September 2026 Arbor Hall Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Month of September *Birthstone:* Sapphire (Love & Clear Thinking) *Flowers:* Aster (Alt. Morning Glory) *Colors: Brown*	**1** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Colorful Nails /Hair Cuts /TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**2** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Shave /Socialization /TV Time 2:00 Snacks & Playing Cards 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**3** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Remembering History /Videos/Books 2:00 Snacks & Puzzles 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**4** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Colorful Nails /Haircuts/ TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**5** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Shave /Socialization /TV Time 2:00 Snacks & Playing Cards 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**6** 9:30 Exercise / Workout 10:00 Daily Audio Prayer /Bible Reading 10:30 Snacks / TV Time 11:30 Lunch 12:30 Relaxation / TV Time 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:00 Socialization 5:10 Final Stretch of the Day	*Labor Day* **7** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Colorful Nails /Hair Cuts /TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day
8 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Shave /Socialization /TV Time 2:00 Snacks & Playing Cards 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**9** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Remembering History /Videos/Books 2:00 Snacks & Puzzles 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**10** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Colorful Nails /Haircuts/ TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	*Patriot Day / Rosh Hashanah (begins at Sundown)* **11** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Shave /Socialization /TV Time 2:00 Snacks & Playing Cards 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**12** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Learning about Cultures /Videos/Books 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day
Grandparents Day **13** 9:30 Exercise / Workout 10:00 Daily Audio Prayer /Bible Reading 10:30 Snacks / TV Time 11:30 Lunch 12:30 Relaxation / TV Time 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:00 Socialization 5:10 Final Stretch of the Day	**14** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Colorful Nails /Hair Cuts /TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**15** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Shave /Socialization /TV Time 2:00 Snacks & Playing Cards 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**16** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Remembering History /Videos/Books 2:00 Snacks & Puzzles 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**17** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Colorful Nails /Haircuts/ TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**18** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Shave /Socialization /TV Time 2:00 Snacks & Playing Cards 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**19** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Learning about Cultures /Videos/Books 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day
Yom Kippur (begins at sundown) **20** 9:30 Exercise / Workout 10:00 Daily Audio Prayer /Bible Reading 10:30 Snacks & TV Time 11:30 Lunch 12:30 Relaxation / TV Time 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:00 Socialization 5:10 Final Stretch of the Day	**21** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Colorful Nails /Hair Cuts /TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**22** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Shave /Socialization /TV Time 2:00 Snacks & Playing Cards 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**23** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Remembering History /Videos/Books 2:00 Snacks & Puzzles 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**24** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Colorful Nails /Haircuts/ TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	*Sukkot (begins at Sundown)* **25** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Shave /Socialization /TV Time 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**26** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Learning about Cultures /Videos/Books 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day
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September Days to Note...

01	World Letter Writing Day	16	Nat'l Guacamole Day
03	US Bowling League Day	17	Constitution Day
04	Nat'l Wildlife Day	18	Nat'l Respect Day
05	Nat'l Cheese Pizza Day	20	Nat'l Pepperoni Pizza Day
08	World Physical Therapy Day	21	World Gratitude Day
09	Nat'l Wiener Schnitzel Day	21	World Alzheimer's Day
11	Women's Baseball Day	21	Int'l Day of Peace
12	Nat'l Day of Encouragement	23	Nat'l Checker's Day
13	Positive Thinking Day	25	Nat'l Comic Book Day
14	Nat'l Coloring Day	26	Nat'l Family Day
15	Make a Hat Day	30	The Time for Yoga Day

"By all these lovely tokens,
September days are here.
With summer's
best of weather and
autumn's best of cheer."

~ Helen Hunt Jackson