

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Activity Locations FP – Fireplace DR – Dining Room FC – Fitness Center RR – Recreation Room LTC – Long-Term Care Chapel	Stan's Birthday 1 9:30 Exercises (FC) 10:30 Scenic Drive 1:00 Euchre (RR) 2:30 Discuss & Recall: The Price is Right – Decades Past (FP)	2 9:30 Exercises (FC) 10:30 Yahtzee (RR) 1:00 Craft: September Scarecrows (RR) 2:30 BINGO & Birkwood Store (DR)	3 9:30 Exercise Video (FC) 10:00 Trivia: Jeopardy 1:00 Rosary (AL) 3:00 Thirsty Thursday: Cards & Cocktails	4 9:30 Exercise Video (FC) 10:30 Book Club (RR) 1:30 Poems with Karen (RR) 3:00 Cardio Drumming (FC)	5 9:30 Morning Exercise Video (FC) 10:00 Euchre (RR) 3:00 Creative Coloring (RR)	
6 9:30 Morning Exercise Video (FC) 3:00 Coffee Chat (FP)	7 9:30 Exercise Video 10:30 Travel Video: Rick Steves Poland (FC) 1:00 Scrabble (RR) 3:00 Trivia: Labor Day Word Puzzles (RR) Labor Day	8 9:30 Exercises (FC) 10:30 Discuss & Recall: NFL Trivia & Football Funnies (FP) 1:00 Euchre (RR) 1:30 Scenic Drive	NFL Season Begins 9 9:30 Exercises (FC) 10:30 Craft: Rodeo Ornaments (RR) 1:15 Rodeo Queen Meet & Greet (Pub) 2:30 BINGO (DR) 7:20 Patriots vs Seahawks	10 9:30 Exercises (FC) 10:00 Trivia: Who? What? (FP) 1:00 Rosary (LTC) 3:00 Root Beer Floats & Putting Challenge in the Courtyard	11 9:30 Exercise Video (FC) 10:30 Book Club (RR) 1:30 Concha Hearing Aid Cleaning (RR) 2:00 Silver Steppers (DR) Rosh Hashanah Begins	Duane's Birthday 12 9:30 Morning Exercise Video (FC) 10:00 Euchre (RR) 3:00 Creative Coloring (RR) 6:30 IOWA vs Iowa State
National Assisted Living Week 13 9:30 Morning Exercise Video (FC) 3:00 Coffee Chat (FP) Grandparents Day	8:00 Rise & Shine 14 Breakfast w/ Mayor 9:30 Exercises (FC) 1:00 Manicures (RR) 2:00 Resident Quilt Display & Guest Speaker: "Crazy Quilts" w/ Rhonda 4:15 Fiesta Dancers	15 9:30 Exercises (FC) 10:30 Scenic Drive 1:00 Euchre (RR) 2:30 "Lee County Shining Through the Years" w/ Krys & Kathy (FP)	16 9:30 Exercises (FC) 10:30 Video: "This is Our Town – Fort Madison 1954 (FP) 1:00 Craft: Faux Stained Glass Art (RR) 2:30 BINGO (DR)	17 9:30 Exercises (FC) 10:00 Mass (LTC) 2:00 "Shining Stars" Staff Appreciation Party (FP) 3:00 Brighten Your Day w/ music by Ryan Bizzari	18 9:30 Exercise Video (FC) 10:30 Book Club (RR) 1:30 Six-Word Memoir Writing w/ Karen (RR) 3:00 Sing-along with Sue Lee & Norma Oktoberfest Begins	19 9:30 Morning Exercise Video (FC) 10:00 Euchre (RR) 3:00 Creative Coloring (RR)
20 9:30 Morning Exercise Video (FC) 3:00 Coffee Chat (FP) Yom Kippur Begins	21 9:30 Exercises (FC) 10:30 Travel Video: Rick Steves Normandy (FC) 1:00 Manicures (RR) 3:00 "Seasonal Writing" read by The Scribblers (FP)	Autumn Begins 22 9:30 Exercises (FC) 10:30 Scenic Drive 1:00 Euchre (RR) 2:30 Discuss & Recall: Autumn Bucket List (FP) 6:30 Music by Acappella (FP) Autumn Begins	23 9:30 Exercises (FC) 10:30 Yahtzee (RR) 1:00 Craft: Diamond Art Leaves (RR) 2:30 BINGO & Birkwood Store (DR)	24 9:30 Exercises (FC) 10:00 Trivia: Who Wants to be a Millionaire? (FP) 1:00 Rosary (LTC) 3:00 Thirsty Thursday	25 9:30 Exercise Video (FC) 10:30 Book Club (RR) 1:30 Scrabble (RR) 3:00 Karaoke Style Sing A Long (FP) Sukkot Begins	26 9:30 Morning Exercise Video (FC) 10:00 Euchre (RR) 3:00 Creative Coloring (RR)
27 9:30 Morning Exercise Video (FC) 3:00 Coffee Chat (FP)	28 9:30 Exercises (FC) 10:30 Travel Video: Rick Steves London Yesterday & Today (FC) 1:00 Manicures (RR) 2:00 Music w/ Dan	29 9:30 Exercises (FC) 10:30 Scenic Drive 1:00 Euchre (RR) 2:30 Discuss & Recall: Name that Country Artist (FP)	30 9:30 Exercise Video 10:00 Resident Meeting (DR) 10:30 Yahtzee (RR) 1:00 Fall Crafting (RR) 2:30 BINGO (DR)	 September 2026 Birkwood Village Assisted Living		