

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ACTIVITIES TEAM: Director: Kayla Roane : CTRS Asst Director: Catherine Heard Kellie Morris Kimberly Grimes Evelyn Olnick : CH Unit Brittni Murray : CH unit Isabel Tabadero (PT– Cloverhill) Jessica White (PT)	LOCATION KEY O – Outing D– Dale MD—Midlothian MT– Matoaca AN—All Neighborhoods RTR—Room to Room MA—Mast Auditorium FH—Fellowship Hall	1 8:45 Daily Chronicle Pass [AN] 10:30 Exercise [FH] 11:00 All About September [FH] 11:30 Cranium Crunches [FH] 2:30 Craig Anders Performs [FH] 2:30 Cookie Pass [RTR]	2 8:45 Daily Chronicle Pass [AN] 10:30 Exercise with Sue [FH] 11:00 Famous Faces: Elvis [FH] 11:30 You be the Judge [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [DALE DINING]	3 8:45 Daily Chronicle Pass [AN] 10:30 Exercise [FH] 11:00 Food Club: Caramel Dip [FH] 11:30 Name that Price [FH] 2:30 Outing: Joy Ride [O] 2:30 Richard & Don Perform [FH] 2:30 Cookie Pass [RTR]	4 8:45 Daily Chronicle Pass [AN] 10:30 Chair Yoga [FH] 11:00 Explore the Globe [FH] 11:30 Pass the Prize Game [FH] 2:00 Dollar Tree [O] 2:00 Horseracing [FH]	5 8:45 Daily Chronicle Pass [AN] 11:30 Balloon Volleyball [FH] 11:45 Linked Senior [FH] 11:30 Fact or Crap Trivia [FH] 2:45 Cassette Tape Art [FH]
6 8:45 Packet/Devotional Pass [RTR] 10:30 Catholic Communion [RTR] 11:30 Music and Movement [FH] 12:00 Brain Teasers [FH] 2:30 Church Service: Faith Landmark Church [MA]	7 LABOR DAY 8:45 Packet Pass [AN] 11:30 Exercise Circle [FH] 11:45 Patriotic Tunes [FH] 12:00 Occupation Match [FH] 3:00 Stars and Sundaes [FH] 3:30 Labor Day Word Games [FH]	8 8:45 Daily Chronicle Pass [AN] 10:30 Exercise [FH] 11:00 Cranium Crunches [FH] 11:15 Craft: Cherry Blossom Trees [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [DALE DINING]	9 8:45 Daily Chronicle Pass [AN] 10:30 Exercise with Sue [FH] 11:00 Famous Faces: Lucille Ball [FH] 11:00 Outing: Joy Ride [O] 11:30 Dear Abby [FH] 2:30 Music with Mary Saunders [FH] 2:30 Cookie Pass[[RTR]	10 8:45 Daily Chronicle Pass [AN] 10:30 Exercise [FH] 11:00 Mints with Joanne [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [DALE DINING] 4:00 Hydration Cart [RTR]	11 8:45 Daily Chronicle Pass [AN] 10:30 Chair Yoga [FH] 11:00 Manicures and Music [FH] 2:00 Bingo Store [FH] 2:00– Matoaca 2:30 - Midlo 3:00 –Dale	12 8:45 Daily Chronicle Pass [AN] 11:30 Balloon Volleyball [FH] 11:45 Linked Senior [FH] 12:00 Urban Myths [FH] 2:00 Movie Matinee [FH]
13 8:45 Packet/Devotional Pass [RTR] 10:30 Music and Movement [FH] 10:30 Catholic Communion [RTR] 11:00 Brain Teasers [FH] 2:30 Church Service: Mt. Gillead Church [MA]	14 National Virginia Day 8:45 Daily Chronicle Pass [AN] 10:30 Exercise Circle [FH] 11:00 National Virginia Day[FH] 11:30 Match Game [FH] 11:30 Outing: Brock’s BBQ [O] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [DALE DINING]	15 8:45 Daily Chronicle Pass [AN] 10:30 Exercise [FH] 11:00 Cranium Crunches [FH] 11:15 Craft: Picture Frames [FH] 2:30 Resident Council [FH] 2:30 Cookie Baking [RTR]	16 8:45 Daily Chronicle Pass [AN] 10:30 Exercise with Sue [FH] 11:00 Famous Faces: Johnny Cash [FH] 11:30 You be the Judge [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [DALE DINING]	17 8:45 Daily Chronicle Pass [AN] 10:30 Exercise [FH] 11:00 Virtual Travel [FH] 11:30 Universal Yums [FH] 2:30 Horseracing [FH]	18 National Cheeseburger Day 8:45 Daily Chronicle Pass [AN] 10:30 Kevin Salyer Sings [FH] 11:00 Cookie Baking [RTR] 2:30 Diner Delights Social [FH]	19 8:45 Daily Chronicle Pass [AN] 11:30 Balloon Volleyball [FH] 11:45 Linked Senior [FH] 12:00 Fact or Crap Trivia [FH] 3:00 Higher or Lower Cards [FH] 3:15 Ring Toss [FH] 3:30 Riddles and Jokes [FH]
20 8:45 Packet/Devotional Pass [RTR] 10:30 Catholic Communion [RTR] 11:30 Music and Movement [FH] 12:00 Brain Teasers [FH] 2:30 Church Service: Amazing Grace World Fellowship [MA]	21 8:45 Daily Chronicle Pass [AN] 10:30 Exercise Circle [FH] 11:00 Finish the Phrase [FH] 11:30 Match Game [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [DALE DINING]	22 8:45 Daily Chronicle Pass [AN] 10:30 Exercise [FH] 11:00 National Centenarian Day [FH] 12:00 September Luncheon [MA] 2:30 Carla Kay Sings [FH] 2:30 Cookie Pass [RTR]	23 8:45 Daily Chronicle Pass [AN] 10:30 Exercise with Sue [FH] 11:00 Famous Faces: Elizabeth Taylor [FH] 11:30 Dear Abby [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [DALE DINING] 6:30 Me and Martha Sing [FH]	24 8:45 Daily Chronicle Pass [AN] 10:30 Exercise [FH] 11:00 Food Club: Apple Slices [FH] 11:30 Blind Rankings [FH] 2:30 Paint and Sip [FH] 3:30 Cookie Baking [RTR]	25 8:45 Daily Chronicle Pass [AN] 10:30 Chair Yoga [FH] 11:00 Family Feud [FH] 11:30 Explore the Globe [FH] 2:30 Guess that Price [FH] 3:00 Penny Prize Toss [FH]	26 8:45 Daily Chronicle Pass [AN] 11:30 Balloon Volleyball [FH] 11:45 Linked Senior [FH] 12:00 Urban Myths [FH] 2:30 Craft Corner [FH]
27 8:45 Packet/Devotional Pass [RTR] 10:30 Music and Movement [FH] 10:30 Catholic Communion [RTR] 11:00 Brain Teasers [FH] 2:30 Church Service: New Hope Church [MA]	28 National Family Day 8:45 Daily Chronicle Pass [AN] 10:30 Exercise Circle [FH] 11:00 Finish the Lyrics [FH] 11:30 National Family Day [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [DALE DINING]	29 National Coffee Day 8:45 Daily Chronicle Pass [AN] 10:30 Exercise [FH] 11:00 Cookie Baking [RTR] 11:00 Coffee, Cookies, & Current Events [FH] 11:15 Craft: Marble Art [FH] 2:30 September Birthday Party [FH]	30 8:45 Daily Chronicle Pass [AN] 10:30 Exercise with Sue [FH] 11:00 Famous Faces: Sam Cooke [FH] 11:30 You be the Judge [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [DALE DINING]	SEPTEMBER 2026 HEALTHCARE ACTIVITY CALENDAR *ALL ACTIVITIES SUBJECT TO CHANGE*		