18	19
AM: Watch Church on TV PM: Stretching Exercises	AM: Go for a Walk PM: Board Games in Your House	AM: ROM (Range of Motion) PM: In house Bingo	AM: Baking day PM: Stepping up - Stepping out	9:30 AM: Chair exercises PM: Chair Yoga	AM: Name Art Craft PM: Card Game in your House	AM: Nail care day PM: Acorn Craft
20	21	22	23	24	25	26
AM: Watch Church on TV PM: Stretching Exercises	AM: Sing a long in Your House PM: Bean Bag day	AM: Read A Book Outloud PM: ROM (Range of Motion)	AM: Baking Day PM: Stepping up - Stepping out	9:30 AM: Chair exercises PM: Shoot Hoops day	AM: liberty Hat Craft PM: Read a Book, Magazine or Newspaper	AM: Board Game in your House PM: Fall Crossword Craft
27	28	29	30			
AM: Watch Church on TV PM: Stretching Exercises	AM: Dance with A Friend PM: Play Music in Your House	AM: ROM (Range of Motion) PM: Play a Game Outside	AM: Baking Day PM: Make pancakes with your residents			