

Valley Manor Care Center // Memory Care
Life Enrichment Calendar
September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Green = Music Entertainment Blue = Social Volunteers		1 9:30 Morning Exercise & Stretches 10:30 Sing-along Songs 1:30 Mocktail Sips 2:00 Music with Paul 3:00 Walking Group & Sun Seekers	2 9:30 Morning Exercise & Stretches 10:30 Resident's Choice Western Movie & Popcorn 1:30 Root Beer & Sorbet Floats 3:00 Patio Poems & Conversation	3 9:30 Morning Exercise & Stretches 10:15 Kick Ball / Noodle Balloon 1:30 Bingo (Numbers or Pictures) 3:00 1:1 3:30 Jim The Harpist	4 9:30 Morning Exercise & Stretches 10:15 Music with Beth 1:30 Patio Poems 2:30 Guess That Sound: Animals & Nature 3:00 Balloon Ball	5 9:30 Morning Exercise & Stretches 10:30 Karaoke 1:30 Ball to Basket Toss 3:00 1:1 3:30 Walking Group & Sun Seekers BIRTHDAY: Paige H.
	6 9:30 Morning Exercise & Stretches 10:00 Devotion / Music with Susie 1:30 Mocktail Sips 2:30 Watercolor Kits 3:30 Puzzles 4:30 Walking Group & Sun Seekers 6:00 Movie & Popcorn	Labor Day 7 9:30 Morning Exercise & Stretches 10:00 Bowling 1:30 Snack Shack 2:30 Music with Ed and The Gang 3:00 Hangman	8 9:30 Morning Exercise & Stretches 10:30 Sing-along Songs 1:30 Mocktail Sips 2:00 Music with Paul 3:00 Walking Group & Sun Seekers	9 9:30 Morning Exercise & Stretches 10:30 Resident's Choice Western Movie & Popcorn 1:30 Root Beer & Sorbet Floats 3:00 Patio Poems & Conversation	10 9:30 Morning Exercise & Stretches 10:30 Baking: Chocolate Dipped Waffers 1:30 Bingo (Numbers or Pictures) 3:00 Kickball	Patriot Day 11 9:30 Morning Exercise & Stretches 10:15 Music with Beth 1:30 Patio Poems 2:30 Guess That Sound: City Living 3:00 Balloon Ball BIRTHDAY: Betty D.
	Grandparent's Day 13 9:30 Morning Exercise & Stretches 10:00 Devotion / Music with Susie 1:30 Mocktail Sips 2:30 Watercolor Kits 4:00 Walking Group & Sun Seekers 6:00 Movie & Popcorn	14 9:00 Morning Exercise & Stretches 10:00 Bowling 1:30 Snack Shack 2:30 Music with Ed and The Gang 3:00 Hangman	15 9:30 Morning Exercise & Stretches 10:00 Devotion / Music with Susie 1:30 Mocktail Sips 2:00 Music with Paul 3:00 Walking Group & Sun Seekers	16 9:30 Morning Exercise & Stretches 10:30 Noodle Ball 1:30 Craft: Stamp Art 3:00 Sing-along	17 9:30 Morning Exercise & Stretches 10:30 Miniature Golf 1:30 Bingo 3:00 Wheelchair & Walker Decorating	18 9:30 Morning Exercise & Stretches 10:00 Ball Toss / Noodle Ball 1:30 Let's Make Fruit Salad 3:00 Documentary: Wonders of the World
	20 9:30 Morning Exercise & Stretches 10:00 Devotion / Music with Susie 2:00 YouTube Karaoke 3:00 Game Show & Floats (Root Beer or Sorbet) 4:00 Walking Group & Sun Seekers 6:00 Movie & Popcorn	World Alzheimer's Day 21 9:00 Morning Exercise & Stretches 10:00 Bowling 1:30 Snack Shack 2:30 Music with Ed and The Gang 3:00 Hangman BIRTHDAY: Erec K.	First Day of Fall 22 9:30 Morning Exercise & Stretches 10:00 Devotion / Music with Susie 10:45 Freestyle Finger Painting 1:30 Mocktail Sips 2:00 Music with Paul 3:00 Walking Group & Sun Seekers	23 9:30 Morning Exercise & Stretches 10:30 Noodle Ball 1:30 Craft: Sand & Glue Art 3:00 Sing-along	24 9:30 Morning Exercise & Stretches 10:00 Chair Yoga 1:30 Bingo 3:30 Movie Matinee & Snacks	25 9:30 Morning Exercise & Stretches 11:00 Ball Basket Toss / Noodle Ball 1:00 Dominoes 3:00 Yoga with Music BIRTHDAYS: Robert A. & Jody L.
	27 9:30 Morning Exercise & Stretches 10:00 Devotion / Music with Susie 2:30 Noodle ball 3:00 Learn How to Braid (Yarn) 4:00 Walking Group & Sun Seekers 6:00 Movie & Popcorn	28 9:00 Morning Exercise & Stretches 10:00 Bowling 1:30 Snack Shack 2:30 Music with Ed and The Gang 3:00 Hang Man BIRTHDAY: Pauletta S.	National Coffee Day 29 9:30 Morning Exercise & Stretches 10:00 Devotion / Music with Susie 10:45 Hangman 1:30 Mocktail Sips 2:00 Music with Paul 3:00 Walking Group & Sun Seekers	30 9:30 Morning Exercise & Stretches 10:30 Bowling 1:30 Instruments & Music 2:30 Snack Shack 3:00 Picture Bingo	 Valley Manor Care Center Volunteers of America NATIONAL SERVICES	

Calendar Subject to Changes