

We care like family.

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September 2026

THE HEART ADULT DAYCARE

WHERE EVERY DAY IS FILLED WITH FUN, FRIENDSHIP & CARE



7. LABOR DAY BBQ

8:30- Breakfast
9:20- Table Talk
9:45- SIT & BE FIT
10:00- Floor Games
11:30- Social Time
12:00- BBQ Lunch



14. CORNHOLE TOURNAMENT

8:30- Breakfast
9:20- Table Talk
9:45- Floor Games
10:30- CORNHOLE TOURNAMENT
11:30- Social Time
12pm- Lunch
1pm- BINGO!



21. MINIATURE GOLF DAY

8:30- Breakfast
9:30- SIT & BE FIT
10:00- Floor Games
10:30- MINIATURE GOLF
11:30- Social Time
12pm- Lunch
1pm- BINGO!



28. BURLINGTON TRIP

8:30- Breakfast
9:20- Table Talk
9:45- SIT & BE FIT
10:00- Floor Games
10:30- BURLINGTON
12pm- Lunch
1pm- BINGO!



TUESDAY

1. CREATE YOUR OWN COOKBOOK

8:30- Breakfast
9:20- Table Talk
9:45- ZUMBA
10:30- WRITE YOUR OWN COOKING RECIPE
12pm- Lunch
1pm- BINGO!



8. DOMINO TOURNAMENT

8:30- Breakfast
9:20- SIT & BE FIT
9:45- Floor Games
10:30- DOMINO TOURNAMENT
11:30- Social Time
12pm- Lunch
1pm- BINGO!



15. HERITAGE DAY PARTY

8:30- Breakfast
9:20- SIT & BE FIT
9:45- Floor Games
10:00- HERITAGE MONTH PARTY
12pm- Lunch
1pm- Cake!



22. SPECIAL LUNCH

8:30- Breakfast
9:20- Table Talk
9:45- ZUMBA
10:15- Floor Games
11:30- Social Time
12pm- SPECIAL LUNCH
1PM- BINGO!



29. National Coffee Day

8:30- Breakfast
9:20- Table Talk
10:00- ZUMBA
10:30- Floor Games
11:30- Social Time
12pm- Lunch
1pm- BINGO!



WEDNESDAY

2. SIP & PAINT

8:30- Breakfast
9:20- Table Talk
9:45- SIT & BE FIT
10:00- Floor Games
10:30- SIP & PAINT
12pm- Lunch
1pm- BINGO!



9. CASINO TRIP

8:30- Breakfast
9:20- Table Talk
9:45- SIT & BE FIT
10:15- Floor Games
10:30- CASINO
12pm- Lunch
1pm- BINGO!



16. Guacamole Day

8:30- Breakfast
9:20- Table Talk
9:45- SIT & BE FIT
10:00- Floor Games
10:30- GUACAMOLE & CHIPS
11:30- Social Time
12pm- Lunch
1pm- BINGO!



23. BOWLING TOURNAMENT

8:30- Breakfast
9:30- SIT & BE FIT
9:45- Floor Games
10:30- TOURNAMENT
11:30- Social Time
12pm- Lunch
1pm- BINGO!



WINNER GETS A TROPHY!!!

30. WELCOME FALL & BIRTHDAY CELEBRATION

8:30- Breakfast
9:20- Table Talk
9:45- SIT & BE FIT
10:15- Floor Games
12pm- Lunch
1pm- CAKE + RAFFLE



THURSDAY

3. UNO TOURNAMENT

8:30- Breakfast
9:20- Table Talk
9:45- SIT & BE FIT
10:30- UNO TOURNAMENT
11:30- Social Time
12pm- Lunch
1pm- BINGO!



10. RESIN ART

8:30- Breakfast
9:20- Table Talk
9:45- SIT & BE FIT
10:00- ZUMBA
10:30- RESIN ART
11:30- Social Time
12pm- Lunch
1pm- BINGO!



17. SPADES TOURNAMENT

8:30- Breakfast
9:20- Table Talk
9:45- ZUMBA
10:00- SPADES TOURNAMENT
11:30- Social time
12pm- Lunch
1pm- BINGO!



24. WILKENS FRUIT & FARM

8:30- Breakfast
9:30- Table Talk
9:45- SIT & BE FIT
10:00- Floor Games
10:30- APPLE PICKING
12pm- Lunch
1pm- BINGO!



FRIDAY

4. WALMART

8:30- Breakfast
9:20- Table Talk
9:45- FLOOR GAMES
10:00- WALMART
11:30- Social Time
12pm- Lunch



WEAR YOUR CENTER SHIRT!!

11. PIZZA PARTY/ FORMAN MILLS

8:30- Breakfast
9:20- Table Talk
9:45- SIT & BE FIT
10:00- OPEN ACTIVITY
10:30- FORMAN MILLS
12pm- Lunch
1pm- BINGO!



WEAR YOU CENTER SHIRT!

18. ALL DAY BINGO

8:30- Breakfast
9:20- Current Events
9:45- SIT & BE FIT
10:00- ALL DAY BINGO!!!
11:30- Social time
12pm- Lunch
1pm- MORE BINGO!!!



WEAR YOUR BINGO SHIRTS!!!

25. RESIN ART

8:30- Breakfast
9:20- Table Talk
9:45- SIT & BE FIT
10:00- Floor Games
10:30- RESIN ART
12pm- Lunch
1pm- BINGO!



Thank You
for Being Part of
Our Heart Family!

Let's make September
full of smiles,
kindness, and
beautiful memories.



THIS CALENDAR IS FOR THOSE WHO WANT STRUCTURE, INDIVIDUAL ACTIVITIES ARE AVAILABLE UPON REQUEST.



MEMBERS ARE FREE TO INTERACT WITH THE GENERAL COMMUNITY WHENEVER THEY WANT.



IF WEATHER PERMITS, WE WILL HAVE DAILY COMMUNITY WALKS.