

SEPTEMBER

Portland Activity Calendar

2026

| SUNDAY                                                                                                             | MONDAY                                                                                                                                                            | TUESDAY                                                                                                     | WEDNESDAY                                                                                                                                                                        | THURSDAY                                                                                                                                                                                                                                           | FRIDAY                                                                                                       | SATURDAY                                                                       |
|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| <div>6</div> <div>10:30 AM - Walk With A Friend<br/>3:00 PM - Wii Bowling<br/>6:00 PM - Visit your Neighbor</div>  | <div>7</div> <div>Labor Day!<br/>9:00 AM - Exercise<br/>10:30 AM - Hangman in the Activity Room<br/>1:00 PM - First Congretional Church<br/>2:30 PM - Bingo</div> | <div>1</div> <div>9:00 AM - Exercise<br/>3:00 PM - Wii Bowling<br/>6:00 PM - Visit With Your Neighbor</div> | <div>2</div> <div>9:00 AM - Exercise<br/>10:00 AM - Fun with Food<br/>11:00 AM - Left Right Center<br/>2:00 PM - Happy Hour</div>                                                | <div>3</div> <div>9:00 AM - Exercise<br/>10:00 AM - Rosery &amp; Communion<br/>11:00 AM - Cardio Drumming<br/>1:00 PM - Canvas Painting In Activity Room<br/>2:30 PM - Bingo</div>                                                                 | <div>4</div> <div>9:00 AM - Exercise<br/>10:00 AM - Mass<br/>1:00 PM - Board Game in the Activity Room</div> | <div>5</div> <div>10:00 AM - Walk W/ a Friend<br/>6:00 PM - Movie</div>        |
| <div>13</div> <div>10:30 AM - Walk With A Friend<br/>3:00 PM - Wii Bowling<br/>6:00 PM - Visit your Neighbor</div> | <div>14</div> <div>9:00 AM - Exercise<br/>10:00 AM - C Hall Activity Meeting<br/>10:30 AM - Fun With Food in the Dining Room<br/>2:30 PM - Bingo</div>            | <div>8</div> <div>9:00 AM - Exercise<br/>3:00 PM - Wii Bowling</div>                                        | <div>9</div> <div>9:00 AM - Exercise<br/>10:30 AM - Painting in the Activity Room<br/>2:00 PM - Happy Hour<br/>3:00 PM - Fancy Nails</div>                                       | <div>10</div> <div>9:00 AM - Exercise<br/>10:00 AM - Rosery &amp; Communion<br/>11:00 AM - Crafts in the Activity Room<br/>2:30 PM - Bingo</div>                                                                                                   | <div>11</div> <div>9:00 AM - Exercise<br/>1:00 PM - Board Game in the Activity Room</div>                    | <div>12</div> <div>10:00 AM - Walk W/ a Friend<br/>6:00 PM - Movie</div>       |
| <div>20</div> <div>10:30 AM - Walk With A Friend<br/>3:00 PM - Wii Bowling<br/>6:00 PM - Visit your Neighbor</div> | <div>21</div> <div>9:00 AM - Exercise<br/>10:00 AM - D Hall Activity Meeting<br/>11:00 AM - Cardio Drumming<br/>2:30 PM - Bingo</div>                             | <div>15</div> <div>9:00 AM - Exercise<br/>3:00 PM - Wii Bowling</div>                                       | <div>16</div> <div>9:00 AM - Exercise<br/>10:30 AM - Leaf Painting in the Activity Room<br/>1:30 PM - Crosswords in the Activity Room<br/>2:00 PM - Cookies &amp; Lemonade</div> | <div>17</div> <div>9:00 AM - Exercise<br/>10:00 AM - Rosery &amp; Communion<br/>11:00 AM - Ice Cream on the Back Deck<br/>2:30 PM - Bingo</div>                                                                                                    | <div>18</div> <div>9:00 AM - Exercise<br/>1:00 PM - Board Game in the Activity Room</div>                    | <div>19</div> <div>10:00 AM - Walk W/ a Friend<br/>6:00 PM - Movie</div>       |
| <div>27</div> <div>10:30 AM - Walk With A Friend<br/>3:00 PM - Wii Bowling<br/>6:00 PM - Visit your Neighbor</div> | <div>28</div> <div>9:00 AM - Exercise<br/>11:00 AM - Hanging Man in the Dining Room<br/>2:00 PM - Rockin W/ Lisa<br/>September Birthdays</div>                    | <div>22</div> <div>9:00 AM - Exercise<br/>3:00 PM - Wii Bowling</div>                                       | <div>23</div> <div>9:00 AM - Exercise<br/>10:00 AM - Craft in the Activity Room<br/>1:30 PM - Scenic Walk By The River</div>                                                     | <div>24</div> <div>9:00 AM - Exercise<br/>10:00 AM - Rosery &amp; Communion<br/>11:00 AM - Uno<br/>1:30 PM - Happy Hour<br/>2:30 PM - Bingo</div>                                                                                                  | <div>25</div> <div>9:00 AM - Exercise<br/>1:00 PM - Board Game in the Activity Room</div>                    | <div>26</div> <div>10:00 AM - Walk W/ a Friend<br/>3:00 PM - Octoberfest</div> |
|                                                                                                                    |                                                                                                                                                                   | <div>29</div> <div>9:00 AM - Exercise<br/>3:00 PM - Wii Bowling</div>                                       | <div>30</div> <div>9:00 AM - Exercise<br/>10:00 AM - Pumpkin Decorating<br/>2:00 PM - Fun W/ Food in the Dining Room</div>                                                       | <div><div><div><div>www.BrookRetirement.com</div><div>The Brook</div><div>A Retirement Community with Assisted and Independent Living</div></div></div></div> |                                                                                                              |                                                                                |