

SEPTEMBER 2026

G
THE GOLDTON
AT LAKE NONA

(321)850-2790
9682 Lake Nona Village PL
Orlando, FL 32827

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Location Key

Activity Room-AR

Red writing -Bus Trips

Dining Hall - DH

Entertainment

Special



6
9:45 Tunes & Trail Stroll
10:30 Trivia
1:30 Bingo
2:30 Menchie's Ice Cream \$10
4:00 Corn Hole
7:00 Resident Lead Chat

7
10:00 Gentle Chair Yoga
10:30 Trivia
1:15 Bingo
3:00 Arts appreciation
4:00 Jewish Pavillion

8
10:00 Low Impact Cadio
10:30 Trivia
1:30 Bible Study
3:00 Walmart
4:00 The G General Store

9
9:30 Gentle Chair Yoga
10:00 Catholic Service
11:00 Corn Hole
1:30 Baking
3:00 Happy Hour ENT Nathan Scott
7:00 Resident Lead Games

10
10:00 Chair Yoga
11:00 Orlando eye ride \$35
10:30 Trivia
2:00 Bingo
4:00 Hangman
7:00 Resident Lead Games

11
10:00 Low Impact Cardio
10:30 Praying with Rosary
10:30 Trivia
1:30 Jenga Giant Blocks
3:00 Happy Hour Social/Coffee talk
7:00 Resident lead Games

12
10:00 Painting
11:00 Ax Throwing
2:00 Bingo
1:30 Trivia
3:30 Movie
7:00 Resident lead Games

13
9:45 Tunes & Trail Stroll
10:30 Trivia
1:30 Bingo
2:30 Sing-a-Long
4:00 Ax Throwing
7:00 Resident Lead Chat

14
10:00 Gentle Chair Yoga
10:30 Trivia
1:15 Fancy Goldton Nails
2:00 Dealing with Mental Health as a Senior
3:00 Arts appreciation
4:00 Family Feud
7:00 Resident lead games

15
10:00 Low Impact Cadio
10:30 Trivia
10:00 Exercise With SB
1:30 Bible Study
3:00 Target
4:00 Target Toss

16
9:30 Gentle Chair Yoga
10:00 Catholic Service
11:00 Corn Hole
1:30 Baking
3:00 Happy Hour ENT Andy Costantini
7:00 Resident Lead Games

17
10:00 Chair Yoga
10:30 Trivia
12:00 Drive through Safari \$30
1:30 Bingo
3:00 Tunes & Stroll
4:00 Corn Hole
7:00 Resident Lead Games

18
10:00 Low Impact Cardio
10:30 Praying with Rosary
10:30 Trivia
1:30 Jenga Giant Blocks
3:00 Happy Hour Social/coffee talk
7:00 Resident lead Games

19
10:00 Painting
11:00 Ax Throwing
2:00 Bingo
1:30 Trivia
3:30 Movie
7:00 Resident lead Games

20
9:30 Low impact Cardio
9:45 Tunes & Trail Stroll
10:30 Trivia
1:30 Bingo
2:30 Sing-a-Long
4:00 Corn Hole
7:00 Resident Lead Chat

21
10:00 Gentle Chair Yoga
10:30 Trivia
1:15 Bingo
3:00 Arts appreciation
4:00 Family Feud
7:00 Resident lead games

22
10:00 Low Impact Cadio
10:30 Trivia
1:30 Bible Study
4:00 The G General Store
*6:00 Dignity Memorial free diner for families

23
9:30 Gentle Chair Yoga
10:00 Catholic Service
11:00 Corn Hole
1:30 Baking
3:00 Happy Hour Social/coffee talk
7:00 Resident Lead Games

24
10:00 Chair Yoga
10:30 Trivia
11:00 Raising Cane's \$15
1:30 Bingo
3:00 Arts & Crafts
4:00 Hangman
5:00 1980's Party
7:00 Resident Lead Games

25
10:00 Low Impact Cardio
10:30 Praying with Rosary
10:30 Trivia
1:30 Family Feud
3:00 Happy Hour Social/Coffee talk
7:00 Resident lead Games

26
10:00 Painting
11:00 Ax Throwing
2:00 Bingo
1:30 Trivia
3:30 Movie
7:00 Resident lead Games

27
9:30 Low impact Cardio
9:45 Tunes & Trail Stroll
10:30 Trivia
1:30 Bingo
2:30 Menchie's Ice Cream \$10
4:00 Ax Throwing
7:00 Resident Lead Chat

28
10:00 Gentle Chair Yoga
10:30 Trivia
11:00 Goddard School
1:15 Bingo
3:00 Arts appreciation
4:00 Family Feud
7:00 Resident lead games

29
10:00 Low Impact Cadio
10:00 Exercise with SB
11:00 Residents Council
1:30 Bible Study
3:00 Dollar Tree
4:00 Jenga Giant Blocks

30
9:30 Gentle Chair Yoga
10:00 Catholic Service
11:00 Corn Hole
1:30 Baking
3:00 Happy Hour Social Jen Rae
7:00 Resident Lead

