

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>2 C: Labor Day Facts and Trivia P: Arm Aerobics S/C: Spirituality with Pastor Paul or What's My Job? <i>LUNCH</i> A: Paint Class w/ Merry & Leo or America Sings P: Football Toss A: Music Through the Decades C: Courtyard Chat</p>	<p>3 C: Back to School Trivia P: Chair Yoga with Keri C: School Days Bingo or What's Next? <i>LUNCH</i> C/S: School Day Mystery Word or Spiritual Choral P: Bean Bag Toss E: Remembering Outdoor Recess C: Pondering Prompts</p> 	<p>4 C: School Days Trivia P: Upper Body Stretch C/A: Word Connections or Songs of School Days <i>LUNCH</i> A: Music with Merry and Leo P: Noodleball C: Food for Thought: School Lunches C: Name that Memory</p> 	<p>5 C: Fascinating Facts P: Core Exercise C: Create a Word or Name That State <i>LUNCH</i> C: Advice Columns or Clue Trivia P: Ladder Golf A: Musical Dice C: Kids Say the Darndest Things</p>
<p>C: Storylines P: Resistance Bands E: Spirituality with Pastor Paul or Shake Awake Your Taste <i>LUNCH</i> E/C: Where in the World? or Word Teasers P: Volleyball A: Name that TV Theme Song C: The Good Old Days</p>	<p>9 C: Random Trivia P: Can Weights C/A: Can You List it? or Grandma's Parlor Sing Along <i>LUNCH</i> C: Alphabet Challenge or This or That Trivia P: Disc Golf C: I Hear Music A: Finishing Lyrics</p>	<p>10 C: Down Memory Lane P: Healthy Bodies S/C: Bible Study or Twister Trivia <i>LUNCH</i> E/C: Pet Therapy with Izzy or Guess the Movie by the Song P: Hoop Dice E: Popcorn and a Show C: Zig Zag Zoom</p>	<p>11 C: Me Moves/Memory Chain P/O: Octaband Exercise or Baking C: Word Ladder or Trivia Treasury <i>LUNCH</i> C/A: ABC Word Challenge or Name that Tune P: Bowling C: The Price is Right P: Battle Ball</p>	<p>12 C: The Name Game P: Arm Aerobics A/C: One Hit Wonders or Train of Thought <i>LUNCH</i> C: You be the Judge or Say it with Music P: Ring Toss A: Michigan Sing Along C: Conversation Cards</p>
<p>C: iPad Memory Lane Games P: Upper Body Stretch S/C: Spirituality with Pastor Paul or Quizmania <i>LUNCH</i> P: Target Darts C: iPad Chain of Thought or Trivia Time A: Musical Wheel of Fortune C: Memories and Musings</p>	<p>16 C: Country Life Trivia P: Ball Exercises C/A: The History of Country Music or Country Select a Song <i>LUNCH</i> A: Two Outlaws and a Good Guy P: Horseshoes C: Guess Who I Am? A: Country Music Sing Along</p> 	<p>17 C: Fact or Fiction P: Can Weights E/S: Pet Therapy with Duke or Spiritual Choral <i>LUNCH</i> A: Music with Paul P: Battle Buckets C: Guess in 10 C: Family Talk</p>	<p>18 C: Brain Boosters P: Bean Bag Exercise C: Jumbo Crossword or Can You Picture This? <i>LUNCH</i> C/A: Last Letter Challenge or Hits of the 60's P: Floor Darts C: A-Z Trivia P: Table Ball</p>	<p>19 C: Elder Trivia P: Healthy Bodies E: What Do You See? or Say it with Music <i>LUNCH</i> C: Travelogue: Mexico City or Car-a-oke Road Trip Sing Along P: Shuffleboard Toss E: Retro Videos C: Finish the Phrase</p>
<p>C: Fall Trivia P: Resistance Bands S/C: Spirituality with Pastor Paul Or Michigan Apple Orchards <i>LUNCH</i> P: Apple Toss E/C: Apple Tasting or Alphabetics E: Do You Hear What I Hear? P: Swatter Ball</p> 	<p>23 O: Apple Crisp P/A: Cardio Drumming or Fall Craft C: Apple Bingo or Yesterday's Photos <i>LUNCH</i> C/A: Autumn Mystery Word or Sentimental Journey Sing Along P: Axe Throwing E: Remembering Fall Sports C: Book of Firsts</p> 	<p>24 E: Sock it to Me P: Dance Aerobics S/C: Bible Study or Storymatic <i>LUNCH</i> E/C: Pet Therapy with Billy or Mind Stretchers P: Bean Bag Bocce C: Name 10 E: I Hear Memories</p>	<p>25 C: EZ Does it Trivia P: Healthy Bodies C: Brain Drain or Cloud Gazing <i>LUNCH</i> A/C: Native American Flutes or Thingamajigs and Whatchamacallits P: Hoop Toss A: Musical Twister C: Everyday Life Trivia</p>	<p>26 C: Treasured Memories P: Can Weights C/A: How Come? or Hits of the 50's <i>LUNCH</i> P: Texas Horseshoes C/A: Blank Slate or Seasons Choral C: Family Feud C: What's that Occupation?</p>
<p>C: Shake Loose a Memory P: Bean Bag Exercise A: Musical Toss or Finishing Lines <i>LUNCH</i> A/C: Art Appreciation or Melting Pot Trivia P: Corn Hole C: Six Words C: Mind Joggers</p>	 <p style="text-align: center;">September 2024 Seasons Adult Day Health Services</p>			

Program Key: P- Physical, A- Creative Arts/Music, C- Cognitive, E- Environmental/Sensory, O- Occupational/Life Skills , S- Spiritual

Program Schedule: 9:00AM, 10:00 AM, 11:00AM, 12:45PM, 1:45PM, 2:45PM, 3:45PM

Birthdays: Aimee-9/6, Mary Ann 9/9, Diane 9/15, Dorothy 9/26