

September 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 No Rhyme or Reason Day (mis-match) 10:00 ZUMBA 11:00 Rhyme Time 1:30 Match Up 2:00 What's Reasonable? 3:00 Bottom's Up 6:00 An Evening with Shay	2 10:00 Sound Healing 11:00 In The News 1:30 Resistance Bands 2:00 Art Tiles 3:00 Bocce 6:00 Wrap up with Sashana	3 10:00 Wake Up to Wellness 11:00 What Do I Know About You 1:30 ZUMBA 2:00 Photo Hunt 3:00 Cornhole 6:00 An Evening with Shay	4 Tailgate Day 10:00 Wake Up to Wellness 11:00 Finish My Line 1:30 Tailgating on the Green 3:00 Sing Along 6:00 Cooldown with Shay	5 10:00 Wake Up to Wellness 11:00 Television Trivia 1:30 Sports & Table Medley 3:00 Mind & Body Exercises 6:00 Travelogues & Table Games
6 Bowling Day 10:00 Wake Up to Wellness 11:00 St. Dunstan's 1:30 Bowling Bonanza 3:00 BINGO 6:00 Music & Nail Care	7 10:00 Wake Up to Wellness 11:00 Which State? 1:30 Tai Chi Movement 2:00 Name Five 3:00 Wish Jars 6:00 Evening Matinee & Table Games	8 EVS Appreciation 10:00 ZUMBA 11:00 Clean Sweep 1:30 Music with The Harley's 3:00 JINGO 6:00 An Evening with Shay	9 10:00 Wake Up to Wellness 11:00 Trivia Cards 12:00 Labor Day Picnic 2:00 Keep It Up 3:00 Finish My Line 6:00 Wrap up with Sashana	10 10:00 Wake Up to Wellness 11:00 What Did it Cost? 1:30 ZUMBA 2:00 Occupations 3:00 Watercolors 5:00 Caregiver Seminar 6:00 An Evening with Shay	11 Rosh Hashanah 10:00 Wake Up to Wellness 11:00 Finish My Line 1:30 What is Rosh Hashanah? 2:00 Apples & Honey 3:00 Patriotic Sing Along 6:00 Cooldown with Shay	12 10:00 Wake Up to Wellness 11:00 Television Trivia 1:30 Sports & Table Medley 3:00 Mind & Body Exercises 6:00 Travelogues & Table Games
13 Grandparents Day 10:00 Wake Up to Wellness 11:00 St. Dunstan's 1:30 GRAND Words 2:00 Stories from the Heart 3:00 BINGO 6:00 Music & Nail Care	14 10:00 Wake Up to Wellness 11:00 Finish the Phrase 1:30 Tai Chi Movement 2:00 Apple Cake 3:00 Sing with Me 6:00 Evening Matinee & Table Games	15 10:00 ZUMBA 11:00 Mad Libs 1:30 Larry Batter 3:00 Bottom's Up 6:00 An Evening with Shay	16 Guacamole Day 10:00 Wake Up to Wellness 11:00 Jeopardy 1:30 Making Guacamole with Jared 3:00 Dance Day Clips 6:00 Wrap up with Sashana	17 10:00 Wake Up to Wellness 11:00 Did You Know? 1:30 ZUMBA 2:00 Famous Faces 3:00 Sing Along 5:00 Support Group 6:00 An Evening with Shay	18 10:00 Wake Up to Wellness 10:30 The Plant Guy 1:30 Keep It Moving 3:00 Crafter's Corner 6:00 Cooldown with Shay	19 10:00 Wake Up to Wellness 11:00 Television Trivia 1:30 Sports & Table Medley 3:00 Mind & Body Exercises 6:00 Travelogues & Table Games
20 Yom Kippur 10:00 Wake Up to Wellness 11:00 St. Dunstan's 1:30 Basketball 3:00 BINGO 6:00 Music & Nail Care	21 ALZ Day, Wear Purple 10:00 Wake Up to Wellness 11:00 Pictionary 1:30 Tai Chi Movement 2:00 Cupcake Decor 3:00 Sing with Me 6:00 Evening Matinee & Table Games	22 10:00 ZUMBA 11:00 Where Do You Keep? 1:30 Javelin Toss 2:00 Have You Ever? 3:00 JINGO 6:00 An Evening with Shay	23 10:00 Wake Up to Wellness 11:00 Mind Joggers 1:30 Movement to Music 2:00 Packing Bags for 28th 3:00 Oktoberfest Social 6:00 Wrap up with Sashana	24 Baseball Day 10:00 Wake Up to Wellness 11:00 Baseball Trivia 1:30 ZUMBA 2:00 Batter Up 3:00 Ballpark Sing Along 6:00 An Evening with Shay	25 Quesadilla Day 10:00 Wake Up to Wellness 11:00 School Days Trivia 1:30 Music with Jeff Weiselberg 3:00 Quesadillas & Salsa 6:00 Cooldown with Shay	26 10:00 Wake Up to Wellness 11:00 Television Trivia 1:30 Sports & Table Medley 3:00 Mind & Body Exercises 6:00 Travelogues & Table Games
27 10:00 Wake Up to Wellness 11:00 St. Dunstan's 1:30 Bowling 3:00 BINGO 6:00 Music & Nail Care	28 Good Neighbors Day 10:00 Wake Up to Wellness 11:00 Scattergories 1:30 Word Games with Ashley 1:30 Neighborhood Deliveries 2:00 Working with Weights 3:00 Puzzle Tables 6:00 Evening Matinee & Table	29 10:00 ZUMBA 11:00 All About Animals 1:30 Arms Up 2:00 This or That 3:00 Bottom's Up 6:00 An Evening with Shay	30 10:00 Wake Up to Wellness 11:00 Travel Trivia 1:30 Dance with Me 2:00 Kids Tell Jokes 3:00 Penny Ante 6:00 Wrap up with Sashana			

All programming is subject to change to suit the needs of the community and our residents.