

# Dover

## CONNECTIONS



## SEPTEMBER 2026

| SUNDAY                                                                                                                                                                                                                                                                    | MONDAY                                                                                                                                                                                                                                                                       | TUESDAY                                                                                                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                                                                              | THURSDAY                                                                                                                                                                                                                                                                                 | FRIDAY                                                                                                                                                                                                                                                                                                                             | SATURDAY                                                                                                                                                                                                                                                                |
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|                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                              | 1<br>7:00 Activities of Daily Living<br>8:00: Breakfast & Café Espresso<br>10:00 Toned Tuesday Workout<br>10:30 Question Ball<br>11:45 Lunch<br>1:15 Baking with Club<br>1:30 Pet Therapy with Doc.<br>1:30 Bible Study<br>3:00 Destination Discovery<br><i>Hawaiian Islands</i><br>4:00 Walking Club<br>4:45 Dinner<br>6:30 Movie Night | 2<br>7:00 Activities of Daily Living<br>8:00: Breakfast & Café Espresso<br>10:00 Midweek Warrior Workout<br>10:45 Donuts and Trivia<br>11:45 Lunch<br>1:30 Crunch & Quench<br>2:30 Midweek Church Service<br>3:00 Crunch & Quench<br>4:00 Walking Club<br>4:45 Dinner<br>6:30 Evening Wind Down                        | 3<br>7:00 Activities of Daily Living<br>8:00: Breakfast & Café Espresso<br>10:00 Silver Sneaker Thursday<br>10:30 Hawaiian Bingo<br>11:45 Lunch<br>1:30 Crafters Corner<br><i>Aloha Designs</i><br>2:30 Hymn Sing<br>3:00 Hawaiian Trivia<br>4:30 Community Lau<br>6:30 Relax and Unwind | 4<br>7:00 Activities of Daily Living<br>8:00: Breakfast & Café Espresso<br>10:00 Friday Warrior Workout<br>10:30 Name That Tune<br>with Bev & Sue<br>11:45 Lunch<br>1:30 Trivia<br>2:30 Patio Games<br>3:00 Crunch & Quench<br>4:00 Walking Club<br>4:45 Dinner<br>6:30 Movie Night                                                | 5<br>7:00 Activities of Daily Living<br>8:00: Breakfast & Café Espresso<br>10:00 Morning Fitness<br>10:30 Bingo<br>11:45 Lunch<br>1:30 Bingo<br>3:00 Crunch & Quench<br>4:00 Walking Club<br>4:45 Dinner<br>6:30 Relax and Unwind                                       |
| 6<br>7:00 Activities of Daily Living<br>8:00: Breakfast & Café Espresso<br>9:15: Daily Chronicle<br>10:00: This Day in History<br>10:45 Bible Trivia<br>11:45 Lunch<br>1:30: Sunday Worship Service<br>3:00: Popsicles on the Patio<br>4:45: Dinner<br>6:30 Bible Stories | 7<br>7:00 Activities of Daily Living<br>8:00: Breakfast & Café Espresso<br>10:00 Monday Morning Muscle Club<br>10:30 Labor Day Trivia<br>11:45: Lunch<br>1:15 Memory Magic<br>3:00 Labor Day Social<br>4:00 Walking Club<br>4:45 Dinner<br>6:00 Movie Night<br><br>Labor Day | 8<br>7:00 Activities of Daily Living<br>8:00: Breakfast & Café Espresso<br>10:00 Toned Tuesday Workout<br>10:30 Question Ball<br>11:45 Lunch<br>1:15 Baking with Club<br>1:30 Bible Study<br>3:00 Destination Discovery<br><i>Touring Nassau</i><br>4:00 Walking Club<br>4:45 Dinner<br>6:30 Musical Entertainment with<br>Shawn Adam    | 9<br>7:00 Activities of Daily Living<br>8:00: Breakfast & Café Espresso<br>10:00 Midweek Warrior Workout<br>10:45: Donuts and Trivia<br>1:45 Name that Tune<br>with Bev & Sue (AL)<br>11:45 Lunch<br>1:30 Midweek Church Service<br>3:00 Crunch & Quench<br>4:00 Walking Club<br>4:45 Dinner<br>6:30 Evening Wind Down | 10<br>7:00 Activities of Daily Living<br>8:00: Breakfast & Café Espresso<br>10:00 Silver Sneaker Thursday<br>10:30 Jingo<br>11:45 Lunch<br>1:30 Gardening club<br>2:30 Hymn Sing<br>3:00 Cooking Club with Chef Joe<br>4:00 Walking Club<br>4:45 Dinner<br>6:30 Relax and Unwind         | 11<br>7:00 Activities of Daily Living<br>8:00: Breakfast & Café Espresso<br>10:00 Friday Warrior Workout<br>10:30 Name that Tune<br>with Bev & Sue<br>11:45 Lunch<br>1:30 Trivia<br>2:30 Patio Games<br>3:00 Crunch & Quench<br>4:00 Walking Club<br>4:45 Dinner<br>6:30 Movie Night<br><i>Rosh Hashanah</i><br><i>Patriot Day</i> | 12<br>7:00 Activities of Daily Living<br>8:00: Breakfast & Café Espresso<br>10:00 Morning Fitness<br>10:30 Bingo<br>11:45 Lunch<br>1:30 Garden Club<br>3:00 Musical Entertainment with<br>Michelle Jameson<br>4:00 Walking Club<br>4:45 Dinner<br>6:30 Relax and Unwind |

Events & Programs are Subject to

| SUNDAY                                                                                                                                                                                                                                                                                                                                                                          | MONDAY                                                                                                                                                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                                                                                                                   | THURSDAY                                                                                                                                                                                                                                                                                                                                       | FRIDAY                                                                                                                                                                                                                                                                                                                                      | SATURDAY                                                                                                                                                                                                                                                                                                                    |
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| <div>13</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 9:15: Daily Chronicle<br/> 10:00: Donuts &amp; This Day in History<br/> 10:45 Bible Trivia<br/> 11:45 Lunch<br/> 1:30: Sunday Worship Service<br/> 3:00: Grandparents<br/> Day Ice Cream Social<br/> 4:45: Dinner<br/> 6:30 Bible Stories </div> <div>Grandparent's Day</div> | <div>14</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 10:00 Monday Morning Muscle Club<br/> 10: 45 Music Therapy<br/> 11:45: Lunch<br/> 1:15 Memory Magic<br/> 2:30 Men's Club<br/> 3:00 Crunch &amp; Quench<br/> 4:00 Walking Club<br/> 4:45 Dinner<br/> 6:00 Relax and Unwind </div>                                | <div>15</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 10:00 Toned Tuesday Workout<br/> 10:30 Question Ball<br/> 11:45 Lunch<br/> 1:15 Baking with Club<br/> 1:30 Pet Therapy with Doc.<br/> 2:00 Bible Study<br/> 3:00 Destination Discovery<br/> Smokey Mountains—Tennessee<br/> 4:45 Dinner<br/> 6:30 Movie Night </div>                  | <div>16</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 10:00: Donuts and Trivia<br/> 11:45 Lunch<br/> 1:30 Baking Club<br/> 2:30 Midweek Church Service<br/> 3:00 Crunch &amp; Quench<br/> 4:00 Walking Club<br/> 4:45 Dinner<br/> 6:30 Evening Wind Down </div> | <div>17</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 10:00 Silver Sneaker Thursday<br/> 10:30 Jingo<br/> 11:45 Lunch<br/> 1:30 Gardening club<br/> 2:30 Hymn Sing<br/> 3:00 Happy Hour<br/> <i>Dance, Dance, Dance!</i><br/> 4:00 Walking Club<br/> 4:45 Dinner<br/> 6:30 Relax and Unwind </div> | <div>18</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 10:00 Friday Warrior Workout<br/> 10:30 Name that Tune<br/> with Bev &amp; Sue<br/> 11:45 Lunch<br/> 1:30 Trivia<br/> 2:30 Patio Games<br/> 3:00 Crunch &amp; Quench<br/> 4:00 Walking Club<br/> 4:45 Dinner<br/> 6:30 Movie Night </div> | <div>19</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 10:00 Morning Fitness<br/> 10:30 Bingo<br/> 11:45 Lunch<br/> 1:30 Musical Entertainment with<br/> Tom &amp; Randi<br/> 3:00 Crunch &amp; Quench<br/> 4:00 Walking Club<br/> 4:45 Dinner<br/> 6:30 Relax and Unwind </div> |
| <div>20</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 9:15: Daily Chronicle<br/> 10:00: This Day in History<br/> 10:45 Bible Trivia<br/> 11:45 Lunch<br/> 1:30: Sunday Worship Service<br/> 3:00: Popsicles on the Patio<br/> 4:45: Dinner<br/> 6:30 Bible Stories </div>                                                           | <div>21</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 10:00 Monday Morning Muscle Club<br/> 10:30 Music Therapy<br/> 11:45: Lunch<br/> 1:15 Memory Magic<br/> 2:30 Men's Club<br/> 3:00 Crunch &amp; Quench<br/> 4:00 Walking Club<br/> 4:45 Dinner<br/> 6:00 Movie Night </div> <div>Yom Kippur</div>                | <div>22</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 10:00 Toned Tuesday Workout<br/> 10:30 Question Ball<br/> 11:45 Lunch<br/> 1:15 Baking with Club<br/> 1:30 Pet Therapy with Doc.<br/> 2:00 Bible Study<br/> 3:00 Destination Discovery<br/> Florida Keys<br/> 4:45 Dinner<br/> 6:30 Musical Entertainment with<br/> Shawn Adam </div> | <div>23</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 10:00: Donuts and Trivia<br/> 11:45 Lunch<br/> 1:30 Baking Club<br/> 2:30 Midweek Church Service<br/> 3:00 Crunch &amp; Quench<br/> 4:00 Walking Club<br/> 4:45 Dinner<br/> 6:30 Evening Wind Down </div> | <div>24</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 10:00 Silver Sneaker Thursday<br/> 10:30 Jingo<br/> 11:45 Lunch<br/> 1:30 Gardening club<br/> 2:30 Hymn Sing<br/> 3:00 Happy Hour<br/> <i>For the love of Fall</i><br/> 4:00 Walking Club<br/> 4:45 Dinner<br/> 6:30 Relax and Unwind </div> | <div>25</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 10:00 Friday Warrior Workout<br/> 10:30 Name that Tune<br/> with Bev &amp; Sue<br/> 11:45 Lunch<br/> 1:30 Trivia<br/> 2:30 Patio Games<br/> 3:00 Crunch &amp; Quench<br/> 4:00 Walking Club<br/> 4:45 Dinner </div>                       | <div>26</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 10:00 Morning Fitness<br/> 10:30 Bingo<br/> 11:45 Lunch<br/> 1:30 Crafters Conner<br/> 3:00 Crunch &amp; Quench<br/> 4:00 Walking Club<br/> 4:45 Dinner<br/> 6:30 Relax and Unwind </div>                                 |
| <div>27</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 9:15: Daily Chronicle<br/> 10:00: Donuts &amp; This Day in History<br/> 10:45 Bible Trivia<br/> 11:45 Lunch<br/> 1:30: Sunday Worship Service<br/> 3:00: Banana Split on the Patio<br/> 4:45: Dinner<br/> 6:30 Bible Stories </div>                                           | <div>28</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 10:00 Monday Morning Muscle Club<br/> 10:30 Retro Radio<br/> 11:45: Lunch<br/> 12:00 Men's Luncheon<br/> Pizza, Wings &amp; Beer<br/> 1:15 Memory Magic<br/> 3:00 Crunch &amp; Quench<br/> 4:00 Walking Club<br/> 4:45 Dinner<br/> 6:00 Relax and Unwind </div> | <div>29</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 10:00 Toned Tuesday Workout<br/> 10:30 Question Ball<br/> 11:45 Lunch<br/> 1:15 Baking with Club<br/> 1:30 Pet Therapy with Doc.<br/> 2:00 Bible Study<br/> 3:00 Destination Discovery<br/> Las Vegas—Nevada<br/> 4:00 Walking Club<br/> 4:45 Dinner<br/> 6:30 Movie Night </div>     | <div>30</div> <div> 7:00 Activities of Daily Living<br/> 8:00: Breakfast &amp; Café Espresso<br/> 10:00: Donuts and Trivia<br/> 11:45 Lunch<br/> 1:30 Baking Club<br/> 2:30 Midweek Church Service<br/> 3:00 Crunch &amp; Quench<br/> 4:00 Walking Club<br/> 4:45 Dinner<br/> 6:30 Evening Wind Down </div> | <div> <div>CONNECTIONS</div> <div>  </div> <div>SEPTEMBER 2026</div> </div>                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                             |