

2026 September 1980'S



Sunday



Monday



Tuesday



Wednesday



thursday



Friday



Saturday

September 2026
The Lighthouse

1 9:30 Wake Me Up Before You Go-Go Chair Moves
10:00 Daily Devotion
10:30 Welcome to the 80s Time Capsule
2:30 Neon Board and Cassette-Tape Art

2 9:30 Jane Fonda inspired Chair Aerobics
10:00 Daily Devotion
10:30 Taste of the 80s: Apples & Cinnamon
12:15 Captain's Table
2:30 80s TV Theme Song

3 9:30 Walk This Way Walking Club
10:00 Pet Therapy w/ Milan & Holly
10:30 Neon Splatter Art Studio
2:30 Rubik's Cube color

4 9:30 Footloose Friday Dance Moves
10:00 Daily Devotion
10:30 Name that 80's Tune
2:30 Miami Vice Mocktail & Snack Social

5 9:30 The Singing Ladies
10:00 Olivia Newton John Let's Get Physical Fitness
10:30 Garden Corn Hole
2:30 College Football

6 9:30 Easy Like Sunday Morning Stretch
10:00 Virtual Church Service
11:00 Tea & Soft Rock Reflection
2:30 Activity Packet

7 9:30 Working 9 to 5 Chair Exercise
10:00 Labor Day: Jobs we had in the 80s
12:00 Labor Day Picnic
2:30 Ice Cream Social & 80s Commercial Jingles

8 9:30 Physical Fitness
10:00 Daily Devotion
10:30 Coffee Talk: What Cost What in 1986?
2:30 Purpose Club: Fold, Sort & Stack to 80s Hits

9 9:30 Balloon Volleyball to 80s Hits
10:00 Daily Devotion
10:30 Pac-Man Color & Shape Sorting
2:30 Arcade and 80s Games

10 9:30 Walkman Walking Club
10:00 Daily Devotion
10:30 Pretty in Pink Flower Arranging
2:30 Tea & Dynasty Fashion Social

11 9:30 Flashdance Friday Chair Dance
10:00 Daily Devotion
10:30 Big Hair, Big Hits: Name That Tune
2:30 Root Beer Float Social & 1980s America

12 9:30 Saturday Morning Cartoon Stretch
10:00 Daily Devotion
10:30 Garden Time
2:30 College Football
Insert Activities

13 Assisted Living Week
9:30 Shine & Stretch
10:00 Virtual Church
2:30 Grandparents Day: Our Stories Shine Thru the Years

14 Assisted Living Week
9:30 Shine Bright Chair Aerobics
10:00 Daily Devotion
10:30 Neon Nail Spa
2:30 Sunshine Superlative Awards

15 Assisted Living Week
9:30 Let's Get Physical Seated Fitness
10:00 Daily Devotion
10:30 Rae of Sonshine
2:30 Family Feud 80's Edition

16 Assisted Living Week
9:30 Walking on Sunshine Walking Club
10:00 Daily Devotion
10:30 SPINTOPIA
2:30 80s Sing-a-long w/ Kirk Jones Ukulele

17 Assisted Living Week
9:30 80's Exercise
10:00 Pet Therapy w/ Milan & Holly
10:30 Bread Machine Baking
2:30 Social Sips & Snacks

18 Assisted Living Week
9:30 Footloose Friday Dance Party
10:00 Daily Devotion
11:00 80s Prom
2:30 Dessert Social

19 Assisted Living Week
9:30 Celebrate Good Times Stretch
10:00 Daily Devotion
10:30 Garden Time
2:30 College Football

20 9:30 Gentle Sunday Movement
10:00 Virtual Church
2:30 Nature Reflection: Seasons of our Lives

21 9:30 September Groove Stretch
10:00 Daily Devotion
10:30 First Day of Fall: Tailgate Cookoff
2:30 Apple Cider

22 9:30 Sweatin' to the Oldies Chair Yoga
10:00 Daily Devotion
10:30 My First Job & 80s Worklife
2:30 80s Trivia Hotline

23 9:30 Balloon Boombox Exercise
10:00 Catholic Mass
10:30 Purpose Club: Folding Laundry
2:30 Jeopardy! 80s Edition

24 9:30 Walk Like an Egyptian Walking Club
10:00 Daily Devotion
10:30 Fall Decorating Committee
2:30 Fall Flavor and Scent Experience

25 9:30 Flashdance Friday Movement
10:00 Daily Devotion
10:30 Name That 80s Movie/TV Show
2:30 80s Movie Matinee & Popcorn

26 9:30 Saturday Aerobics
10:00 Daily Devotion
10:30 Garden Time
2:30 College Football

27 9:30 Sunday Stretch
10:00 Virtual Church
2:30 Tea & Family Traditions Fellowship

28 9:30 Chair Yoga
10:00 Daily Devotion
10:30 Neon Nail Spa
2:30 80s Commercial Jingles

29 9:30 Balloon Volleyball
10:00 Daily Devotion
10:30 Fall Leaf Craft
2:30 Hands Across America Kindness Project

30 9:30 Celebration Dance
10:00 Daily Devotion
10:30 Resident Council
2:30 Purpose Club: Thank You Cards