YOUR Life MEMORY CARE

SEPTEMBER 2026

SUN	MON	TUE	WED	THUR	FRI	SAT
		1 9:30a Morning Exercise (AR1) 10a Walk in the Courtyard (OS) 11a Devotional (AR1) 2p Family Feud IN2L(DR3) 3p Axe Throwing (DR1) 4p Nature Grounding (OS)	**2** 9:30a Music & Movement Exercise (AR1) 10a Walk in the Courtyard (OS) 11a Decades Sing A Long (AR1) 2p Tai Chi Stretch (AR1) 3p Bowling (AR1) 4p Light Meditation (AR1)	**3** 9:30a Chair Yoga (AR1) 10a Walk in the Courtyard (OS) 11a "Treat Yo Self" Spa Day (AR1) **2p A Taste of Hispanic Heritage: Mexico (DR1)** 3p Guess the Lyric IN2L (AR1) 4p Relaxing Stretches (AR1)	**4** 9:30a Sit & Be Fit (AR1) 10a Walk in the Courtyard (OS) 11a How Much did it Cost? (AR1) **2p Happy Hour (OS)** 3p The Price is Right (AR1) 4p Poetry & Reflection Circle (AR1)	**5** 9:30a Chair Exercise (AR1) 10a Walk in the Courtyard (OS) 11a Favorite Recipes IN2L (AR1) ***2p Tailgate Party (AR1)*** ***3p College Football: Bulldogs vs. Volunteers (AR1)*** 4p Music & Memories (AR1)
6 9:30a Sit & Be Fit (AR1) 10a Walk in the Courtyard (OS) **10:30a Church Service (AR1)** 11a Morning Devotional (AR1) 2p Who Am I IN2L (AR1) 3p Armchair Travel (AR1) 4p Ice Cream Sandwiches on the Patio (OS)	**7** 9:30a Sit & Be Fit (AR1) 10a Walk in the Courtyard (OS) 11a Workin Hard or Hardly Workin Trivia IN2L (AR1) ***2p Red, White, & Blue Labor Day Craft (AR1)*** 3p Patriotic Music Hour (DR1) 4p Evening Prayer (AR1)	**8** 9:30a Music & Movement Exercise (AR1) 10a Walk in the Courtyard (OS) 10:30a Music w/ Joy Club (DR3) 11a Devotional (AR1) ***2p HomeStead Class: Making Honey Butter (DR3)*** 3p Cornhole (OS) 4p Hymns Sing A Long (AR1)	**9** 9:30a Sit & Be Fit (AR1) 10a Walk in the Courtyard (OS) 10:30 Coffee & Conversation w/ Kindall (AR1) ***1:30p La Michoacana Outing (B)*** 2p Steep & Sip Tea Bar (DR2) 3p Board Games (AR1) 4p Sound Meditation (AR1)	**10** 9:30a Chair Yoga (AR1) 10a Walk in the Courtyard (OS) 11a "Treat Yo Self" Spa Day (AR1) **2p A Taste of Hispanic Heritage: Columbia (DR2)** 3p Guess the Lyric IN2L (AR1) 4p Relaxing Stretches (AR1)	**11** 9:30a Sit & Be Fit (AR1) 10a Walk in the Courtyard (OS) 11a How Much did it Cost? (AR1) **2p Happy Hour (OS)** 3p Exercise Bingo (AR1) 4p Evening Prayer (AR1)	**12** 9:30a Chair Exercise (AR1) 10a Walk in the Courtyard (OS) 10:30a Iced Tea & Hot Topics (OS) 11a Nature Crafts(AR1) 2p Kickball (AR1) 3p Word Games- IN2L (AR1) 4p Discussion Starters IN2L (AR1)
13 9:30a Chair Exercise (AR1) 10a Walk in the Courtyard (OS) **10:30a Church Service (AR1)** 11a Today in History IN2L (AR1) ***2p "A Picture is Worth a Thousand Memories (AR1)*** 3p Armchair Travel (AR1) 4p IN2L Games (DR2)	**14** 9:30a Sit & Be Fit (AR1) 10a Walk in the Courtyard (OS) 11a Music w/ Marilyn (DR1) **2p Veteran Social (AR1)** ***3p Great Gatsby Party (DR1)*** ***4p Our Stars have Stories (AR1)***	**15** 9:30a Morning Exercise (AR1) 10a Walk in the Courtyard (OS) 11a Devotional (AR1) ***2p Sock Hop (DR2)*** ***3p Then & Now (DR3)*** 4p Nature Grounding (OS)	**16** 9:30a Sit & Be Fit (AR1) 10a Walk in the Courtyard (OS) 11a Through the Years Trivia (AR1) ***2p*** 3p Football Toss (AR1) 4p Sensory Meditation (AR1)	**17** 9:30a Morning Exercise (AR1) 10a Walk in the Courtyard (OS) 11a Ice Cream Trivia (AR1) **2p A Taste of Hispanic Heritage: Cuba (DR3)** ***3p Boogie Party (DR3)*** 4p Immersive Videos IN2L (AR1)	**18** 9:30a Morning Exercise (AR1) 10a Walk in the Courtyard (OS) ***11a Jerry's Drive In Lunch Outing (B)*** **2p Happy Hour (DR1)** ***3p Glow Party (AR1)*** 4p Guided Breathing (AR1)	**19** 9:30a Music & Movement (AR1) 10a Walk in the Courtyard (OS) 10:30a Volleyball (OS) ***12p Alzheimers Car Show (OS)*** 2p Storytelling Circle w/ Popcorn (DR2) 3p Board Games of Choice (AR1) 4p Card Sharks IN2L (AR1)
20 9:30a Chair Exercise (AR1) 10a Walk in the Courtyard (OS) **10:30a Church Service (AR1)** 11a Today in History- IN2L (AR1) 2p IN2L Games (AR1) 3p Arm chair Travel (AR1) 4p Spin & Solve IN2L (AR1)	**21** 9:30a Chair Yoga (OS) 10a Walk in the Courtyard (OS) 11a Where in the World IN2L (AR1) ***2p Garden of Memories (OS)*** 3p Plinko IN2L (AR1) 4p Reminiscing Circle (AR1)	**22** 9:30a Ball Drumming (AR1) 10a Walk in the Courtyard (OS) 11a Devotional (AR1) **2p Resident Brithday Celebration (DR3)** 3p Bowling (OS) 4p R&R Music Hour (AR1)	**23** 9:30a Chair Dance Exercise (AR1) 10a Walk in the Courtyard (OS) 10:30a Coffee & Conversation w/ Kindall (DR1) 11a Music w/ Norm (Dr1) 2p Steep & Sip Tea Bar (DR2) **3p New Resident Welcome Social (AR1)** 4p Relaxing Sounds (AR1)	**24** 9:30a Tap to the Beat (AR1) 10:00a Walk in the Courtyard (AR1) 11a Have you Ever? IN2L (AR1) **2p A Taste of Hispanic Heritage: Spain (DR1)** 3p Axe Throwing (OS) 4p - Famous Musicals: Chicago (AR1)	**25** 9:30a Chair Exercise (AR1) 10a Walk in the Courtyard (OS) 11:30 What's in the Bag (AR1) **2p Happy Hour (DR3)** **3p Making Smoothies w/ Brandi (DR1)** 4p Beach Sounds Relaxation(AR1)	**26** 9:30a Chair Yoga (AR1) 10a Walk in the Courtyard (OS) 10:30a Mini Golf (OS) 11a IN2L Games (AR1) 2p Weekend Bingo! (AR1) 3p Saturday Matinee: Oklahoma! (AR1) 4p Board Games (AR1)
27 9:30a Chair Exercise (AR1) 10a Walk in the Courtyard (OS) **10:30a Church Service (AR1)** 11a Today in History- IN2L (AR1) 2p This or That IN2L (AR1) 3p Arm Chair Travel (AR1) 4p Patio Chat w/ Cookies (OS)	**28** 9:30a Morning Exercise (AR1) 10a Walk in the Courtyard (OS) 11a Postive News (AR1) **2p Resident Council Meeting (AR1)** Volleyball (AR1) 4p Nature Grounding (OS)	**29** National Biscotti Day 9:30a Ball Drumming (AR1) 10a Walk in the Courtyard (OS) 11a Devotional (AR1) **11a Men's Trip (B)** ***2p Baking Demo: Lemon Biscotti (DR1)*** 3p Trivia IN2L (AR1) 4p Musical Meditation (AR1)	**30** 9:30a Music & Movement Exercise (AR1) 10a Walk in the Courtyard (OS) 11a Favorite Pets (AR1) **2p Resident Theme Planning Comittee Meeting (AR1)** 3p Button Sorting (DR1) 4p Light Meditation (AR1)	Happy Birthday 09/01.....William "Bill" H. 09/11.....Beverly W. 09/17.....Norman A. 09/20.....John V. 09/24.....Susan H. 09/30.....Martha L. 09/30.....William "Geno" Y.	<u>Location Box:</u> • AR: Activity Room (Neighborhood 1) • DR1: Dining Room (Neighborhood 1) • DR3: Dining Room (Neighborhood 3) • B: Bus Trip • OS: Outside	Please note that all activities are subject to change without notice based on the needs of residents or weather dependent programs.

*ALL ACTIVITIES ARE SUBJECT TO CHANGE

PENSACOLA

LICENSE NUMBER: AL12953