

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00pm Current Events 11:00pm Midnight Movie 1:00am Go Fish 3:00am Trivia 5:00am Bible Studies	2 9:00pm Tea & Hand Massage 11:00pm Word Search 1:00am Name 5 3:00am Spelling Bee 5:00am Chair Stretches	3 9:00pm Tic-Tac-Toe 11:00pm Crosswords 1:00am Clock Solitaire 3:00am 20 Questions 5:00am Bible Studies	4 9:00pm Finish the Song 11:00pm Midnight Movie 1:00am Match Game 3:00am Amazing Mazes 5:00am Sunrise Stroll	5 9:00pm Relaxing Music 11:00pm Brain Teasers 1:00am Pyramid Solitaire 3:00am Adult Coloring 5:00am Chair Stretches
6 9:00pm Listening to Music 11:00pm Checkers 1:00am Puzzles 3:00am Reading Hour 5:00am TV Land	7 9:00pm Billiards 11:00pm Midnight Movie 1:00am Dominoes 3:00am Solitaire 5:00am Sunrise Stroll	8 9:00pm Current Events 11:00pm Midnight Movie 1:00am Go Fish 3:00am Trivia 5:00am Bible Studies	9 9:00pm Tea & Hand Massage 11:00pm Word Search 1:00am Name 5 3:00am Spelling Bee 5:00am Chair Stretches	10 9:00pm Tic-Tac-Toe 11:00pm Crosswords 1:00am Clock Solitaire 3:00am 20 Questions 5:00am Bible Studies	11 9:00pm Finish the Song 11:00pm Midnight Movie 1:00am Match Game 3:00am Amazing Mazes 5:00am Sunrise Stroll	12 9:00pm Relaxing Music 11:00pm Brain Teasers 1:00am Pyramid Solitaire 3:00am Adult Coloring 5:00am Chair Stretches
13 9:00pm Listening to Music 11:00pm Checkers 1:00am Puzzles 3:00am Reading Hour 5:00am TV Land	14 9:00pm Billiards 11:00pm Midnight Movie 1:00am Dominoes 3:00am Solitaire 5:00am Sunrise Stroll	15 9:00pm Current Events 11:00pm Midnight Movie 1:00am Go Fish 3:00am Trivia 5:00am Bible Studies	16 9:00pm Tea & Hand Massage 11:00pm Word Search 1:00am Name 5 3:00am Spelling Bee 5:00am Chair Stretches	17 9:00pm Tic-Tac-Toe 11:00pm Crosswords 1:00am Clock Solitaire 3:00am 20 Questions 5:00am Bible Studies	18 9:00pm Finish the Song 11:00pm Midnight Movie 1:00am Match Game 3:00am Amazing Mazes 5:00am Sunrise Stroll	19 9:00pm Relaxing Music 11:00pm Brain Teasers 1:00am Pyramid Solitaire 3:00am Adult Coloring 5:00am Chair Stretches
20 9:00pm Listening to Music 11:00pm Checkers 1:00am Puzzles 3:00am Reading Hour 5:00am TV Land	21 9:00pm Billiards 11:00pm Midnight Movie 1:00am Dominoes 3:00am Solitaire 5:00am Sunrise Stroll	22 9:00pm Current Events 11:00pm Midnight Movie 1:00am Go Fish 3:00am Trivia 5:00am Bible Studies	23 9:00pm Tea & Hand Massage 11:00pm Word Search 1:00am Name 5 3:00am Spelling Bee 5:00am Chair Stretches	24 9:00pm Tic-Tac-Toe 11:00pm Crosswords 1:00am Clock Solitaire 3:00am 20 Questions 5:00am Bible Studies	25 9:00pm Finish the Song 11:00pm Midnight Movie 1:00am Match Game 3:00am Amazing Mazes 5:00am Sunrise Stroll	26 9:00pm Relaxing Music 11:00pm Brain Teasers 1:00am Pyramid Solitaire 3:00am Adult Coloring 5:00am Chair Stretches
27 9:00pm Listening to Music 11:00pm Checkers 1:00am Puzzles 3:00am Reading Hour 5:00am TV Land	28 9:00pm Billiards 11:00pm Midnight Movie 1:00am Dominoes 3:00am Solitaire 5:00am Sunrise Stroll	29 9:00pm Current Events 11:00pm Midnight Movie 1:00am Go Fish 3:00am Trivia 5:00am Bible Studies	30 9:00pm Tea & Hand Massage 11:00pm Word Search 1:00am Name 5 3:00am Spelling Bee 5:00am Chair Stretches	September 2026 Northshore Heights Senior Living – Night Owl Activities		

All programs will be facilitated upon request by the Nursing Staff. Any questions you have may be directed to Pattaya in Activities.