Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Key: **LW: Let's Watch** **ADM: After Dinner Movie** **MH: Music Hour** **LPP: Lancaster Parks Present**		1 10am Seated Workout 10:30am Garden Time 11am Lunch 1:00pm Color Me Calm 2:00pm Hydration + Snack 3:00pm Bingo with Friends 4:00pm Dinner 5:30pm Nail Painting	2 10am Range of Motion 10:30am Garden Time 11am Lunch 1:00pm Rock Hall of Fame 2:00pm Hydration + Snack 3:00pm Midweek Worship 4:00pm Dinner 5:00pm ADM: Saturday Night Fever	3 10am Morning Stretch 10:30am Garden Time 11am Lunch 1:30pm Root Beer Floats! 3:00pm Freddie Mercury Day! 4:00pm Dinner 5:30pm Relax & Refresh	4 10am Seated Cardio 10:30am Garden Time 11am Lunch 1:00pm Hymn Sing 2:00pm Hydration + Snack 3:00pm Balloon Volleyball 4:00pm Dinner 5:30pm Relax & Refresh	5 10am Morning Workout 10:30am Color Me Calm 11am Lunch 1:00pm Garden Time 2:00pm Hydration + Snack 3:00pm Armchair Travels: Mexico 4:00pm Dinner 5:30pm Relax & Refresh
6 10am Gentle Exercise 10:30am Nature Doc 11am Lunch 1:00pm Sundays 2:00pm Sunday Worship 3:00pm Color Me Calm 4:00pm Dinner 5:30pm Relax & Refresh	7 10am Gentle Stretch 10:30am Armchair Travels 11am Lunch 1:00pm Garden Relaxation 2:00pm Hydration + Snack 3:00pm Balloon Volleyball 4:00pm Dinner 5:30pm Relax & Refresh Labor Day	8 10am Range of Motion 10:30am Oprah Winfrey Show 11am Lunch 1:00pm Garden Time 2:00pm Hydration + Snack 3:00pm Bingo with Friends! 4:00pm Dinner 5:30pm Nail Painting	9 10am Gentle Movement 10:30am Word in Word 11am Lunch 1:00pm Garden Time 2:00pm Hydration + Snack 3:00pm Midweek Worship 4:00pm Dinner 5:00pm ADM: Charlotte's Web	10 10am Morning Stretch 10:30am Garden Time 11am Lunch 1:30pm Root Beer Floats 2:15pm Guess Who: 70s TV 3:00pm Color Me Calm 4:00pm Dinner 5:30pm Relax & Refresh	11 10am Morning Workout 10:30am Color Me Calm 11am Lunch 1:00pm Hymn Sing 2:00pm Hydration + Snack 3:00pm Game Club 4:00pm Dinner 5:30pm Relax & Refresh Rosh Hashanah Begins	12 10am Morning Stretch 10:30am Garden Time 11am Lunch 1:00pm Color Me Calm 2:00pm Hydration + Snack 3:00pm Lassie + Nail Painting 4:00pm Dinner 5:30pm Relax & Refresh
13 10am Range of Motion 10:30am Color Me Calm 11am Lunch 1:00pm Sunday Sundaes 2:15 pm Sunday Service + Choir 3:00pm Famous Grandparents 4:00pm Dinner 5:30pm Relax & Refresh Grandparents Day	14 10am Morning Workout 10:30am Soothing Nature 11am Lunch 1:00pm Garden Time 2:15pm Pottery with Marcie 3:00pm Scatagories 4:00pm Dinner 5:30pm Relax & Refresh	15 10am Seated Exercise 10:30am All About B.B King 11am Lunch 1:00pm Garden Time 2:00pm Hydration + Snack 3:00pm Bingo with Friends! 4:00pm Dinner 5:30pm Nail Painting	16 10am Morning Stretch 10:30am Trivia 11am Lunch 1:00pm Nick Viscusco at the Keyboard 2:00pm Hydration + Snack 3:00pm Midweek Worship 4:00pm Dinner 5:00pm ADM: Superman	17 10am Morning Workout 10:30am Word in Word 11am Lunch 1:00pm Root Beer Floats 2:00pm Celebration of Life with Chaplain Jeff! 3:00pm Color Me Calm 4:00pm Dinner 5:30pm Relax & Refresh	18 10am Seated Stretch 10:30am LPP: Fall Happenings 11am Lunch 1:00pm Hymn Sing 2:00pm Hydration + Snack 3:00pm Frankie Avalon Day! 4:00pm Dinner 5:30pm Relax & Refresh	19 10am Seated Workout 10:30am Armchair Travels 11am Lunch 1:00pm Bean Bag Toss 2:00pm Hydration + Snack 3:00pm Red Pandas + Nail Painting 4:00pm Dinner 5:30pm Relax & Refresh Oktoberfest Begins
20 10am Range of Motion 10:30am Color Me Calm 11am Lunch 1:00pm Sunday Sundaes 2:00pm Sunday Service 3:00pm Family Feud 4:00pm Dinner 5:30pm Relax & Refresh Yom Kippur Begins	21 10am Morning Workout 10:30am Garden Relaxation 11am Lunch 1:00pm MH: The 70s 2:00pm Hydration + Snack 3:00pm Balloon Volleyball 4:00pm Dinner 5:30pm relax & Refresh	22 10am Gentle Exercise 10:30am Trivia Tuesday 11am Lunch 1:00pm Garden Time 2:00pm Birthday Social! 3:00pm Bingo with Friends! 4:00pm Dinner 5:30pm Nail Painting First Day of Autumn	23 10am Morning Stretch 10:30am Garden Time 11am Lunch 1:00pm Let's Cook: Fall Soup 2:00pm Hydration + Snack 3:00pm Midweek Worship 4:00pm Dinner 5:00pm ADM: Seven year Itch	24 10am Range of Motion 10:30am ABC Game 11am Lunch 1:30pm Root Beer Floats 2:15pm Jeopardy 3:00pm LW: The Love Boat 4:00pm Dinner 5:30pm Relax & Refresh	25 10am Gentle Exercise 10:30am Garden Time 11am Lunch 1:00pm Hymn Sing 2:00pm Hydration + Snack 3:00pm 1-hit Wonders: 70s 4:00pm Dinner 5:30pm Relax & Refresh Sukkot Begins	26 10am Seated Stretch 10:30am World Oceans 11am Lunch 1:00pm Craft Club: Tie-Dye 2:00pm Alzheimer's Walk 4:00pm Dinner 5:30pm Relax & Refresh
27 10am Morning Workout 10:30am Color Me Calm 11am Lunch 1:00pm Garden Relaxation 2:15pm Sunday Service 3:00pm Would you Rather 4:00pm Dinner 5:30pm Relax & Refresh	28 10am Seated Exercise 10:30am Armchair Travels: Montreal 11am Lunch 1:00pm Garden Relaxation 2:00pm Hydration + Snack 3:00pm Balloon Volleyball 4:00pm Dinner 5:30pm Relax & Refresh	29 10am Morning Stretch 10:30am Garden Time 11am Lunch 12:30pm Quinten Jones! 2:00pm Hydration + Snack 3:00pm Bingo with Friends! 4:00pm Dinner 5:30pm Nail Painting	30 10am Morning Movement 10:30am Soothing Nature 11am Lunch 1:00pm Game Club 2:00pm Hydration + Snack 3:00pm Midweek Worship 4:00pm Dinner 5:00pm ADM: Rocky	Providence Place SENIOR LIVING September 2026		