

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Sit n Fit 1 10:15 Sing Along 1:30 Shepherd's Care	9:30 Sit n Fit 2 10:00 Catholic Services 2:15 BINGO!	8:30 Fit Plus 3 9:30 Sit n Fit 10:00 Bible Study 10:00 Grief Group 2:00 Social Hour & Table Games	9:30 Sit n Fit 4 10:30 Daily Chronicles 2:00 Bingo	11:00 Chair Yoga RCAC 3rd Floor 1:30 Sheepshead RCAC Dining Room
	6  Labor Day	7 9:30 Sit n Fit 8 10:15 Accordion w/ Karen *RCAC 2:00 Arts n Crafts *1:00 Staff Mtg.	8 9:30 Sit n Fit 9 10:00 Catholic Services 2:15 BINGO!	9 8:30 Fit Plus 10 9:30 Sit n Fit 10:00 Bible Study 9:30 Spa Day 10:30 Meijer Foods Outing 2:00 Social Hour & Table Games	10 9:30 Sit n Fit 11 10:30 Trivia Game 2:00 Dog Days w Winston Rosh Hashanah Begins	11 11:00 Chair Yoga RCAC 3rd Floor 1:30 Sheepshead RCAC Dining Room
13 Grandparents Day	14 8:30 Yoga 9:30 Sit n Fit 10:00 Bible Study 10:00 Lutheran Services 2:15 BINGO!	15 9:30 Sit n Fit 10:30 Daniel Lovett 1:30 Shepherd's Care 2:00 Food Club (walking taco)	16 9:30 Sit n Fit 10:00 Catholic Services 2:15 BINGO!	17 8:30 Fit Plus 9:30 Sit n Fit 10:00 Bible Study 10:00 Grief Group 2:00 Social Hour & Table Games	18 9:30 Sit n Fit 10:30 Resident Council 1:00 Hazelmade Art Studio Outing	19 11:00 Chair Yoga RCAC 3rd Floor 1:30 Sheepshead RCAC Dining Room Oktoberfest Begins
20 Yom Kippur Begins	21 8:30 Yoga 9:30 Sit n Fit 10:00 Bible Study 10:00 Lutheran Services 2:15 BINGO!	22 9:30 Sit n Fit 10:15 Accordion w/ Karen *RCAC 2:00 Newlywed Game Autumn Begins	23 9:30 Sit n Fit 10:00 Catholic Services 2:15 BINGO!	24 8:30 Fit Plus 9:30 Sit n Fit 10:00 Bible Study 10:00 Spa Day 2:00 Social Hour & Table Games	25 9:30 Sit n Fit 10:30 Trivia Game 11:30 Mark's East Side Outing 2:00 Arts n Crafts Sukkot Begins	26 11:00 Chair Yoga RCAC 3rd Floor 1:30 Sheepshead RCAC Dining Room
27 8:30 Yoga 9:30 Sit n Fit 10:00 Bible Study 10:00 Lutheran Services 2:15 BINGO!	28 9:30 Sit n Fit 10:15 Sing Along 2:00 Monthly Birthday Party w Sheila and Bobby Darren	29 9:30 Sit n Fit 10:00 Catholic Services 2:15 BINGO!	30 9:30 Sit n Fit 10:00 Catholic Services 2:15 BINGO!	September 2026 RCAC 		

Calendar subject to change for spontaneous fun.