

MERRY HEART MEMORY CARE

SEPTEMBER

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Meet & Greet 9:30 Range of Motion 11:30 Lunch 1:00 Balloon Toss 2:00 Card games 2:30 Murphy the Therapy Dog 5:00 Dinner 	2 9:00 Meet & Greet 11:30 Lunch 2:30 Wednesday Bingo! 3:30 September Trivia 5:00 Dinner 6:00 Movie Matinee	3 9:00 Meet & Greet 9:30 Morning Stretch 11:30 Lunch 2:00 Tabletop Games 2:45 Hidden Words 3:30 Karaoke 5:00 Dinner	4 9:00 Meet & Greet 9:30 Exercises 11:30 Lunch 2:00 Ball Game 4:00 Game Shows 5:00 Dinner	5 9:00 Meet & Greet 9:30 Morning Exercises 11:30 Lunch 2:00 50's Sing Along 4:00 Hand Massages 5:00 Dinner
6 9:00 Meet & Greet 11:30 Lunch 2:00 Sing Along 5:00 Dinner	7 9:00 Meet & Greet 10:00 Move & Groove 11:30 Lunch 1:00 Balloon Games 2:00 Hand Massages 3:00 Sing along 60's 5:00 Dinner	8 9:00 Meet & Greet 9:30 Range of Motion 11:30 Lunch 1:00 Balloon Toss 2:00 Sing along 70's 3:00 Trivia 5:00 Dinner	9 9:00 Meet & Greet 11:30 Lunch 2:30 Wednesday Bingo! 3:30 Facts About the Color Yellow 5:00 Dinner 6:00 Movie Matinee	10 9:00 Meet & Greet 9:30 Morning Stretch 11:30 Lunch 2:00 Tabletop Games 2:45 Hidden Words 3:30 Karaoke 5:00 Dinner	11 9:00 Meet & Greet 9:30 Exercises 11:30 Lunch 2:00 Ball Games 4:00 Game Shows 5:00 Dinner	12 9:00 Meet & Greet 9:30 Morning Exercises 11:30 Lunch 2:00 Karaoke Sing Along 4:00 Hand Massages 5:00 Dinner
13 NATIONAL GRANDPARENTS' DAY 9:00 Meet & Greet 11:30 Lunch 2:00 Sing Along 5:00 Dinner 	14 9:00 Meet & Greet 10:00 Move & Groove 11:30 Lunch 1:00 Volleyball balloon 2:00 Color Art 3:00 Music Fun 5:00 Dinner	15 9:00 Meet & Greet 9:30 Range of Motion 11:30 Lunch 1:00 Balloon Toss 2:00 Card Game 2:30 Murphy the Therapy Dog 5:00 Dinner 	16 9:00 Meet & Greet 11:30 Lunch 2:30 Wednesday Bingo! 3:30 Fall Trivia 5:00 Dinner 6:00 Movie Matinee	17 9:00 Meet & Greet 9:30 Morning Stretch 11:30 Lunch 2:00 Tabletop Games 2:45 Hidden Words 3:30 Karaoke 5:00 Dinner	18 9:00 Meet & Greet 9:30 Exercises 11:30 Lunch 2:00 Ball Game 4:00 Game Shows 5:00 Dinner	19 9:00 Meet & Greet 9:30 Morning Exercises 11:30 Lunch 2:30 Live Music 4:00 Hand Massages 5:00 Dinner
20 9:00 Meet & Greet 11:30 Lunch 2:00 Sing Along 5:00 Dinner	21 9:00 Meet & Greet 10:00 Move & Groove 11:30 Lunch 1:00 Balloon Games 2:00 Sing Along 3:00 Hand Massages 5:00 Dinner	22 9:00 Meet & Greet 10:00 Move & Groove 11:30 Lunch 1:00 Independent activity 2:00 Sing Along 80's 3:00 Sing along 5:00 Dinner	23 9:00 Meet & Greet 11:30 Lunch 2:30 Wednesday Bingo! 3:30 Sunflower Trivia 5:00 Dinner 6:00 Movie Matinee	24 9:00 Meet & Greet 9:30 Morning Stretch 11:30 Lunch 2:00 Tabletop Games 2:45 Hidden Words 3:30 Karaoke 5:00 Dinner	25 9:00 Meet & Greet 9:30 Exercises 11:30 Lunch 2:00 Ball Games 4:00 Game Shows 5:00 Dinner	26 9:00 Meet & Greet 9:30 Morning Exercises 11:30 Lunch 2:00 Karaoke Sing Along 4:00 Hand Massages 5:00 Dinner
27 9:00 Meet & Greet 11:30 Lunch 2:00 Sing Along 5:00 Dinner	28 9:00 Meet & Greet 10:00 Move & Groove 11:30 Lunch 1:00 Volleyball Balloon 2:00 Finishing lines 3:00 Relaxation time 5:00 Dinner	29 9:00 Meet & Greet 9:30 Range of Motion 11:30 Lunch 1:00 Balloon Toss 2:00 Sing along 70's 3:00 Trivia 5:00 Dinner	30 9:00 Meet & Greet 11:30 Lunch 2:30 Wednesday Bingo! 3:30 Football Trivia 5:00 Dinner 6:00 Movie Matinee	Activity Calendar is Subject to Change & Subject to Covid 19 Precautions!	 'TIS THE SEASON	