

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Join us for Hat Week September 21-26 	Today's History 1 Stretch and Flex What Am I? Noodle Ball Lunch Patio Time Corn Hole	Morning Chat 2 Karaoke Stretch and Flex Clown Pants Lunch Puzzle Time Rock N' Roll Hall of Fame	News of the Day 3 Word Games Stretch and Flex Parachute Fun Lunch Music with Betsy Pictionary	Today's History 4 Stretch and Flex Scategories Bingo Lunch 1pm Beads with Caylla Putt Putt Golf <i>Wear College Colors</i>
MHSDC is closed for Labor Day 7	Today's History 8 Stretch and Flex Jeopardy Clown Pants Lunch 1pm Craft with Gen & Cheryl Make Ants on a Log <i>Ants on a Log Day</i>	Morning Chat 9 Karaoke Stretch and Flex Bean Bag Toss Lunch Teddy Bear History Spa Sessions <i>Teddy Bear Day</i> <i>Bring a Teddy Bear</i>	News of the Day 10 John Travolta Stretch and Flex Noodle Ball Lunch Patio Time Coloring/Puzzles <i>TV Dinner Day</i>	Today's History 11 Stretch and Flex 9/11 Memorial Theme Bingo Lunch 1pm Rachael Demir, Creative Arts program Corn Hole <i>Wear Red, White, & Blue</i>
Patio Time 14 Stretch and Flex Word Games Clown Pants Lunch Spa Sessions Music with Betsy <i>Hoagie Day</i>	Today's History 15 Stretch and Flex Chair Volleyball Patio Time Lunch Coloring/Puzzles Corn Hole <i>Linguine Day</i>	Morning Chat 16 Stretch and Flex Guess Who Noodle Ball Lunch Songs of the '70s Make Guacamole <i>Guacamole Day</i>	News of the Day 17 Stretch and Flex Off to the Races Balloon Tennis Lunch Country Music Greats Parachute Fun <i>Country Music Day</i>	Today's History 18 Stretch and Flex What Am I? Bingo Lunch Craft Time Putt Putt Golf <i>Cheeseburger Day</i>
Morning Chat 21 Stretch and Flex Card Creating Parachute Fun Lunch Make Pecan Cookies Travelogue: Montreal <i>Pecan Cookie Day</i>	Today's History 22 Stretch and Flex Make Paper Hats Lunch Putt Putt Golf Ice Cream Cones with Kendell/Care360 Hospice <i>Ice Cream Cone Day</i>	Morning Chat 23 Far Out Foods Stretch and Flex Noodle Ball Lunch Sign Language History Spa Sessions <i>Sign Language Day</i>	News of the Day 24 Who Am I? Stretch and Flex Clown Pants Lunch Patio Time Coloring/Puzzles <i>Pancake Day</i>	Today's History 25 Stretch and Flex Celebrate Oktoberfest Chair Volleyball Lunch Travelogue: Germany Corn Hole <i>Oktoberfest</i>
News of the Day 28 Stretch and Flex Balloon Toss Lunch 12:15 Field Trip to Eastside Recreation Center: Creative Aging Event	Today's History 29 Stretch and Flex Word Games Chair Volleyball Lunch History of Coffee Corn Hole <i>Coffee Day</i>	Morning Chat 30 Johnny Appleseed Stretch and Flex Parachute Fun Lunch Patio Time Spa Sessions		

Activities are subject to change based on the number of participants.
Outdoor Activities may be substituted as weather permits.