

# September, 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Labor Day Holiday</b> 1 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee - LR 3:00 Bible Study - OD 4:00 Noodle Ball	2 9:00 Coloring 10:00 Chair Tai Chi 11:00 Brain Exercise 2:00 Men's Club 3:00 Women's Club	3 9:00 Chair Exercise 10:00 Chair Exercise 11:00 BINGO 1:00 Shopping - OOF 4:00 Noodle Ball	4 9:00 Chair Exercise 10:00 Chair Yoga 1:00 Cat Cuddling - OOF 2:00 Men's Club 4:00 Social Hour	5 9:30 Chair Exercise 10:30 Brain Yoga (DJ) 1:00 Friday Market - OOF 1:00 Chair Exercise 4:00 Noodle Ball	6 9:00 Coloring 10:00 Drummercise 11:00 Chair Exercise 1:00 Saturday Market - OOF 4:00 Activity Assessments
7 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time - LR 3:00 Noodle Ball	8 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee - LR 3:00 Bible Study - OD 4:00 Noodle Ball	9 9:00 Pet Therapy-Clementine 10:00 Chair Tai Chi 11:00 Story Time 1:00 Brain Exercise 2:00 Men's Club 3:00 Women's Club	10 9:00 Chair Exercise 10:00 Church 11:00 BINGO 1:00 Shopping – OOF 3:00 Chair Exercise 4:00 Noodle Ball	11 9:00 Chair Exercise 10:00 Chair Yoga 11:00 Brain Exercise 1:00 Story Time 2:00 Food Committee - OD 4:00 Social Hour	12 9:30 Chair Exercise 10:30 Brain Yoga (DJ) 1:00 Friday Market – OOF 1:00 Chair Exercise 4:00 Noodle Ball	13 9:00 Coloring 10:00 Drummercise 11:00 Chair Exercise 1:00 Garlic Festival - OOF 4:00 Activity Assessments
14 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time - LR 3:00 Noodle Ball	15 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee - LR 3:00 Bible Study - OD 4:00 Noodle Ball	16 9:00 Pet Therapy-Clementine 10:00 Chair Tai Chi 1:00 Craft 2:00 Men's Club 2:30 Sing Along w/Ellie & Celsa (Happy Hour too)	17 9:00 Chair Exercise 10:00 Chair Exercise 11:00 BINGO 1:00 Shopping – OOF 1:00 Coloring 4:00 Noodle Ball	18 9:00 Chair Exercise 10:00 Chair Yoga 11:00 Brain Exercise 1:00 Cat Cuddling - OOF 2:00 Men's Club 3:30 Story Time	19 <b>All Staff Meeting @ 2pm</b> 9:30 Chair Exercise 10:30 Brain Yoga (DJ) 1:00 Story Time 2:00 Noodle Ball - OD 4:00 Social Hour	20 9:00 Coloring 10:00 Drummercise 11:00 Chair Exercise 1:00 Saturday Market - OOF 4:00 Activity Assessments
21 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time - LR 3:00 Noodle Ball	22 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee - LR 3:00 Bible Study - OD 4:00 Noodle Ball	23 9:00 Pet Therapy-Clementine 10:00 Chair Tai Chi 11:00 Story Time 1:00 Brain Exercise 2:00 Men's Club 3:00 Paint & Sip	24 9:00 Chair Exercise 10:00 Church 11:00 BINGO 1:00 Shopping – OOF 3:00 Chair Exercise 4:00 Noodle Ball	25 9:00 Chair Exercise 10:00 Chair Yoga 11:00 Brain Exercise 1:00 Cat Cuddling - OOF 3:30 Social Hour	26 9:30 Chair Exercise 10:30 Brain Yoga (DJ) 1:00 Mobile Library 3:00 Ice Cream Social 4:00 Noodle Ball	27 9:00 Coloring 10:00 Drummercise 11:00 Chair Exercise 1:00 Saturday Market - OOF 4:00 Activity Assessments
28 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time - LR 3:00 Noodle Ball	29 <b>Happy Birthday Doris</b> 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee - LR 3:00 Bible Study - OD 4:00 Noodle Ball	30 9:00 Pet Therapy-Clementine 10:00 Chair Tai Chi 1:00 Resident Council - OD 2:00 Men's Club 3:00 Women's Club				
<b>Please see bulletin board for a posted copy of the PSAC Calendar of Activities</b>		<b>Medical Transport 9-11am Tuesday</b>		<b>Medical Transport 9-11am Thursday</b>	<b>PSAC = Peninsula Senior Activity Center</b>	LR = Living Room CY = Court Yard DR = Dining Room OF = Out Front OD = Overflow Dining Room OOF = Out of Facility

\*Activities subject to change. Please check the activity room board for any changes.