

# Memory Care Activities September 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. <b>No Life Enrichment today– enjoy your day!</b> 	2. <b>10:30 Exercise with Sally</b> <b>2:30 Coffee Break</b>	3. <b>11:00 –1:00 End of Summer BBQ– Grill and Grill Courtyard</b> <b>2:00 Walking Wednesday Afternoon with Exercise In Courtyard</b> <b>2:30 Coffee Break</b>	4. <b>10:00 Bone Builders</b> <b>1:30 Walk and Talk with Sally</b> <b>2:00 Exercise with Sally</b> <b>2:30 Coffee Social</b>	5. <b>10:00 Ecumen Exercise Chapel and CH 67</b> <b>12:45-2:00 Room to room Delivery Ice Cream Treats</b> <b>2:00 Active Game</b> <b>2:30 Coffee Break</b> <b>3:00 Bingo Time</b>	6.  <b>10:00-11:00 SATURDAY Stretch and Move Exercise Time</b>  <b>2:30 Coffee Break</b>
7.  Assisted Living Week.—Sept 7-13  <b>2:30 Coffee Break</b>	8. P.J. Day <b>10:00 Ecumen Exercise Class, Chapel and CH 67</b> <b>1:15 –2:30 Monday Art Session!</b> <b>2:30 Coffee Break</b> <b>3:00-4:30 Afternoon Activities with Britta</b>	9.. Tye Dye Tuesday <b>10:00 Bone Builders– CH</b> <b>12:45-1:15 One to one Visits</b> <b>1:30 Tuesday Tone-up!</b> <b>2:30 Coffee Break</b> <b>3:00–4:30 Activities with Britta</b>	10. Wacky Wednesday <b>10:00 Ecumen Exercise, Chapel</b> <b>11:00 Ecumenical Worship Service CH and Ch 67</b> <b>12:45-1:45 Walk and Talk with Britta</b> <b>2:00-2:30 Reminiscing with Britta</b> <b>2:30 Coffee Break</b> <b>3:00-4:30 Manicures with Britta</b>	11. Concert T– shirt Day <b>10:00 Bone Builders, Chapel &amp; 67</b> <b>2:00 Abe Curran on the Crest Patio Come and sit, listen to music and make yourself a SMORE to enjoy!</b> <b>3:00– 4:30 Exercise Group with Britta</b>	12. Super Hero Day <b>10:00 Ecumen Exercise Chapel and CH 67</b> <b>11:00 Northland Creatures Great and Small—Movie—Chapel</b> <b>12:45-2:00 Room to room Delivery Sweet Super Hero Candy Bars</b> <b>2:00 Active Game</b> <b>2:30 Coffee Break</b> <b>3:00 Bingo Time</b>	13.  <b>10:00-11:00 SATURDAY Stretch and Move Exercise Time</b>  <b>2:30 Coffee Break</b>
14.  <b>2:30 Coffee Break</b>	15. <b>10:00 Ecumen Exercise Class, Chapel and CH 67</b> <b>1:15 –2:30 Monday Art Session!</b> <b>2:30 Coffee Break</b> <b>3:00-4:30 Afternoon Activities with Britta</b>	16. National Voter Registration Day <b>10:00 Bone Builders– CH</b> <b>12:45-1:15 One to one Visits</b> <b>1:30 Tuesday Tone-up!</b> <b>2:00-6:00 Register to Vote—Cascade cafe</b> <b>2:30 Coffee Break</b> <b>3:00-4:30 Activities with Britta</b>	17. <b>10:00 Ecumen Exercise, Chapel</b> <b>11:00 Ecumenical Worship Service CH and Ch 67</b> <b>12:45-1:45 Walk and Talk with Britta</b> <b>2:00-2:30 Reminiscing with Britta</b> <b>2:30 Coffee Break</b> <b>3:00-4:30 Manicures with Britta</b>	18. <b>10:00 Bone Builders, Chapel &amp; 67</b> <b>12:45-1:15 Walk and Talk with Britta</b> <b>2:00 Active Game</b> <b>2:30 Coffee Break</b> <b>3:00-4:30 Exercise Group with Britta</b> <b>6:30 Jackie Micke Karaoke Grill area–Happy Hour - Listen and sing along!</b>	19. <b>10:00 Ecumen Exercise Chapel</b> <b>11:00 Lost Superior Documentary—chapel</b> <b>12:45-1:15 Walk and Talk with Britta</b> <b>1:30-2:30 Jazz to the People</b> <b>2:30 Coffee Break</b> <b>3:00 Bingo Time</b>	20.  <b>10:00-11:00 SATURDAY Stretch and Move Exercise Time</b>  <b>2:30 Coffee Break</b>
21.  <b>2:30 Coffee Break</b>	22. First Day of Fall <b>10:00 Ecumen Exercise Class, Chapel and ch 67</b> <b>1:00 Fall Travelogue— Hot Apple Cider—Chapel</b> <b>2:30 Coffee Break</b> <b>3:00-4:30 Art Afternoon with Britta</b>	23. <b>10:00 Bone Builders– CH</b> <b>12:45-1:15 One to one Visits</b> <b>1:30 Tuesday Tone-up!</b> <b>2:30 Coffee Break</b> <b>3:00–4:30 Activities with Britta</b>	24 <b>10:00 Drumming Exercise Group–Chapel and Ch67</b> <b>11:00 Ecumenical Worship Service CH and Ch67</b> <b>12:45-1:15 Walk and Talk with Britta</b> <b>2:00 Duluth Superior Symphony Orchestra trio– Chapel and Ch 67</b> <b>3:00-4:30 Manicures with Britta</b>	25. <b>10:00 Bone Builders, Chapel &amp; 67</b> <b>12:45-1:15 Walk and Talk with Britta</b> <b>2:00 Active Game</b> <b>2:30 Coffee Break</b> <b>3:00-4:30 Exercise Group with Britta</b>	26. <b>10:00 Ecumen Exercise Chapel</b> <b>12:45 Walk and Talk with Britta</b> <b>2:00 Ted and Rose Music– Happy Hour— Grill Area</b> <b>2:30 Coffee Break</b> <b>3:00 Bingo Time</b>	27.  <b>10:00-11:00 SATURDAY Stretch and Move Exercise Time</b>  <b>2:30 Coffee Break</b>
28.  <b>2:30 Coffee Break</b>	29. <b>10:00 Ecumen Exercise Class, Chapel and CH 67</b> <b>1:15 –2:30 Reminscing in the Klitchen</b> <b>2:30 Coffee Break</b> <b>3:00-4:30 Afternoon Activities with Britta</b>	30. <b>10:00 Bone Builders– CH</b> <b>12:45-1:15 One to one Visits</b> <b>1:30 Tuesday Tone-up!</b> <b>2:30 Coffee Break</b> <b>3:00–4:30 Activities with Britta</b>	Calendar is always subject to change	FR=Fireside Room CR=Club Room CH=Chapel LR=Living Room AR=Activity Room LL=Lower Level Ch 67– TV station	September Birthdays:  Coralyn Worth September 6 Vonne Williams September 11 Don Mount September 20 Phyllis Bohren September 22	