

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Chair Yoga Daily Chronicles + Snack Spanish 101 Parachute Ball Toss Sing-A-Long + Snack Quiz Games	2 Chair Exercise Daily Chronicle + Snack Puzzles Karaoke Snack + Hydration Painting	3 Sit & Be Fit Daily Chronicles + Snack Coloring Quiz Games Short Story + Snack Table Activities Happy Birthday Nurmi L.	4 Chair Yoga Daily Chronicles + Snack Craft Corner Quiz Games Music + Snack Jeopardy	5 Chair Exercise Daily Chronicles + Snack Puzzles Making Pizza Sing-A-Long + Snack Movie Matinee + Popcorn National Cheese Pizza Day
	6 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee	7 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities Labor Day	8 Chair Yoga Daily Chronicles + Snack Spanish 101 Make Ants On A Log Sing-A-Long + Snack Quiz Games National Ants On A Log Day	9 Chair Exercise Daily Chronicle + Snack Puzzles Karaoke Snack + Hydration Painting	10 Sit & Be Fit Daily Chronicles + Snack Coloring Quiz Games Short Story + Snack Table Activities	11 Chair Yoga Daily Chronicles + Snack Craft Corner Baking Class Music + Snack Jeopardy National Make your bed day Rosh Hashanah Begins
13 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee Grandparents Day	14 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities	15 Chair Yoga Daily Chronicles + Snack Spanish 101 Parachute Ball Toss Sing-A-Long + Snack Quiz Games Happy Birthday Patricia B. Blue Day	16 Chair Exercise Daily Chronicle + Snack Puzzles Karaoke Snack + Hydration Painting Gray Day	17 Sit & Be Fit Daily Chronicles + Snack Coloring Quiz Games Short Story + Snack Table Activities Purple Day	18 Chair Yoga Daily Chronicles + Snack Craft Corner Baking Class Music + Snack Jeopardy Green Day	19 Chair Exercise Daily Chronicles + Snack Puzzles Balloon Volleyball Sing-A-Long + Snack Movie Matinee + Popcorn Black Day Oktoberfest Begins
20 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee Yom Kippur Begins	21 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities	22 Chair Yoga Daily Chronicles + Snack Spanish 101 Parachute Ball Toss Sing-A-Long + Snack Quiz Games Autumn Begins	23 Chair Exercise Daily Chronicle + Snack Puzzles Karaoke Snack + Hydration Painting	24 Sit & Be Fit Daily Chronicles + Snack Coloring Quiz Games Short Story + Snack Table Activities	25 Chair Yoga Daily Chronicles + Snack Craft Corner Baking Class Music + Snack Jeopardy Sukkot Begins	26 Chair Exercise Daily Chronicles + Snack Puzzles Balloon Volleyball Sing-A-Long + Snack Movie Matinee + Popcorn
27 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee	28 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities	29 Chair Yoga Daily Chronicles + Snack Spanish 101 Parachute Ball Toss Sing-A-Long + Snack Quiz Games National Coffee Day	30 Chair Exercise Daily Chronicle + Snack Puzzles Karaoke Snack + Hydration Painting	September 2026 		

Type the name, address, and other information about your community/company here.