

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Activity and activity times are subject to change ☺ Activities outside are weather dependent 		10:15am- Kickball (2 nd Floor) 1 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:15pm- Pet Therapy 4:30pm- Dinner	10:15am- Morning Stretch& Daily Chronicles 2 11:00am- Communion 12:30pm- Lunch 2:30pm- Music Appreciation: The Temptations pt1 1961-1972 3:30pm- Relaxation on the Patio 4:30pm- Dinner	10:15am- Morning Stretch 3 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:30pm- BINGO 3:30pm- Happy Hour 4:30pm- Dinner	10:15am- Morning Stretch 4 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:00pm Movie Matinee: Dreamgirls 4:30pm- Dinner	10:15am- Morning Stretch 5 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:30pm- Ice Cream Social 4:30pm- Dinner	
	10:15am- Chair Yoga 6 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:00pm- Movie Matinee: Singing in The Rain 2:45pm- Relaxation on the Patio 4:30pm- Dinner	10:15am- Morning Stretch 7 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:30pm- Relaxation on the Patio 4:30pm- Dinner Labor Day	10:15am- Kickball (2nd Floor) 8 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:00pm- Table Games 4:30pm- Dinner	10:15am- Morning Stretch& Daily Chronicles 9 11:00am- Communion 12:30pm- Lunch 2:30pm- Jazz Pianist Lenore Paxton 3:30pm- Music Appreciation: The Temptations pt2 1973-1998 4:30pm- Dinner	10:15am- Morning Stretch 10 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:30pm- BINGO 3:30pm-Happy Hour 4:30pm- Dinner	Patriot Day11 10:00am- 9/11 Moment of Silence 10:15am- Morning Stretch 11:00am- Daily Chronicles 2:00pm- Belmar Documentary TV: 9/11: The Day The World Stood Still 4:30pm- Dinner Rosh Hashanah Begins	10:15am- Morning Stretch 12 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:30pm- Ice Cream Social 4:30pm- Dinner
	Assistant Living Week13 10:15am- Chair Yoga 11:00am- Daily Chronicles 12:30pm- Lunch 11:30am- Arts and Crafts with Bridges across Generations 2:30pm- Donuts with the Grandparents Grandparents Day	10:15am- Morning Stretch 14 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:30pm- Relaxation on the Patio 4:30pm- Dinner	10:15am- Kickball 15 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:15pm- Pet Therapy 3:30pm- Table Games 4:30pm- Dinner	10:15am- Morning Stretch& Daily Chronicles 16 11:00am- Communion 12:30pm- Lunch 2:00pm- An Afternoon of Jazz with Ben 3:00pm- Music Appreciation: Ella Fitzgerald 4:30pm- Dinner	Constitution Day17 10:15am- Morning Stretch 11:00am- Daily Chronicles 12:30pm- Lunch 2:30pm- BINGO or Documentary TV: The United States Constitution 3:30pm- Happy Hour 4:30pm- Dinner	10:15am- Morning Stretch 18 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:00pm: Physical Therapy Carnival 4:00pm- Dinner	*Assistant Living Week*19 10:15am- Morning Stretch 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:30pm- Ice Cream Social 4:30pm- Dinner Oktoberfest Begins
	10:15am- Chair Yoga 20 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:00pm Movie Matinee: Meet The Browns 2:45pm- Relaxation on the Patio 4:30pm- Dinner Yom Kippur Begins	National Chai Tea Day21 10:15am- Morning Stretch 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:30pm- Relaxation on the Patio 4:30pm- Dinner	10:15am- Kickball (2nd Floor) 22 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:00pm- Music with Gary 3:30pm- Pet Therapy 4:30pm- Dinner Autumn Begins	10:15am- Morning Stretch& Daily Chronicles 23 11:00am- Communion 12:30pm- Lunch 3:00pm- Mary Kay Hand and Skin Care 4:30pm- Dinner	10:15am- Morning Stretch 24 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 3:30pm- September Birthday Bash 4:30pm- Dinner	9 to 5 Dolly Parton Day25 10:15am- Morning Stretch 10:45am- Hydration 11:00am- Hydration 2:00pm- Relaxation Time 3:00pm- Pour Yourself a Cup of Ambition Happy Hour 4:30pm- Dinner Sukkot Begins	10:15am- Morning Stretch 26 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:30pm- Ice Cream Social 4:30pm- Dinner
	10:15am- Chair Yoga 27 11:00am- Daily Chronicles 11:30am- Arts and Crafts with Bridges across generations 12:30pm- Lunch 2:00pm Movie Matinee: Joyful Noise 2:45pm- Relaxation on the Patio 4:30pm- Dinner	10:15am- Morning Stretch 28 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:00pm- Resident Council Meeting 3:30pm- Relaxation on the Patio 4:30pm- Dinner	National Neighbor Day29 10:15am- Kickball (2nd Floor) 10:45am- Hydration 11:00am- Daily Chronicles 12:30pm- Lunch 2:15pm- Pet Therapy 3:30pm- Table Games 4:30pm- Dinner	Orange Shirt Day30 10:15am- Morning Stretch& Daily Chronicles 11:00am- Communion 12:30pm- Lunch 2:30pm- Music Appreciation: Dolly Parton 4:30pm- Dinner	September 2026 Belmar Oakland's Assistant Living Calendar 		