Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Seated Chair Yoga w/ Nancy Harding 11:00am World Letter Writing Day 11:30am Math Puzzle Boxes 1-2pm IGP Activity with Infants 1:00pm Animal Feature: Oodles of Poodles 1:40pm Seated Chair Exercise w/ Sheila OT 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music	2 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Seated Chair Volleyball & Music 11:00am Name that Melody 11:30am Finish the Line 1-2pm IGP Activity with Infants 1:00pm World Coconut Day 1:40pm Seated Chair Exercise w/ Alaina OT 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music	3 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Seated Chair Exercise w/ Czarina PT 11:00am Dolly Parton Biography 11:30am Dolly Parton Songs 1-2pm IGP Activity with Infants 1:00pm Health and Wellness Talk 1:40pm Bingo/ Lotería 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music	4 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Fri-Yay Chair Exercise 10:30am Seated Frisbee Toss & Music 11:00am Five Clues: What Job is it? 11:30am Would You Rather: Labor Day Edition 1-2pm IGP Activity with Infants 1:00pm Occupational Wheel of Fortune 1:40pm Movie Day & Popcorn 3:45pm Tabletop Activities, Games & Music
7 	8 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Seated Chair Yoga w/ Nancy Harding 11:00am Travel Brief 11:30am Travelogue Video 1-2pm IGP Activity with Infants 1:00pm Seated Chair Exercise w/ Sheila OT 1:40pm Casino Day & Music 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music	9 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Seated Chair Exercise w/ Alaina OT 11:00am Earthquake Drill 11:30am Mixed Math Challenge 1-2pm IGP Activity with Infants 1:00pm National New Hampshire Day 1:40pm Beads & Music 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music	10 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Seated Chair Exercise w/ Czarina PT 11:00am Name that Artist 11:30am Blank Slate 1-2pm IGP Activity with Infants 1:00pm Plant Feature: Spider Plants 1:40pm Bingo/ Lotería 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music	11 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Fri-Yay Chair Exercise 10:30am Seated Twister Toss Game & Music 11:00am Rosh Hashanah Reading 11:30am Rosh Hashanah Activity 1-2pm IGP Activity with Infants 1:00pm National Grandparents Day Interviews 1:40pm National Grandparent's Day Craft 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music
14 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Monday Move & Groove Chair Exercise 10:30am Seated Basketball Toss Game & Music 11:00am Hispanic Heritage Month 11:30am Sing Along Songs 1-2pm IGP Activity with Infants 1:00pm National Virginia Day 1:40pm Seated Chair Exercise w/ Czarina PT 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music	15 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Seated Chair Yoga w/ Nancy Harding 11:00am Unscramble Words 11:30am Hispanic Heritage Month 1-2pm IGP Activity with Infants 1:00pm Hot Chilli Pepper Game 1:40pm Seated Chair Exercise w/ Sheila OT 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music	16 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Seated Chair Exercise w/ Alaina OT 11:00am Hispanic Heritage Month 11:30am Mayflower Day 1-2pm IGP Activity with Infants 1:00pm Seated Cactus Toss Game & Music 1:40pm September Birthday Celebration 2:30pm Birthday Cake & Birthday Interviews 2:45pm Tabletop Activities, Games & Music	17 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Seated Chair Exercise w/ Czarina PT 11:00am Word in Words 11:30am Constitution Day Quiz 1-2pm IGP Activity with Infants 1:00pm Hispanic Heritage Month 1:40pm Loteria Day 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music	18 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Seated Chair Volleyball & Music 11-12pm Rock Painting & Music 11:30am Airforce Birthday 1-2pm IGP Activity with Infants 1:00pm Name that Instrument 1:40pm Movie Day & Popcorn 3:45pm Tabletop Activities, Games & Music
21 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Monday Move & Groove Chair Exercise 10:30am Bean Bag Toss & Music 11-12pm Yom Kippur Reading and Activity 1-2pm IGP Activity with Infants 1:00pm Mixed Math Operations 1:40pm Seated Chair Exercise w/ Czarina PT 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music	22 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Seated Chair Exercise w/ Alaina OT 11:00am Art Appreciation 11:30am Pointillism 1-2pm IGP Activity with Infants 1:00pm Animal Feature: Armadillo 1:40pm Seated Chair Exercise w/ Sheila OT 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music	23 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Seated Chair Exercise w/ Czarina PT 11:00am Frank Sinatra Songs 11:30am National New York Day 1-2pm IGP Activity with Infants 1:00pm Sudoku Challenge 1:30pm Board Games Day & Music 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music	24 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Fri-YAY Chair Exercise 10:30am Seated Chair Soccer Game & Music 11:00am Math Cross Word Puzzle 11:30am September Picture It 1-2pm IGP Activity with Infants 1:00pm Readers Theaters 1:40pm Bingo/ Loteria 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music	25 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Fri-YAY Chair Exercise 10:30am Seated Chair Soccer Game & Music 11:00am Math Cross Word Puzzle 11:30am September Picture It 1-2pm IGP Activity with Infants 1:00pm Riddle Me This 1:40pm Knock the Cups Competition 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music
28 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Seated Chair Volleyball & Music 11:00am Crossword Challenge 11:30am EZ Short Story 1-2pm IGP Activity with Infants 1:00pm Sights and Sounds 1:40pm Seated Chair Exercise w/ Czarina PT 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music	29 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Seated Chair Yoga w/ Nancy Harding 11:00am Right on Time or Haven't Left 11:30am Learning Sign Language 1-2pm IGP Activity with Infants 1:00pm Who, What, Where 1:40pm Seated Chair Exercise w/ Sheila OT 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music	30 9:30am Breakfast & Music 10:00am Morning Announcements 10-11am IGP Activity 10:15am Seated Chair Exercise w/ Alaina OT 11:00am Star of the Month 11:30am Card Writing 1-2pm IGP Activity with Infants 1:00pm Pictionary 1:40pm Carnival Games & Music 2:30pm Refreshments & Conversations 2:45pm Tabletop Activities, Games & Music		

ONEgeneration Adult Daycare Center Monthly Activities Calendar