

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Chair yoga chair volleyball bingo	2 Move your body word games reminisce	3 Coffee chat move & groove family feud	4 Exercise balloon toss afternoon movie	5
6	Closed	8 Upper arm exercise games of choice music trivia	9 Chair yoga sensory parachute	10 Breathing exercise kickball sound of drums	11 Move your body would you rather afternoon movie	12
13	14 Hallway exercise color sorting oldies trivia	15 Walk outside word games bowling	16 Leg exercise motown trivia SEPT BDAY PARTY	17 Foot movement arts & craft random trivia	18 Exercise balloon toss afternoon movie	19
20	21 Stretching ring toss sensory	22 Move to Music group puzzles family feud	23 Chair yoga guess who games painting	24 Foot movement memories games sound of drums	25 Coffee chat exercise New Leaf Kitchen@11	26
27	26 Arm movement coffee chat would you rather	29 Move to wave high & low ring toss	30 Calming music reminisce painting			