

September 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	2 GARDENING (10AM-11AM) POKENO (12PM-1PM)	3 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	4 ARTS & CRAFT 11AM-1PM EDUCATION/REC (2-3PM)	5 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	6	7
8 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	9 GARDENING (10AM-11AM) POKENO (12PM-1PM)	10 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	11 ARTS & CRAFT 11AM-1PM EDUCATION/REC (2-3PM)	12 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	13	14
15 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	16 GARDENING (10AM-11AM) POKENO (12PM-1PM)	17 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	18 ARTS & CRAFT 11AM-1PM EDUCATION/REC (2-3PM)	19 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	20	21
22 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	23 GARDENING (10AM-11AM) POKENO (12PM-1PM)	24 CHINA TOKYO RESTAURANT 11AM-1PM	25 ARTS & CRAFT 11AM-1PM EDUCATION/REC (2-3PM)	26 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	27	28
29 CHAIR EXERCISE (1-2PM) EDUCATION/REC (2-3PM)	30 GARDENING (10AM-11AM) POKENO (12PM-1PM)	1	2	3	4	5
6	7	Notes				