

# September 2025

| SUNDAY                                                                                                                                                                              | MONDAY                                                                                                                       | TUESDAY                                                                                                                         | WEDNESDAY                                                                                                                             | THURSDAY                                                                                                                                                | FRIDAY                                                                                                                              | SATURDAY                                                                                                        |
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| Outside time weather permitting.<br>Activities subject to change.<br>Independent table games available in Dayroom<br>Families and Staff are welcome to join activities at any time. |                                                                                                                              |                                                                                                                                 |                                                                                                                                       |                                                                                                                                                         | 1                                                                                                                                   | 2                                                                                                               |
| 9:00 morning exercises<br>9:45 Current Events<br>10:00 Pretty Nails<br>2:00 Bingo w/Teatime<br>6:00 Word Searches                                                                   | 9:00 Movement to Music<br><u>10:00 Resident Help Desk</u><br>3:00 Target Toss/Bowling<br>4:00 Golden Country                 | 9:00 Morning exercises<br>10:30 Table Games<br>3:00 Target Toss/Bowling 4:00 Contemporary Music                                 | 9:00 morning exercises<br>9:30 Movement to Music<br>10:00 Gospel Singing<br><u>10:30 Devotions (Bluebonnet)</u><br>3:00 Arts & Crafts | 9:30 Exercise/Ball Toss<br>11:00 Ladies Coffee talk<br>3:00 Table Games<br>4:00 Golden Oldies                                                           | 9:00 morning exercises<br><u>10:00 Church (Luminos)</u><br>3:00 Happy Hour<br>Trumpet/Jazz                                          | 9:00 morning exercises<br>10:30 Table Games<br>2:00 Target Toss/Bowling<br>4:00 Golden Oldies                   |
| 9:00 Movement to Music<br>11:00 Church of God<br>3:00 Table Games                                                                                                                   | 9:00 Morning Walks<br>10:30 Story Hour<br>2:30 Garden Party                                                                  | 9:00 morning exercises<br>10:30 Exercise/Ball Toss<br>3:00 Table Games<br>4:00 Classical Music                                  | 9 morning exercises<br>11:30 Music Exercise<br>3:00 Arts & Crafts<br>4:00 Garden Time                                                 | 9:00 morning exercises<br>10:30 Exercise/Ball Toss<br>3:00 Dominos and Country<br>2:30 Team Training w/Choncho Hearts                                   | 9:00 Sittercise<br><u>10:00 Church (Luminos)</u><br>01:00 Making Cards Day<br>3:00 Happy Hour                                       | 9:00 Morning Yoga<br>10:30 Hallway Crosswords<br>3:00 Gardening and Music                                       |
| 9:00 morning exercises<br>10:00 Movement to Music<br>3:00 Table Games<br>4:00 Golden Oldies                                                                                         | 9:00 morning exercises<br>9:30 Nail Clinic<br><u>10:00 Resident Help Desk</u><br>10:30 Morning Exercises<br>1:30 Garden Club | 9:00 Morning Yoga<br>11:00 Coffee Talk<br><u>2:00 Art/Crafts with Allumine Home Health</u><br>3:30 Bingo and Popcorn            | 8:45 Men's Coffee Shop<br>9:30 Morning Stretches<br><u>10:30 Devotions (Bluebonnet)</u><br>1:30 Table Games w/Music                   | 9:00 morning exercises<br>10:00 Current Events<br>2:00 Ice Cream Cart<br>3:00 Teatime<br>6:00 Card Games                                                | 9:00 Music Exercises<br><u>10:00 Church (Luminos)</u><br>11:00 Ladies talk w/Tea<br>3:00 Happy Hour Bluegrass/Country               | 9:00 morning exercises<br>10:00 Movement to Music<br>3:00 Table Games<br>4:00 Outside w/Country Music Favorites |
| 9:00 Sittercise<br>10:30 20 Questions<br>2:30 Entertainment<br>3:45 Happy Hour                                                                                                      | 9:00 Sittercise<br><u>10:00 Resident help desk</u><br>11:00 Bingo<br>2:00 Garden Club                                        | 9:00 morning exercises<br>10:00 Current Events<br><u>10:30 Activities w/ HomeInstead</u><br>2:00 Painting Class<br>3:00 Teatime | 9:00 morning exercises<br>9:45 Current Events<br>10:00 Pretty Nails<br>2:00 Bingo w/Teatime<br>5:30 Family Night W/Choncho Hearts     | 9:00 morning exercises<br>10:30 Table Games<br><u>2:00 Birthday Social With Allumine Hospice</u><br>3:00 Target Toss/Bowling<br>4:00 Music and exercise | 9:00 morning exercises<br><u>10:00 Church (Luminos)</u><br>11:30 Movement to Music<br>3:00 Arts & Crafts<br>4:00 Contemporary Music | 9:00 morning exercises<br>10:30 Exercise/Ball Toss<br>3:00 Table Games<br>4:00 Jazz music                       |
| 9:00 morning exercises<br>10:00 Church<br>3:00 Root Beer Float Social                                                                                                               | 9:00 Movement to Music<br><u>10:00 Resident Help Desk</u><br>11:00 Bingo<br>3:00 Table Games                                 |                                                                                                                                 |                                                                                                                                       |                                                                                                                                                         |                                                                                                                                     |                                                                                                                 |