

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JOSEPHINE MEMORY CARE		1 9:30 Greet the Day 10:30 Sittercise w/Patriot 11:30 Nature Notes 1:00 Down Memory Lane 2:30 Category Trivia 4:30 Basketball 6:00 Coloring Fun	2 9:30 Greet the Day 10:30 Chair Tai Chi 11:30 Sing along with Suzy Q 1:00 July Fun Facts 4:00 Massage w/Deb 4:30 Finish the Expression 6:00 Beach Ball Toss	3 9:30 Greet the Day 10:30 Gentle Chair Yoga 11:30 Fun and Games 1:00 Fascinating Facts 2:30 Name That Sound 4:30 Reflect and Reminisce 6:00 Parachute Fun	4 9:30 Greet the Day 10:30 Seated Zumba 11:30 Golden Memories 1:00 Music w/ Michelle 2:30 Snack and Chat 4:30 Craft and Color 6:00 Kick the Ball	5 9:30 Greet the Day 10:30 Sit and Be Fit 11:30 Down Memory Lane 1:00 Arts and Crafts 2:00 BINGO! 3:30 Alphabet Games 6:00 Saturday at the Movies
6 10:00 Greet the Day 10:30 Let's Exercise 11:30 Gospel Music Sing Along 1:00 Finish the Saying 2:00 Devotions 3:30 Name 5	7 9:30 Greet the Day 10:30 Chair Yoga 11:30 Topic Talk 1:00 BINGO! 2:30 3 of a Kind 4:00 Finish the Expression 6:00 Rhythm Band	8 9:30 Greet the Day 10:30 Sittercise w/Patriot 11:30 Finish the Expression 1:00 Orientation Trivia 2:30 Art Works 4:30 Through the Years 6:00 Beach Ball Toss	9 9:30 Greet the Day 10:30 Seated Core 11:30 Sing Along with Suzy Q 1:00 Topic Talk 2:30 Spin & Solve 4:00 Around Town Trivia 6:00 Kick the Ball	10 9:30 Greet the Day 10:30 Gentle Chair Pilates 11:30 Finish the Expression 1:00 Crafting Fun 2:30 Rhythm Band 4:30 Helping Hands 6:00 Kick the Ball	11 9:30 Greet the Day 10:30 Gentle Stretch 11:30 Fun and Games 1:00 Fascinating Facts 2:30 Manicure and a Movie 4:30 Name 5 6:00 Parachute Fun Rosh Hashanah Begins	12 9:30 Greet the Day 10:30 Sit and Be Fit 11:30 Down Memory Lane 1:00 Fun & Games 2:00 BINGO! 3:30 Alphabet Games 6:00 Saturday at the Movies
13 10:00 Greet the Day 10:30 Movin' to the Music 11:30 Gospel Music Sing Along 1:00 Finish the Saying 2:00 Devotions 3:30 Trivia	14 9:30 Greet the Day 10:30 Fitness Fun 11:30 Trivia Time 1:00 Did you know? 2:30 Always or Never 4:30 Solitaire 6:00 Noodle Ball	15 9:30 Greet the Day 10:30 Sittercise w/Patriot 11:30 Trivia Time 1:00 Historic Happenings 2:30 Birthday Party 4:30 Helping Hands 6:00 Parachute Fun	16 9:30 Greet the Day 10:30 Chair Tai Chi 11:30 Fascinating Facts 1:00 BINGO! 2:30 Around the House 4:30 Brain Games 6:00 Coloring Fun	17 9:30 Greet the Day 10:30 Gentle Chair Yoga 11:30 Helping Hands 1:00 Baking Buddies 2:30 Routines(life skills) 4:30 Then and Now 6:00 Kick the Ball	18 9:30 Greet the Day 10:30 Seated Zumba 11:30 Trivia Time 1:00 Music w/ Michelle 2:30 Memory Match 4:30 Craft and Color 6:00 Parachute Fun	19 9:30 Greet the Day 10:30 Sit and Be Fit 11:30 Down Memory Lane 1:00 Arts and Crafts 2:00 BINGO! 3:30 Alphabet Games 6:00 Saturday at the Movies Oktoberfest Begins
20 10:00 Greet the Day 10:30 Let's Exercise 11:30 Gospel Music Sing Along 1:00 Finish the Saying 2:00 Devotions 3:30 Name 5 Yom Kippur Begins	21 9:30 Greet the Day 10:30 Chair Yoga 11:30 Historic Happenings 1:00 Topic Talk 2:30 Emotions 4:00 Fun & Games 6:00 Rhythm Band	22 9:30 Greet the Day 10:30 Sittercise w/Patriot 11:30 Fun & Games 1:00 Family Traditions 2:00 Finish the Phrase 4:00 Ring Toss 6:00 Kick the Ball	23 9:30 Greet the Day 10:30 Seated Core 11:30 Word Games 1:00 Reflect and Reminisce 2:30 Ring Toss 4:30 BINGO! 6:00 Kick the Ball	24 9:30 Greet the Day 10:30 Gentle Chair Pilates 11:30 Topic Talk 1:00 Sing Along with Mary Sue 2:30 Solitaire 4:30 Trivia Time 6:00 Coloring Fun	25 9:30 Greet the Day 10:30 Gentle Stretch 11:30 Word Games 12:30 Massage w/Deb 1:00 Autumn Craft 2:30 Bowling 4:30 Sing A Long 6:00 Rhythm Band	26 9:30 Greet the Day 10:30 Sit and Be Fit 11:30 Down Memory Lane 1:00 Fun & Games 2:00 BINGO! 3:30 Alphabet Games 6:00 Saturday at the Movies MOVIE NIGHT
27 10:00 Greet the Day 10:30 Movin' to the Music 11:30 Gospel Music Sing Along 1:00 Finish the Saying 2:00 Devotions 3:30 Trivia TRIVIA STAR	28 9:30 Greet the Day 10:30 Fitness Fun 11:30 Fascinating Facts 1:00 Do You Remember 2:30 Doesn't Belong 4:00 Spin & Solve 6:00 Noodle Ball	29 9:30 Greet the Day 10:30 Sittercise w/Patriot 11:30 Nature Notes 1:00 Down Memory Lane 2:30 Category Trivia 4:30 Basketball 6:00 Coloring Fun	30 9:30 Greet the Day 10:30 Chair Tai Chi 11:30 Sing along with Suzy Q 1:00 July Fun Facts 2:30 Sorting Objects 4:30 Finish the Expression 6:00 Beach Ball Toss	September 2026		