

September 2026 Calendar
Written Descriptions

Tuesday 9/1

10:00 am

Toss and Talk: A non-competitive ball game to promote eye-hand coordination, maintain your focus, and strengthen your arms. The catch in this game of catch? The ball is covered in questions! Wherever your finger lands, that's the question you answer, sparking happy memories, great conversations, and meaningful connections.

11:00am

Better Balance: Join us for a series of simple, easy to follow, low impact, low intensity exercises geared toward maintaining strength, balance and coordination needed for everyday tasks. Walking, stair climbing, getting up from a chair, or into a car; all these daily activities require us to maintain good body mechanics through strength, balance, and coordination. Exercise helps reduce the risk of falls and improve your overall quality of life.

1:00pm

Wheel of Fortune: You've got to spin it to win it! Just like the popular game show, you'll spin the wheel to earn points as you guess letters to a word puzzle on the board. Test your attention, language, and processing skills while enjoying some friendly competition.

2:00pm

Throw to Know: Put your aim and your brain to the test in Throw to Know! Participants will toss beanbags into a variety of numbered baskets, with each basket revealing a trivia question to answer. The higher the basket number, the more challenging the question becomes! Enjoy a friendly competition that combines hand-eye coordination, concentration, and cognitive stimulation in a fun and supportive group setting. Bring your thinking cap and your best throw as you aim for the basket that tests your knowledge on a variety of topics.

Wednesday 9/2

10:00am

Yoga in the Garden: (weather permitting) Perform a variety of simple seated yoga poses and stretches, as shown by the instructor. Experience healthy movement for your body, while also engaging your mind. Yoga provides a full body experience helping to reduce stress while strengthening muscles. Enjoy the fresh air and the sights and sounds of the garden as you engage in yoga movements outside!

11:00am

Visual Poetry: Poetry word art, or visual poetry, incorporates graphic details such as images, colors, and typography to enhance the meaning of the poem. Engage your senses, using the visual appearance of the poem to add depth and meaning to the words. Using descriptive language from cutout words and phrases, you'll piece together a mosaic of text, symbols, illustrations, and colors to evoke emotions and express thoughts and ideas.

Thursday 9/3

10:00am

Grounded in Motion: A gentle chair-based movement program that blends stability, mobility, and mindful awareness. Participants stay rooted and supported while exploring safe, accessible exercises designed to improve strength, flexibility, balance, and overall well-being. It's a calm, empowering way to stay active, connected, and confidently in motion.

11:00am

Toss and Talk: A non-competitive ball game to promote eye-hand coordination, maintain your focus, and strengthen your arms. The catch in this game of catch? The ball is covered in questions! Wherever your finger lands, that's the question you answer, sparking happy memories, great conversations, and meaningful connections.

1:00pm

Music in Motion: Join us for a series of gentle movements designed to relax the muscles of your body through structured exercise. The blend of movement and music focuses on coordination, flexibility, and relaxation. Followed by upbeat music and dance moves to enhance your skills and elevate your mood. Sitting or standing; this activity is great for everyone.

2:00pm

Connect and Play: Connect and Play brings participants together through board games, puzzles, and other engaging cognitive activities. Designed to foster social connection in a fun and welcoming environment, the program encourages conversation, teamwork, and meaningful interactions. Participants strengthen problem-solving, decision-making, and critical thinking skills while enjoying friendly play with others. Whether working together or embracing a little healthy competition, everyone has the opportunity to build confidence, make connections, and have fun. Come play along!

Friday 9/4

10:30am

Words with Friends: Scrabble? Wordle? Jumble? Try your hand at one of our word puzzles! When you engage in word puzzles, processing, language, and problem-solving skills are all enhanced. Engaging in these games is a fun way to maintain your cognitive skills while having a good time with friends. Compete against each other or collaborate to solve puzzles. Either way, engage in lively conversations, social interactions, and join us for some F-U-N!

Monday 9/7 – Labor Day – Center Closed

Tuesday 9/8

10:00am

Group Crossword Puzzles: Spend time with friends completing our large crossword puzzles. These puzzles are hard enough to promote discussion, yet simple enough for all to enjoy! This activity encourages listening skills, attention to task, and social interactions. The large format allows a group to play together and have fun!

11:00am

Art Appreciation using the Arts and Minds Approach: The Arts & Minds approach to art creates an environment to appreciate works of art while learning about the history behind the piece and the artist. Thoughtful questions guide the conversation and allow group participants to explore and discuss what art means to them. Each participant has the opportunity to create their own piece of artwork based on the piece discussed.

1:00pm

Family Feud! Based on the classic TV program, compete to come up with the best list of answers on a variety of topics, such as food, music, TV shows, and other familiar categories. A fun battle of educated guesses and quick thinking. Participants play as a team to rack up points and see who becomes the Family Feud Champion!

2:00pm

Name that Tune: Using a sharp ear and quick mind, see how fast you can “Name that Tune”. A casual version of a classic game show. Enjoy a good time with others while you compete to see who can name the most tunes. Enhance your auditory and verbal processing skills while sharing musical experiences. Dancing, clapping, and singing along are strongly encouraged!

Wednesday 9/9

10:00am

Grounded in Motion: A gentle chair-based movement program that blends stability, mobility, and mindful awareness. Participants stay rooted and supported while exploring safe, accessible exercises designed to improve strength, flexibility, balance, and overall well-being. It’s a calm, empowering way to stay active, connected, and confidently in motion.

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Wheel of Fortune: You've got to spin it to win it! Just like the popular game show, you'll spin the wheel to earn points as you guess letters to a word puzzle on the board. Test your attention, language, and processing skills while enjoying some friendly competition.

Thursday 9/10

10:00am

Music Bingo: Test your musical memory in this fun twist on a classic game! In Music Bingo, participants listen to short clips of familiar tunes—from oldies to favorites—and match what they hear to their Bingo cards. This lively and interactive activity encourages active listening, memory recall, and social interaction, all while enjoying the joy of music. Sing along, tap your feet, and get ready to call out "Bingo"!

11:00am

Art Expression – Sunflower Collages: In this creative art program, participants will create vibrant sunflower artwork using a variety of mixed-media materials. Explore texture, color, and layering as you combine materials such as paper, fabric, tissue paper, and other decorative elements to bring your sunflowers to life. This activity encourages creativity and self-expression while providing an enjoyable opportunity to socialize and create something beautiful. Each participant will leave with a unique sunflower artwork to display and enjoy.

1:00pm

Healthy Living with Christine: A healthy living program focused on overall nutritional wellness. Christine, a Registered Dietitian, will be presenting information on healthy aging while providing information on balanced eating, hydration, meal planning, and lifestyle habits that promote strength, energy, and independence. The program also encourages social connection and open discussion in a supportive and engaging environment.

2:00pm

Sing & Sign: Learn something new, while enjoying a familiar tune! Listen and sing along to a classic song, then learn the song in a new language! Learn how to sing/sign a song using American Sign Language (ASL). Learning new skills while engaging with others and the music supports brain health and mood. You'll be surprised at what you can do!

Friday 9/11

10:30am

Better Balance: Join us for a series of simple, easy to follow, low impact, low intensity exercises geared toward maintaining strength, balance and coordination needed for everyday tasks. Walking, stair climbing, getting up from a chair, or into a car; all these daily activities require us to maintain good body mechanics through strength, balance, and coordination. Exercise helps reduce the risk of falls and improve your overall quality of life.

Monday 9/14

10:00am

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11:00am

Bingo!: Listen for the number and mark it on your card. When you have 5 in a row – Yell BINGO!! Enjoy a classic game of chance with multiple ways to win. Bingo helps improve attention to task and memory skills while having fun - you may even win a prize!

1:15pm

Chair Yoga: Perform a variety of simple seated yoga poses and stretches, as shown by the instructor. Experience healthy movement for your body, while also engaging your mind. Yoga provides a full body experience helping to reduce stress while strengthening muscles.

2:00pm

Pictionary: Pick your team and pick up your pencil! It's time to take turns drawing and guessing before time runs out. Which team will be victorious? Play along and find out. A game that challenges your visual perception, attention to detail and collaboration, but most of all creates a fun and exciting way to enjoy time with friends.

Tuesday 9/15

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1:00pm

Art Expression – Golden Summer Wreaths: Celebrate the golden days of late summer with a fresh new decoration for your home. In this program, participants will adorn a simple wood-beaded wreath with seasonal blooms and a welcoming message, creating an elegant piece to take home or gift to a friend. (One wreath per person.) Spend a relaxing afternoon exploring your creativity and using your fine motor skills to make something beautiful!

2:00pm

Move 'N' Groove: Get your body moving to the rhythm of some favorite dance songs! Warm up with simple movements, put them together, and you're dancing! A great way to exercise and enjoy a movement-based activity at your own pace! Enhancing joint health and flexibility and cognitive skills through rhythm. Feel free to share your favorite dance or signature move – all are welcome.

Wednesday 9/16

10:00am

Art Appreciation using the Arts and Minds Approach: The Arts & Minds approach to art creates an environment to appreciate works of art while learning about the history behind the piece and the artist. Thoughtful questions guide the conversation and allow group participants to explore and discuss what art means to them. Each participant has the opportunity to create their own piece of artwork based on the piece discussed.

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1:00pm

Jeopardy!: Based on the classic TV program, compete to test your knowledge on a variety of topics, such as food, music, TV shows, and other familiar categories. Participants can play as individuals or a team to rack up points and see who becomes the Jeopardy Champion! Challenge your attention to task, auditory, and verbal processing skills, while engaging in discussion and debate with others in the group while you race against the other players to come up with the right answer!

2:00pm

Throw to Know: Put your aim and your brain to the test in Throw to Know! Participants will toss beanbags into a variety of numbered baskets, with each basket revealing a trivia question to answer. The higher the basket number, the more challenging the question becomes! Enjoy a friendly competition that combines hand-eye coordination, concentration, and cognitive stimulation in a fun and supportive group setting. Bring your thinking cap and your best throw as you aim for the basket that tests your knowledge on a variety of topics.

Friday 9/18

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Monday 9/21

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Tuesday 9/22

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Wednesday 9/23

10:00am

Art Expression – Golden Summer Wreaths: Celebrate the golden days of late summer with a fresh new decoration for your home. In this program, participants will adorn a simple wood-beaded wreath with seasonal blooms and a welcoming message, creating an elegant piece to take home or gift to a friend. (One wreath per person.) Spend a relaxing afternoon exploring your creativity and using your fine motor skills to make something beautiful!

Thursday 9/24

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1:00pm

Movement & Sound Healing for Wellness with Boshko: Join us for a Movement & Sound Healing class designed to support cognitive function, emotional well-being, and overall vitality. This interactive experience combines physical activities with the soothing power of sound, creating a sense of relaxation and connection. Through gentle exercises, we'll encourage flexibility, support heart health, and stimulate executive function—all while moving at a pace that honors each participant's comfort and ability. You'll also engage with healing sounds through simple humming and chanting, and enjoy the peaceful tones of crystal bowls, ocean drums, koshi chimes, and tuning forks, creating a calming environment that nurtures body and mind.

2:00pm

Jenga! Join us for the popular stacking game – Jenga!. A game of physical skill where players take turns removing blocks from a tower and stacking them on top, aiming to avoid causing the tower to collapse. Jenga is not just a game of skill but also a test of strategy and nerve, making it fun for players of all ages. Its straightforward rules and engaging gameplay help promote attention to task, improve fine motor skills, and enhance executive functioning.

Friday 9/25

10:30am

Open Art Studio: Stretch your creative muscles in an exploratory art session. An open independent art session with a variety of materials available for use. Explore painting, sculpture, collage, and more at your own pace. Allow your creativity to bloom with guidance and instruction from our therapeutic specialists. All levels welcome – no experience necessary. Bring a friend!

Monday 9/28

10:00am

Move 'N' Groove: Get your body moving to the rhythm of some favorite dance songs! Warm up with simple movements, put them together, and you're dancing! A great way to exercise and enjoy a movement-based activity at your own pace! Enhancing joint health and flexibility and cognitive skills through rhythm. Feel free to share your favorite dance or signature move – all are welcome.

11:00am

Wheel of Fortune: You've got to spin it to win it! Just like the popular game show, you'll spin the wheel to earn points as you guess letters to a word puzzle on the board. Test your attention, language, and processing skills while enjoying some friendly competition.

Tuesday 9/29

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11:00am

Backyard Games: Enjoy a fun time filled with laughter, movement, and community as we rediscover our favorite backyard games together. Whether tossing, aiming, or strategizing, participants will have opportunities to stay active and connect with others. Games encourage socialization, cooperation, teamwork, visual and auditory processing, and attention to task all while having a good time!

1:00pm

Yoga in the Garden: (weather permitting) Perform a variety of simple seated yoga poses and stretches, as shown by the instructor. Experience healthy movement for your body, while also engaging your mind. Yoga provides a full body experience helping to reduce stress while strengthening muscles. Enjoy the fresh air and the sights and sounds of the garden as you engage in yoga movements outside!

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Wednesday 9/30

10:00am

Sing & Sign: Learn something new, while enjoying a familiar tune! Listen and sing along to a classic song, then learn the song in a new language! Learn how to sing/sign a song using American Sign Language (ASL). Learning new skills while engaging with others and the music supports brain health and mood. You'll be surprised at what you can do!

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