

SEPT

2026

MAPLE RIDGE

Memory Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Tai Chi for Arthritis 10:00 Book Club 11:00 Cardio Walk 1:30 Studio Art - Acrylics 2:30 Afternoon Tea 3:00 New England History 4:00 Game On - Friendly Competition 6:00 Evening Meditation 7:00 Classic TV Tuesday	9:30 Strength Training - Weights 10:00 Studio Art - Pencil Drawing 11:00 Instrumental Expressions 1:30 Knitting & Needlework Club 2:30 Sundae Social 3:15 Music w/Carol Ann Jones 4:00 Fitness Walk 6:00 Relaxation Ritual 7:00 Virtual Concert Series	9:30 Core Strength 10:00 Scenic Drive 10:30 Song & Prayer w/Pastor Bill 11:00 Creative Craft Corner 1:30 Word Challenge Games 2:30 Mocktail Party 3:00 Spa Hour - Manicures 4:00 Step by Step Walking Club 6:00 Aromatherapy 7:00 Cinema Classics	9:30 Strength Training - Weights 10:00 Famous Artists 11:00 Guided Meditation 1:30 Jewelry Design 2:30 Wine & Cheese Social 3:00 Book Club 4:00 Seated Strength & Mobility 6:00 Musical Relaxation 7:00 Game Night - Residents' Choice	9:30 Tai Chi 10:00 Highlights in History 11:00 Music & Memories 1:30 Expressive Watercolors 2:30 Coffee & Cake Social 3:00 Prominent Composers Series 4:00 Balance & Flexibility 6:00 Great Dancers Series 7:00 Saturday Evening Cinema
9:30 Stretch & Refresh 10:00 Catholic Mass 10:30 Short Stories 11:00 Creative Crafting 1:30 Reflections Chorus 2:30 Sips & Snacks 3:00 Illustration Challenge 4:00 Yoga Flow 6:00 Musical Relaxation 7:00 Biography Series	Labor Day 9:30 Seated Dance Expressions 10:00 Spiritual Hymns 11:00 Career Reminiscing 1:30 Studio Art - Colorful Creations 2:30 Smoothie Social 3:00 Community Service: Baking 4:00 Volleyball League 6:00 Spa Hour - Hand Massage 7:00 Our Planet	9:30 Tai Chi for Arthritis 10:00 Book Club 11:00 Cardio Walk 1:30 Studio Art - Acrylics 2:30 Afternoon Tea 3:00 New England History 4:00 Game On - Friendly Competition 6:00 Evening Meditation 7:00 Classic TV Tuesday	9:30 Strength Training - Weights 10:00 Studio Art - Pencil Drawing 11:00 Rhythmic Drumming w/Rob 1:30 Knitting & Needlework Club 2:30 Sundae Social 3:00 Bingo 4:00 Fitness Walk 6:00 Relaxation Ritual 7:00 Virtual Concert Series	9:30 Core Strength 10:00 World Travels 10:00 Scenic Drive 11:00 Creative Craft Corner 1:30 Word Challenge Games 2:30 Mocktail Party 3:00 Spa Hour - Manicures 4:00 Step by Step Walking Club 6:00 Aromatherapy 7:00 Cinema Classics	9:30 Tai Chi 10:00 Highlights in History 11:00 Music & Memories 1:30 Expressive Watercolors 2:30 Coffee & Cake Social 3:00 Prominent Composers Series 4:00 Balance & Flexibility 6:00 Great Dancers Series 7:00 Saturday Evening Cinema	
9:30 Stretch & Refresh 10:00 Catholic Mass 10:30 Creative Crafting - Shining Through the Years 1:30 Grandparents Day Celebration 3:00 Wheel of Fortune Challenge 4:00 Yoga Flow 6:00 Musical Relaxation 7:00 Biography Series	9:30 Seated Dance Expressions 10:00 Spiritual Hymns 11:00 Poetry Corner 1:30 Studio Art - Colorful Creations 2:30 Smoothie Social 3:00 Community Service: Baking 4:00 Volleyball League 6:00 Spa Hour - Hand Massage 7:00 National Geographic	9:30 Tai Chi for Arthritis 10:00 Book Club 11:00 Cardio Walk 1:30 Concert w/The Butterfields 2:30 Ice Cream Soda Social 3:00 New England History 4:00 Game On - Friendly Competition 6:00 Evening Meditation 6:30 Green Mountain Chorus Performance	9:30 Barre & Balance w/Sam 10:00 Studio Art - Pencil Drawing 11:00 Instrumental Expressions 1:30 Sensational Seniors in History 1:30 Knitting & Needlework Club 2:30 Sundae Social 3:30 Directors vs. Residents Cornhole Tournament 4:00 Fitness Walk 6:00 Relaxation Ritual 7:00 Virtual Concert Series	9:30 Core Strength 10:00 World Travels 10:00 Scenic Drive 11:00 Creative Craft Corner 1:30 Word Challenge Games 2:30 Dance Through the Decades Social 3:00 Spa Hour - Manicures 4:00 Step by Step Walking Club 6:00 Aromatherapy 7:00 Cinema Classics - "Cocoon"	9:30 Tai Chi 10:00 Highlights in History 11:00 Old Photos Reminiscing 1:30 Expressive Watercolors 2:30 Coffee & Cake Social 3:00 Celebrating the Music of the Rat Pack 4:00 Balance & Flexibility 6:00 Great Dancers Series 7:00 Saturday Evening Cinema	
9:30 Stretch & Refresh 10:00 Catholic Mass 10:30 Short Stories 11:00 Creative Crafting 1:30 Concert w/Ellen & Nora 2:30 Sips & Snacks 3:00 Illustration Challenge 4:00 Yoga Flow 6:00 Musical Relaxation 7:00 Biography Series	9:30 Seated Dance Expressions 10:00 Spiritual Hymns					

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