



2025

September

Dayview Station
Activity Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 10:15 Get up & move! - macarena 11:00 Mindful Mondays-Gratitude 2:00 BINGO! 3:00 Star Wars Trivia 3:30 Group Game-Monopoly	2 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Pathways to peace-Support Group 11:30 Book Club 2:00 Balloon Volleyball 3:30 Zumba	3 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Arts and Crafts 2:00 Trivia-pop culture 3:30 Group Activity - Pottery Painting	4 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Bible Study 11:30 Wine Tasting 2:00 BINGO! 3:30 Crochet Class	5 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Music Therapy 11:30 Arts and Crafts 2:00 Lets Move! - Line Dancing 3:30 Golden Hour	6
7	8 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Mindful Mondays-Box Breathing 11:30 Scrabble 2:00 Flick and Chill 3:30 Group Game-Spades	9 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 10:15 Arts and Crafts 11:30 Book Club 2:00 Music & Movement 3:30 Flick and Chill	10 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Finish the Lyrics 2:00 Cook with me 3:30 Group Game- Pictionary	11 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Bible Study 11:30 Word Search 2:00 Self Care Workshop 3:30 Chair Yoga	12 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Music Therapy 11:30 Arts and Crafts 2:00 Karaoke 3:30 Golden Hour	13
14	15 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 10:15 Get up & move! Zumba 11:00 Mindful Mondays-Guided Meditation 2:00 BINGO! 3:00 Football Trivia 3:30 Group Game-Charades	16 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 10:15 Arts and Crafts 11:30 Book Club 2:00 Music & Movement 3:30 Flick and Chill	17 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Arts and Crafts 2:00 Trivia-pop culture 3:30 Group Activity - Pottery Painting	18 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Bible Study 11:30 Wine Tasting 2:00 BINGO! 3:30 Crochet Class	19 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Music Therapy 11:30 Arts and Crafts 2:00 Lets Move! - Line Dancing 3:30 Golden Hour	20
21	22 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 10:15 Get up & move! - macarena 11:00 Mindful Mondays-Pause and Reflect 2:00 BINGO! 3:00 Star Wars Trivia 3:30 Group Game-SORRY	23 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 10:15 Arts and Crafts 11:30 Book Club 2:00 Music & Movement 3:30 Flick and Chill	24 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Greek Gods-Trivia 11:30 Container Gardening 3:30 Group game-Jenga	25 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Bible Study 11:30 Arts and Crafts 2:00 BINGO! 3:30 Crochet Class	26 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Music Therapy 11:30 Arts and Crafts 2:00 Karaoke 3:30 Golden Hour	27
28	29 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 10:15 Get up & move! - macarena 11:00 Mindful Mondays-Pause and Reflect 2:00 BINGO! 3:00 Star Wars Trivia 3:30 Group Game-SORRY	30 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 10:15 Arts and Crafts 11:30 Book Club 2:00 Music & Movement 3:30 Flick and Chill				