

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SarahCare® Adult Day Care Center		1 Chair Exercise Bingo Walking Club Candy Corn Bowling Canvas Painting Name Five Dominoes	2 Stretch & Relaxation Name that Rock n Roll Tune Pass the Pumpkin September Facts & Fun Card Games Family Feud Phillies Game (3:40 pm)	3 Movement to Music Pokeno Tic Tac Toe Toss 1970s Trivia Puzzles Crochet Group Disco Music Hour	4 *Trip to Shake Shack* Sit & Be Fit Bingo Ring the Bottle The Price is Right Labor Day Trivia Adult Coloring Pages	5 
6 *Calendar Subject to Change*	7 Center Closed for Holiday  Labor Day	8 Seated Workout Bingo Candy Corn Bowling Back to School Memories Entertainment with Jeff Corbett (1:30 pm) Dominoes	9 Meditation Are You Smarter than a 5th Grader? Pass the Pumpkin Baking Group Spelling Bee Canvas Painting Card Games	10 *Lunch Trip to Perkins* Chair Aerobics Pokeno Walking Club Tic Tac Toe Toss Phillies Game (1:05 pm) Ballpark Snacks Puzzles	11 Chair Yoga Bingo Ring the Bottle Apple Crafts Rosh Hashanah Discussion Adult Coloring Pages Harry Connick Jr. Music Hour Rosh Hashanah Begins	12 Daily AM Activities 7:00-8:00 Meet & Greet 8:00-9:00 Coffee & News 8:30-10:00 Breakfast 10:00-10:30 Morning Stretch 10:30-11:00 Daily Chronicles 11:00-11:30 Daily Themed Activity 11:30-12:00 Active Games
13  Grandparents Day	14 *Grandparents' Day Brunch* Morning Stretch Wine Glass Painting Volleyball TV Trivia Board Games	15 Chair Exercise Bingo Famous September Birthdays Candy Corn Bowling Baking Group Creative Arts Dominoes	16 *Lunch Trip to Olive Garden* Stretch & Relaxation Crafter's Corner Pass the Pumpkin The Life & Music of BB King Card Games	17 *Lunch in the Garden* Movement to Music September Jeopardy Pokeno Tic Tac Toe Toss Puzzles Family Feud Karaoke	18 Sit & Be Fit Bingo Walking Club Guess in Ten Ring the Bottle Finishing Lines Adult Coloring Pages	19 Daily PM Activities 12:00-1:00 Lunch 1:00-1:30 Cognitive Game 1:30-2:30 Afternoon Activity 2:30-3:00 Snack 3:00-3:30 Afternoon Stretch 3:30-4:30 Late Afternoon Activity 4:30- 6:00 Independent Activities Oktoberfest Begins
20  Yom Kippur Begins	21 *Lunch in the Garden* Chair Dancing Hollywood Squares Baking Group Balloon Volleyball Unscramble the Words Casino Games Board Games	22 *Shopping Trip to Dollar Tree* Seated Workout Bingo Fall Crafts Candy Corn Bowling Dominoes Autumn Begins	23 Meditation Jewelry Making Pass the Pumpkin Walking Club Ray Charles Music Hour Crochet Group Card Games	24 Country Music Day Chair Aerobics Cowboy Hat Decorating Pokeno Tic Tac Toe Toss Country Hoedown with Joe Parker (1:30 pm) Puzzles	25 Chair Yoga Bingo Guess the Slogan Sing a Long Ring the Bottle One Hit Wonders Adult Coloring Pages Sukkot Begins	26 
27 Stephanie Malloy Activities Director smalloy@sarahpa.com 215-999-1200 Ext. 112	28 Eagles Day! Morning Stretch Pigskin Toss Football Craft Eagles Pep Rally Tailgate Snacks Board Games	29 Chair Exercise Bingo Horse Racing Positive Thinking Candy Corn Bowling You be the Judge Brain Teasers Dominoes	30 Stretch & Relaxation Participant Council Hangman Up for Debate Pass the Pumpkin Jeopardy Card Games	September 2026 Activities Calendar		