

September, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Assisted Living week is 9/13 – 9/19. Angie from HHH will be here on Tuesday 9/15 at 11am for BINGO & 1pm for a special activity in the Activity Room	Join us in the Activity Room to watch videos of various locations in Washington this month.	1 10:00 Exercise with Michelle 11:00 Story Time 1:00 WA YouTube Video 2:00 Men’s Club 3:30 Social Hour - CY	2 8:30 Coloring/Fellowship 10:00 SAIL Exercise 11:00 BINGO 1:00 Shopping - OOF 4:00 WA YouTube Video	3 8:30 Coloring/Fellowship 10:00 Chair Yoga 11:00 Brain Exercise 1:00 Cat Cuddling - OOF 3:30 Social Hour/Family Feud	4 8:30 Coloring/Fellowship 10:00 Chair Exercise 11:00 Brain Exercise 12:00 Friday Market – OOF 4:00 Noodle Ball	5 9:00 Garage Sale - PSAC 10:00 Drummercise 11:00 Chair Tai Chi 1:00 Music in the Park – OOF 3:30 1:1 with Resident
6 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time – LR 2:00 Women’s Card Games 4:00 Noodle Ball	7 Labor Day 8:30 Coloring/Fellowship 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee – LR 3:00 Bible Study 4:00 Noodle Ball	8 8:30 Coloring/Fellowship 10:00 Exercise with Michelle 1:00 Pet Therapy – Ladybug 2:00 Men’s Club 2:00 All Staff Meeting 3:30 Social Hour	9 Marie’s Birthday 9:00 Church 10:00 Chair Exercise 11:00 BINGO 1:00 Shopping - OOF 4:00 WA YouTube Video	10 8:30 Coloring/Fellowship 10:00 Chair Yoga 11:00 Brain Exercise 1:00 Ceramic Glazing 2:00 Men’s Club 3:30 Social Hour/Family Feud	11 8:30 Coloring/Fellowship 10:00 Chair Exercise 12:00 Lunch @ the Cove - OOF 3:00 Manager Meeting 4:00 Noodle Ball 7:30 Movie Night - CY	12 8:30 Coloring/Fellowship 10:00 Drummercise 11:00 Chair Tai Chi 1:00 Dahlia Show – CPHM 3:30 1:1 with Resident
13 Grandparents Day 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time – LR 2:00 Women’s Card Games 4:00 Noodle Ball	14 10:00 Chair Exercise 11:00 Activity Packets Noon FREE Movie – Neptune 1:00 Monday Matinee – LR 3:00 Bible Study 4:00 Noodle Ball	15 10:00 Chair Tai Chi 11:00 BINGO w/Angie 1:00 Fun w/Angie of HHH 2:00 Men’s Club 3:00 Sing Along w/Ellie & Celsa (Social Hour too)	16 8:30 Coloring/Fellowship 10:00 Chair Exercise 11:00 Story Time 1:00 Shopping - OOF 4:00 WA YouTube Video	17 8:30 Coloring/Fellowship 10:00 Chair Yoga 11:00 Brain Exercise 12:00 Friends & Family 1:00 Story Time 3:30 Social Hour/Family Feud	18 9:00 Coloring/Fellowship 10:00 Chair Exercise 11:00 Brain Exercise 12:00 Friday Market – OOF 4:00 Noodle Ball	19 8:30 Coloring/Fellowship 10:00 Drummercise 11:00 Chair Tai Chi 1:00 GarlicFestival – OOF 3:30 1:1 with Resident
20 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time – LR 2:00 Women’s Card Games 4:00 Noodle Ball	21 8:30 Coloring/Fellowship 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee – LR 3:00 Bible Study 4:00 Noodle Ball	22 First Day of Autumn 8:30 Coloring/Fellowship 10:00 Exercise with Michelle 11:00 Story Time 2:00 Men’s Club 3:30 Social Hour	23 9:00 Church 10:00 Chair Exercise 11:00 BINGO 1:00 Shopping - OOF 4:00 WA YouTube Video	24 8:30 Coloring/Fellowship 10:00 Chair Yoga 11:00 Brain Exercise 1:00 Pet Therapy – Ladybug 2:00 Men’s Club 3:30 Social Hour/Family Feud	25 8:00 42 nd Street Café – OOF 10:00 Chair Exercise 11:00 Brain Exercise 1:00 Mobile Library 3:00 Cake/Ice Cream Social 4:00 Noodle Ball	26 8:30 Coloring/Fellowship 10:00 Drummercise 11:00 Chair Tai Chi 1:00 Music in the Park – OOF 3:30 1:1 with Resident
27 9:00 Board Games 10:00 Chair Exercise 11:00 Whiteboard Games 1:00 Puzzle Time – LR 2:00 Women’s Card Games 4:00 Noodle Ball	28 8:30 Coloring/Fellowship 10:00 Chair Exercise 11:00 Activity Packets 1:00 Monday Matinee – LR 3:00 Bible Study 4:00 Noodle Ball	29 Doris’ Birthday 8:30 Coloring/Fellowship 10:00 Exercise with Michelle 11:00 Scavenger Hunt – OF 1:00 Resident Council - OD 2:00 Men’s Club 3:00 Paint & Sip	30 8:30 Coloring/Fellowship 10:00 Chair Exercise 11:00 BINGO 1:00 Shopping - OOF 3:30 Ice Cream Cake to celebrate Doris turning 100			
Please see bulletin board for a posted copy of the PSAC Calendar of Activities		Medical Transport 9-11am Tuesdays		Medical Transport 9-11am Thursdays	CPHM = Columbia Pacific Heritage Museum Ilwaco PSAC = Peninsula Senior Activity Center	CY = Courtyard DR = Dining Room LR = Living Room OF = Out Front OD = Overflow Dining Room OOF = Out of Facility

*Activities subject to change. Please check the bulletin boards for any changes.