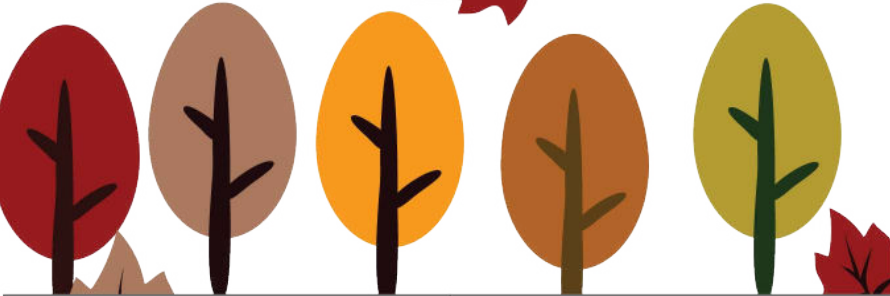


SEPTEMBER

Grayling Activity Calendar

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 AM - Exercise 1:00 PM - Arts & Crafts 6:00 PM - Game Night Happy Birthday Alice!	2 Beauty Shop Donut Day 11:00 AM - Chair Yoga	3 10:00 AM - Exercise 1:00 PM - Resident Council 1:00 PM - Walk with a friend 6:00 PM - Game Night	4 10:00 AM - Exercise 3:00 PM - Coffee & Chat 6:00 PM - Bingo	5 10:00 AM - Exercise 1:00 PM - Music 6:00 PM - Movie & Popcorn
6 9:30 AM - Exercise 10:30 AM - Church Service 3:00 PM - Pretty Nails	Labor Day! 7 10:00 AM - Exercise 1:00 PM - Reminising 3:00 PM - Cards 6:00 PM - Girl Chat	8 10:00 AM - Exercise 1:00 PM - Arts & Crafts 6:00 PM - Game Night	9 Beauty Shop Donut Day 11:00 AM - Chair Yoga	10 10:00 AM - Exercise 1:00 PM - Walk with a Friend 6:00 PM - Game Night	11 10:00 AM - Exercise 3:00 PM - Coffee & Chat 6:00 PM - Bingo	12 10:00 AM - Exercise 1:00 PM - Music 6:00 PM - Movie & Popcorn
13 9:30 AM - Exercise 10:30 AM - Church Service 1:00 PM - lions VS Saint's Down in the living room 3:00 PM - Pretty Nails	14 10:00 AM - Exercise 1:00 PM - Reminising 3:00 PM - Cards 6:00 PM - Girl Chat	15 10:00 AM - Exercise 1:00 PM - Arts & Crafts 6:00 PM - Game Night	16 Beauty Shop Donut Day 10:00 AM - Exercise 11:00 AM - Chair Yoga 11:00 AM - Alzheimer Group	17 10:00 AM - Exercise 1:00 PM - Walk with a Friend 8:15 PM - Loins VS Bills Down in Living Room	18 10:00 AM - Exercise 3:00 PM - Coffee & Chat 6:00 PM - Bingo	19 10:00 AM - Exercise 1:00 PM - Music 6:00 PM - Movie & Popcorn
20 9:30 AM - Exercise 10:30 AM - Church Service 3:00 PM - Pretty Nails	21 10:00 AM - Exercise 1:00 PM - Reminising 3:00 PM - Cards 6:00 PM - Girl Chat	22 10:00 AM - Exercise 1:00 PM - Arts & Crafts 6:00 PM - Game Night	23 Beauty Shop Donut Day 10:00 AM - Exercise 11:00 AM - Chair Yoga Happy Birthday Barb!	24 10:00 AM - Exercise 1:00 PM - Walk with a Friend 6:00 PM - Game Night	25 10:00 AM - Exercise 3:00 PM - Coffee & Chat 6:00 PM - Bingo	26 10:00 AM - Exercise 1:00 PM - Music 6:00 PM - Movie & Popcorn
27 9:30 AM - Exercise 10:30 AM - Church Service 3:00 PM - lions VS Jet's Down in the living room 3:00 PM - Pretty Nails	28 10:00 AM - Exercise 1:00 PM - Reminising 3:00 PM - Cards 6:00 PM - Girl Chat	29 10:00 AM - Exercise 1:00 PM - Arts & Crafts 6:00 PM - Game Night	30 Beauty Shop Donut Day 10:00 AM - Exercise 11:00 AM - Chair Yoga Happy Birthday Flo!	 www.BrookRetirement.com The Brook <i>A Retirement Community with Assisted and Independent Living</i>		