

# September: Scotland

## 2025

Spirit Program

 An Atlas Senior Living Community

						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1 Labor Day</b> 9:00 Feel Good Stretch 10:00 This Day in History 11:00 Games w/ friends 1:00 Music Sing Along 3:00 Game Shows	<b>2</b> 9:00 Games Warm-Ups 10:00 Lovely Hands 11:00 Mementos and Memories 1:00 Book Club <b>2:30 Sonic Slushies</b>	<b>3</b> 10:00 Yoga 11:00 Newsletter 1:00 Worship Music <b>1:30 Devotions w/ Eric</b> 2:30 Bible Trivia 3:30 Heart to Heart	<b>4</b> 10:00 Morning Meditation 11:00 Learn Sign Language <b>1:30 Easy Walk Worship</b> 2:30 Bible Verse Flower Craft 3:30 Parachute	<b>5</b> 10:00 Music & Dance 11:00 Uno w/ friends 1:00 Ice Cream Sandwiches 2:00 Bingo 3:00 Balloon Volleyball	<b>6</b> 9:00 Feel Good Stretch 10:00 This Day in History 11:00 Games w/ friends 1:00 Music Sing Along 3:00 Game Shows
<b>7</b> 9:00 Stretches & Praises 11:00 Virtual Church 2:00 Hym Sing- Along 3:00 Calming Coloring	<b>8</b> 9:00 Seat Stretches 10:00 This Day in History 11:00 Puzzles 1:00 Music Sing Along 3:00 Game Shows	<b>9</b> 9:00 Men's Tee Time 10:00 Lovely Hands <b>11:00 Dulcimers</b> 1:00 National Teddy Bear Day & Ted Talk <b>2:30 Wendy's Frosty Outing</b>	<b>10</b> 10:00 Yoga 11:00 Book Club 1:00 Worship Music <b>1:30 Devotions w/ Eric</b> 2:30 Bible Trivia 3:30 Heart to Heart	<b>11</b> 10:00 Morning Meditation 11:00 Highland Cow Craft 1:00 Button Golf 2:00 Bingo 3:00 Live Game Show	<b>12</b> 9:00 Music & Dance 10:00 Football Craft 11:00 Sports Facts/Trivia <b>2:00 Tailgate</b> <b>3:30 Deonna's Band</b>	<b>13</b> 9:00 Football Warm-Ups 10:00 Balloon Volleyball 11:00 Football Stand Favorites 1:00 Fall Craft 2:00 Tailgate Treats
<b>14</b> 9:00 Stretches & Praises 11:00 Virtual Church 2:00 Hym Sing- Along 3:00 Games w/ friends	<b>15</b> 9:00 Seat Stretches 10:00 Manicure Monday 11:00 Aromatherapy 1:00 Bowling 2:30 Disney's Brave	<b>16</b> 9:00 Games Warm-Ups 10:00 Tour Scotland's Castles 11:00 Book Club 1:00 National Play-Doh Day <b>2:30 Beaver Dam Nature Trail</b>	<b>17</b> 10:00 Yoga 11:00 Scottish Unicorn Craft 1:00 Worship Music <b>1:30 Devotions w/ Eric</b> 2:30 Bible Trivia 3:30 Heart to Heart	<b>18</b> 10:00 Morning Meditation 11:00 Learn Sign Language <b>1:30 Easy Walk Worship</b> 2:30 Trivial Pursuit 3:30 This Day in History	<b>19</b> 10:00 Music & Dance 11:00 Uno w/ friends 1:00 Basket & Balls Race 2:00 Bingo 3:00 Live Game Show	<b>20</b> 9:00 Feel Good Stretch 10:00 This Day in History 11:00 Games w/ friends 1:00 Music Sing Along 3:00 Game Shows
<b>21</b> 9:00 Stretches & Praises 11:00 Virtual Church 2:00 Hym Sing- Along 3:00 Calming Coloring	<b>22</b> 9:00 Seat Stretches 10:00 This Day in History 11:00 Games w/ friends 1:00 Music Sing Along 3:00 Game Shows	<b>23</b> 9:00 Games Warm-Ups 10:00 Lovely Hands 11:00 Around the World 1:00 Scottish Unicorn Wands <b>2:30 Dairy Queen Outing</b>	<b>24</b> 10:00 Yoga 11:00 Book Club 1:00 Worship Music <b>1:30 Devotions w/ Eric</b> 2:30 Bible Trivia 3:30 Heart to Heart	<b>25</b> 9:00 Morning Meditation 10:00 Thistle Craft 11:00 Learn Sign Language 2:00 Highland Games 3:00 Heart to Heart	<b>26</b> 10:00 Music & Dance 11:00 Parachute 1:00 Fall Craft 2:00 Bingo 3:00 Johnny Appleseed Day	<b>27</b> 9:00 Feel Good Stretch 10:00 Balloon Volleyball 11:00 Uno w/ friends 1:00 Fun w/ Figs 2:00 Cornhole
<b>28</b> 9:00 Stretches & Praises 11:00 Virtual Church 2:00 Hym Sing- Along 3:00 Puzzle Party	<b>29</b> 9:00 Seat Stretches 10:00 Manicure Monday 11:00 Aromatherapy 1:00 Fall Weaving 2:00 Music Sing Along	<b>30</b> 9:00 Chair Zumba 10:00 Cross Bracelet 11:00 This Day in History 1:00 Cups Game <b>2:30 Indian Creek Outing</b>				