

# September: Scotland

2025

## Spirit



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> Morning Activities: Daily Chronicles, morning stretch and yoga Afternoon Activities: Learn about Labor Day, Labor Day laughs Evening Activities: Poems and Rhymes	<b>2</b> Morning Activities: Daily Chronicles, Chair fitness Afternoon activities: Walking Club, History of Rock and Roll Evening Activities: Wheel of Fortune	<b>3</b> Morning Activities: Daily Chronicles, morning stretch and yoga Afternoon activities: Bean Bag Toss, nail spa Evening Activities: Puzzles, <b>Scotland Documentary</b>	<b>4</b> Morning Activities: Daily Chronicles, chair fitness Afternoon Activities: National Popcorn Day! History of Popcorn, Make Popcorn Evening Activities: Movie Night	<b>5</b> Morning Activities: Daily Chronicles, morning stretch and yoga Afternoon Activities: Cheese Pizza Day: Make mini Muffin Pizzas <b>1:30- Music with Katie</b> Evening Activities: Family Feud	<b>6</b> Morning Activities: Morning Devotions, Daily Chronicles Afternoon Activities: Puzzles, Hydration Station Evening Activities: Movie Night
<b>7</b> Morning Activities: Brain Facts, Daily Chronicles Afternoon Activities: Happy Grandparents Day! Grandparents Day Fun facts Evening Activities: Stroll in the courtyard	<b>8</b> Morning Activities: Daily Chronicles, morning stretch and yoga Afternoon Activities: Cornhole, Pet Therapy Evening Activities: Animal Planet	<b>9</b> Morning Activities: Daily Chronicles, chair fitness Afternoon Activities: Golden State Day: California Trivia, Make ants on a log Evening Activities: Painting	<b>10</b> Morning Activities: Daily Chronicles, morning stretch and yoga Afternoon Activities: <b>Scotland Trivia</b> , September word puzzles Evening Activities: Stargazing	<b>11</b> Morning Activities: Daily Chronicles, chair fitness Afternoon Activities: <b>Scenic Drive to see the Castle Outing</b> Evening Activities: Brain Facts	<b>12</b> Morning Activities: Daily Chronicles, morning stretch and yoga Afternoon Activities: <b>1:30- Ukulele Mike</b> <b>3:00- Music with Cooper</b> Evening Activities: Wheel of Fortune	<b>13</b> Morning Activities: Daily Chronicles, Music and Motion Afternoon Activities: Garden Club, music therapy Evening Activities: Jeopardy
<b>14</b> Morning Activities: Morning Devotions, Brain Facts Afternoon Activities: Afternoon stroll, chair exercise Evening Activities: Movie Trivia	<b>15</b> Morning Activities: Daily Chronicles, morning stretch and yoga Afternoon activities: <b>Ice cream outing at Crank and Boom</b> , nail spa Evening Activities: Connect 4	<b>16</b> Morning Activities: Daily Chronicles, chair fitness Afternoon Activities: <b>Putt Putt Golf</b> , Music Therapy Evening Activities: Jokes and Riddles	<b>17</b> Morning Activities: Daily Chronicles, morning stretch and yoga Afternoon Activities: <b>Adult Coloring; Scottish Castles</b> , bucket ball Evening Activities: Poems and Rhymes	<b>18</b> Morning Activities: Daily Chronicles, chair fitness Afternoon Activities: Walking Club, Hydration Station Evening Activities: Wheel of Fortune	<b>19</b> Morning Activities: Daily Chronicles, morning stretch and yoga Afternoon Activities: <b>1:30-Music with Katie</b> , garden club Evening Activities: Movie Night	<b>20</b> Morning Activities: Morning Devotions, Daily Chronicles Afternoon Activities: Ring toss, chair fitness Evening Activities: Wheel of fortune
<b>21</b> Morning Activities: Brain Facts, Daily Chronicles Afternoon Activities: Puzzles, Hydration Station Evening Activities: Movie Night	<b>22</b> Morning Activities: Daily Chronicles, morning stretch and yoga Afternoon Activities: Ring toss, card making Evening Activities: Read Chicken Noodle Soup for the Soul	<b>23</b> Morning Activities: Daily Chronicles, chair fitness Afternoon Activities: Walking Club, popcorn and movie Evening Activities: Stroll in the courtyard	<b>24</b> Morning Activities: Daily Chronicles, morning stretch and yoga Afternoon Activities: <b>Picnic Lunch outing at Shiloto Park</b> Evening Activities: Wheel of Fortune	<b>25</b> Morning Activities: Daily Chronicles, chair fitness Afternoon Activities: Jokes and Riddles, cornhole Evening Activities: Animal planet	<b>26</b> Morning Activities: Daily Chronicles, morning stretch and yoga Afternoon Activities: Nail spa, <b>Scottish Kings History</b> Evening Activities: Brain Facts	<b>27</b> Morning Activities: Daily Chronicles, Music and Motion Afternoon Activities: Garden club, cornhole Evening Activities: Stargazing
<b>28</b> Morning Activities: Morning Devotions, Brain Facts Afternoon Activities: Bean bag toss, walking club Evening Activities: Puzzles	<b>29</b> Morning Activities: Daily Chronicles, morning stretch and yoga Afternoon Activities: Watercolor Evening Activities: <b>History Of Scotland</b>	<b>30</b> Morning Activities: Daily Chronicles, chair fitness Afternoon Activities: Walking Club, <b>Putt Putt Golf</b> Evening Activities: Family Feud				