

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Labor Day MHSDC Closed	2 Morning Chat Stretch & Flex Make Popsicles Jeopardy Lunch Games & Puzzles <i>Blueberry Popsicle Day</i>	3 News of the Day Morning Music Bowling History Balloon Tennis Lunch Art Fun	4 Today's History Morning Stretch Learn about Wildlife Connect Four Lunch Karaoke Time <i>National Wildlife Day</i>	5 Morning Chat Who Am I? Scattergories Stretch & Flex Lunch Bingo/Corn Hole Pop Popcorn <i>Popcorn Day</i>
8 News of the Day Morning Music Patsy Cline Stretch & Flex Lunch Spa Sessions Outing to Jungle Jim's	9 Morning Chat Stretch & Flex Classical Music Month Composer Quiz Lunch Fun with Food: Make Ants on a Log <i>Ants on a Log Day</i>	10 News of the Day Morning Music Word Games Balloon Tennis Lunch Who is Arnold Palmer? <i>Arnold Palmer Day</i>	11 Today's History Morning Stretch Scrapbooking Bean Bag Toss Lunch Guess the Song & Artist	12 Morning Chat Stretch & Flex Word Games Sing-A-Long with Betsy Lunch Parachute Fun Make Milkshakes <i>Chocolate Milkshake Day</i>
15 News of the Day Morning Music Make Pasta Stretch & Flex Lunch Spa Sessions Pasta Art <i>Linguine Day</i>	16 Morning Chat Stretch & Flex Travel to Mexico Learn Spanish Lunch Make Guacamole <i>Guacamole Day</i>	17 News of the Day Balloon Tennis Morning Music Country Music Artists Lunch Short Stories Country Song Karaoke <i>Country Music Day</i>	18 Today's History Morning Stretch Frankie Avalon Connect Four Lunch Cooking Club: Puppy Chow <i>Cheeseburger Day</i>	19 Morning Chat Learn about Pirates Pirate Stories Stretch & Flex Lunch Pirate Bingo/Bean Bag Toss <i>Talk like a Pirate Day</i>
22 News of the Day Morning Music Word Games Stretch & Flex Lunch Spa Sessions Craft Time <i>Autumn Begins</i>	23 Morning Chat Stretch & Flex Ray Charles Jeopardy Lunch Tickle the Ivories <i>Pot Pie Day</i>	24 News of the Day Morning Music Jim Henson Balloon Tennis Lunch Card Making	25 Today's History Morning Stretch Shel Silverstein Bean Bag Toss Lunch Cooking Club: Rice Crispy Treats	26 Morning Chat Funny Sayings Friday Stretch & Flex Sing-A-Long with Betsy Lunch (make pancakes) Ice Cream Social <i>Sponsored by Humana</i> <i>Pancake Day</i>
29 News of the Day Morning Music Cooking Club: Coffee Stretch & Flex Lunch Spa Sessions Dice Games <i>Coffee Day</i>	30 Morning Chat Stretch & Flex Learn about Oceans Virtual Aquarium Tour Lunch Sea Shanties & Songs <i>World Maritime Day</i>	September 22nd – 26th is Adult Day Services Week! Theme of the Week: Fall in Love with Adult Day Services Wear Fall Colors All Week Long		

