

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Assisted Living Week (NALW) September 13 - 19, 2026: "Shining Through the Years" Room Location Codes AR = Activity Room LB = Library DR = Dining Room FE = Front Entrance BP = Back Patio IA = Independent Activity All activities on the calendar are subject to change. Please refer to the Daily Activities Board located by the 1st-floor elevator for the most up to date schedule.		Happy Birthday, Libby McCoy 1 10:30 Catholic Service – AR  10:45 Hymns & Harmony – AR 11:00 Fun Fitness w/Sandy – AR 2:00 Live Music w/Cliff Justice – DR 3:30 Cornhole – AR 5:45 One on One Visit	10:30 Hymns & Harmony – AR 2  11:00 Stretch & Smile w/Pattaya – AR 2:30 Shopping at Target & Coffee Break at Starbucks – FE (Please sign up in the Activity Rm.) 5:45 Walking Club – BP	 10:00 Morning Stroll – IA 10:30 Morning Devotion w/Calvary Chapel – DR 2:00 Book Club – AR 3:30 Bingo – AR 5:45 One on One Visit	 10:30 Hymns & Harmony – AR 4 11:00 Chair Dancercise w/Pattaya – AR 2:00 Happy Hour– DR 3:00 Social w/Friends – IA/DR 4:00 Puzzle w/Friends – IA/LB 5:45 Walking Club – BP	 Independent Activities Today! 5 9:00 Morning News – DR 10:00 Morning Stroll – IA 2:00 Social w/Friends – IA 3:00 Wii Bowling Club – IA/AR 6:00 Nightly News – DR
 9:00 Morning News – DR 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR 3:00 Read a Book – IA/LB 6:00 Nightly News – DR 6	 Independent Activities Today! 7 10:30 Walking w/Friends – IA 1:30 Puzzle w/Friends – IA/LB 2:00 Social w/Friends – IA 3:00 Favorite TV Show – IA 6:00 Nightly News – DR Labor Day	10:30 Catholic Service – AR 8  10:45 Hymns & Harmony – AR 11:00 Fun Fitness w/Sandy – AR 2:00 Live Music w/Marc Beecher – DR 3:30 Cornhole – AR 5:45 One on One Visit	 10:30 Morning Devotional w/Mark from Central Baptist Bearden – AR 9 11:00 Stretch & Smile w/Amy – AR 1:30 Puzzle w/Friends – LB 2:00 Karaoke – AR 3:30 Name 5 – AR 5:45 Walking Club – BP	 10:00 Morning Stroll – IA 10:30 Donuts & Devotion w/Kimberly from Smoky MTN. Hospice – AR 2:00 UT Gardens – AR 3:30 Bingo – AR 5:45 One on One Visit 10	 10:30 Morning Devotional w/A.D. from Smoky MTN. Hospice – AR 11 11:00 Chair Dancercise w/Pattaya – AR 2:00 Happy Hour – DR 3:00 Social w/Friends – IA/DR 4:00 Wii Bowling Club – AR 5:45 Walking Club – BP Rosh Hashanah Begins	 Independent Activities Today! 12 9:00 Morning News – DR 10:00 Morning Stroll – IA 2:00 Social w/Friends – IA 3:00 Wii Bowling Club – IA/AR 6:00 Nightly News – DR
Sports Day 13  9:00 Morning News – DR 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR 3:00 Read a Book – IA/LB 6:00 Nightly News – DR Grandparents Day	Neon Day 14  11:00 Glow in the Dark Fitness w/Bob from UT HM. Care Services – AR 1:30 Puzzle w/Friends – IA/LB 2:00 Monday Movie – AR 4:30 Strolling before Supper – IA 6:00 Nightly News – DR	Elvis Day 15  10:30 Catholic Service – AR 10:45 Hymns & Harmony – AR 11:00 Fun Fitness w/Sandy – AR 2:00 Live Music w/Johnny Jukebox – DR 3:30 Elvis Trivia – AR 5:45 One on One Visit	Hippie Day 16  10:30 Hymns & Harmony – AR 11:00 Stretch & Smile w/Amy – AR 1:30 Resident Council & Food Committee – AR 2:30 Armchair Travel – AR 4:00 Puzzle w/Friends – LB 5:45 Walking Club – BP	Carnival Day 17 Happy Birthday, Steve Kaye  10:00 Morning Stroll – IA 10:30 Morning Devotion w/Calvary Chapel – DR 2:00 – 4:00 p.m. Carnival Games in the Activity Room! And a cupcake to celebrate Monthly Birthday Party	Pajamas Day 18  10:30 Hymns & Harmony – AR 11:00 Chair Dancercise w/Pattaya – AR 2:00 Happy Hour w/UT Home Care Services – DR 3:30 Let's make a crazy Hat! – AR (Please sign up in the Activity Rm.) 5:45 Walking Club – BP	Crazy Hat Day 19  10:30 Meet & Greet – AR  11:00 Move & Groove – AR 2:00 Social w/Friends – IA 3:30 Bingo – AR 5:45 One on One Visit Oktoberfest Begins
 9:00 Morning News – DR 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR 3:00 Read a Book – IA/LB 6:00 Nightly News – DR Yom Kippur Begins 20	 10:30 Bible Study Video – AR 21 11:00 Sit & Fit w/Bob from UT HM. Care Services – AR 1:30 Puzzle w/Friends – IA/LB 2:00 Monday Movie – AR 4:30 Strolling before Supper – IA 6:00 Nightly News – DR	10:30 Catholic Service – AR 22  10:45 Hymns & Harmony – AR 11:00 Fun Fitness w/Sandy – AR 2:00 Live Music w/Roger Bache – DR 3:30 Arts & Crafts Corner "Popsicle Stick Pom Pom Bookmark" (Please sign up in the Activity Rm.) 5:45 One on One Visit Autumn Begins	 10:30 Morning Devotional w/Mark from Central Baptist Bearden – AR 23 11:00 Stretch & Smile w/Amy – AR 1:30 Puzzle w/Friends – LB 2:30 Shopping at Barnes and Noble – FE (Please sign up in the Activity Rm.) 5:45 Walking Club – BP	 10:00 Morning Stroll – IA 10:30 Charades – AR Act It Out! Guess That Action! 2:00 Book Club – AR 3:30 Bingo – AR 5:45 One on One Visit 24	 10:30 Morning Devotional w/A.D. from Smoky MTN. Hospice – AR 25 11:00 Chair Dancercise w/Pattaya – AR 2:00 Happy Hour – DR 3:00 Social w/Friends – IA/DR 4:00 Wii Bowling Club – AR 5:45 Walking Club – BP Sukkot Begins	 10:30 Meet & Greet – AR  11:00 Move & Groove – AR 2:00 Social w/Friends – IA 3:30 Bingo – AR 5:45 One on One Visit 26
 9:00 Morning News – DR 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR 3:00 Read a Book – IA/LB 6:00 Nightly News – DR 27	 10:30 Bible Study Video – AR 28 11:00 Sit & Fit w/Bob from UT HM. Care Services – AR 1:30 Puzzle w/Friends – IA/LB 2:00 Monday Movie – AR 4:30 Strolling before Supper – IA 6:00 Nightly News – DR	10:30 Catholic Service – AR 29  10:45 Hymns & Harmony – AR 11:00 Fun Fitness w/Sandy – AR 2:00 Sing Along w/Terri Bewley-Conner – DR 3:30 Cornhole – AR 5:45 One on One Visit	 10:00 Morning Stroll – IA 10:45 Lunch Around Town at Lakeside Tavern – FE (Please Sign up in the Activity Rm.) 1:30 Puzzle w/Friends – LB 2:00 Karaoke – AR 3:30 Name 5 – AR 5:45 Walking Club – BP 30	September 2026 Northshore Heights - Assisted Living Activities		