

September 2025

MacKinnon Lifestyle Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00 Chair Yoga 10:30 Sing-Along Outside 11:00 Tic Tac Toe 12:30 Journey to Europe w/Rick Steves 1:30 Brain Game 3:00 UNO Card Game 5:30 Reading Club-Short Stories 6:30 Aromatherapy w/Essential Oils & Hand Lotion	110:00 Music & Movement-Stretch Bands 10:30 Sing-Along to the Oldies 11:00 Husker Jewelry Making 1:00 Brain Game 2:00 Baking Club - Brownies 4:00 Bingo 6:00 Sip & Paint	10:00 Cardio Drumming 11:15 Pet Therapy w/Melody & Zoey 1:00 Stamping Birthday Cards 2:00 Fruit, Cheese & Crackers 3:00 Fall Craft 4:00 Hit Cup w/Pool Noodle 4:30 Game on the Interactive TV 6:00 UNO Card Game	10:00 Movement & Music 10:30 Sing-along to the 50s 1:00 Baking for Birthdays 1:00 Water Color Coloring 2:30 Celebrate Birthdays 3:00 Painting w/Ali 3:30 Pet Thereapy w/Sandy & Darby 4:00 Bingo 6:00 Time for Trivia	10:00 Workout on the Patio 10:30 Sing-along 12:30 Popsicle Stick Flower 2:00 Movie in Bravo Theater 3:30 Pet Therapy w Carol O 4:00 Noodleball 6:00 Word Puzzler Game	10:00 Music & Movement 10:30 Sing-Along Outside 11:00 Brain Game 1:00 Coloring 1:30 Trash Can Game 3:00 Blackjack 4:00 Card Game of Choice 4:00 Water Flower Pots 6:00 Storytelling/Threading
11:00 Sing-Along Outside 1:00 Puzzle Time 2:00 Satisfying Snack 3:00 Water The Plants & Trivia Outside 4:00 Bowling on Interactive TV 6:00 Go Fish Card Game	10:00 Chair Yoga 10:30 Catholic Mass w/ Father Vince 10:30 Sing-Along Outside 11:00 Tic Tac Toe 12:30 Journey to Europe w/Rick Steves 1:30 Brain Game 3:00 UNO Card Game 5:30 Reading Club-Short Stories 6:30 Aromatherapy w/Essential Oils & Hand Lotion	10:00 Music & Movement-Stretch Bands 10:30 Sing-Along to the Oldies 11:00 Gardening & Water Plants 1:00 Brain Game 2:00 Baking Club - Frozen Yogurt on a Stick 4:00 Bingo 6:00 Sip & Paint	10:00 Cardio Drumming 11:15 Pet Therapy w/Melody & Zoey 1:00 Stamping Holiday Cards 3:00 Lighthouse Craft 4:00 Hit Cup w/Pool Noodle 4:30 Game on the Interactive TV 6:00 UNO Card Game	10:00 Movement & Music 10:30 Sing-along to the 50s 1:00 Lifelong Learning (Mike Talk): History of Musical Instruments 1:00 Water Color Coloring 3:00 Painting w/Ali 3:30 Pet Thereapy w/Sandy & Darby 4:00 Bingo 6:00 Time for Trivia	10:00 Workout on the Patio 10:30 Sing-along 12:30 Autumn Craft 2:00 Movie in Bravo Theater 3:30 Pet Therapy w Carol O 4:00 Noodleball 6:00 Word Puzzler Game	10:00 Music & Movement 10:30 Sing-Along Outside 11:00 Brain Game 1:00 Coloring 1:30 Trash Can Game 3:00 Blackjack 4:00 Card Game of Choice 4:00 Water Flower Pots 6:00 Storytelling/Threading
11:00 Sing-Along Outside 1:00 Puzzle Time 2:00 Satisfying Snack 3:00 Water The Plants & Trivia Outside 4:00 Bowling on Interactive TV 6:00 Go Fish Card Game	10:00 Chair Yoga 10:30 Sing-Along Outside 11:00 Tic Tac Toe 12:30 Journey to Europe w/Rick Steves 1:30 Brain Game 3:00 UNO Card Game 5:30 Reading Club-Short Stories 6:30 Aromatherapy w/Essential Oils & Hand Lotion	10:00 Music & Movement-Stretch Bands 10:30 Sing-Along to the Oldies 11:00 Bracelet Making 1:00 Brain Game 2:00 Baking Club -Seasonal Pie 4:00 Bingo 6:00 Sip & Paint	10:00 Cardio Drumming 11:15 Pet Therapy w/Melody & Zoey 1:00 Stamping Veteran Cards 3:00 Fuzzy Pipe Cleaner Pencil Craft 4:00 Hit Cup w/Pool Noodle 4:30 Game on the Interactive TV 6:00 UNO Card Game	10:00 Movement & Music 10:30 Sing-along to the 50s 1:00 Make Dog Treats 3:00 Painting w/Ali 3:30 Pet Thereapy w/Sandy & Darby 4:00 Bingo 6:00 Time for Trivia	10:00 Workout on the Patio 10:30 Sing-along 12:30 Suncatcher Craft 2:00 Movie in Bravo Theater 3:30 Pet Therapy w Carol O 4:00 Noodleball 6:00 Word Puzzler Game	10:00 Music & Movement 10:30 Sing-Along Outside 11:00 Brain Game 1:00 Coloring 1:30 Trash Can Game 3:00 Blackjack 4:00 Card Game of Choice 4:00 Water Flower Pots 6:00 Storytelling/Threading
11:00 Sing-Along Outside 1:00 Puzzle Time 2:00 Satisfying Snack 3:00 Water The Plants & Trivia Outside 4:00 Bowling on Interactive TV 6:00 Go Fish Card Game	10:00 Chair Yoga 10:30 Sing-Along Outside 11:00 Tic Tac Toe 12:30 Journey to Europe w/Rick Steves 1:30 Brain Game 3:00 UNO Card Game 5:30 Reading Club-Short Stories 6:30 Aromatherapy w/Essential Oils & Hand Lotion	10:00 Music & Movement-Stretch Bands 10:30 Sing-Along to the Oldies 11:00 Bracelet Making 1:00 Brain Game 2:00 Baking Club - Chocolate Chip Cookies 4:00 Bingo 6:00 Sip & Paint	10:00 Cardio Drumming 10:30 PODIATRIST 11:15 Pet Therapy w/Melody & Zoey 1:00 Stamping Holiday Cards 3:00 Paper Strip Pumpkin Craft 4:00 Hit Cup w/Pool Noodle 4:30 Game on the Interactive TV 6:00 UNO Card Game	10:00 Movement & Music 10:30 Sing-along to the 50s 1:00 Make Dog Treats 3:00 Painting w/Ali 3:30 Pet Thereapy w/Sandy & Darby 4:00 Bingo 6:00 Time for Trivia	10:00 Workout on the Patio 10:30 Sing-along 12:30 Tissue Fall Tree Art 2:00 Movie in Bravo Theater 3:30 Pet Therapy w Carol O 4:00 Noodleball 6:00 Word Puzzler Game	10:00 Music & Movement 10:30 Sing-Along Outside 11:00 Brain Game 1:00 Coloring 1:30 Trash Can Game 3:00 Blackjack 4:00 Card Game of Choice 4:00 Water Flower Pots 6:00 Storytelling/Threading
11:00 Sing-Along Outside 1:00 Puzzle Time 2:00 Satisfying Snack 3:00 Water The Plants & Trivia Outside 4:00 Bowling on Interactive TV 6:00 Go Fish Card Game	10:00 Chair Yoga 10:30 Sing-Along Outside 11:00 Tic Tac Toe 12:30 Journey to Europe w/Rick Steves 1:30 Brain Game 3:00 UNO Card Game 5:30 Reading Club-Short Stories 6:30 Aromatherapy w/Essential Oils & Hand Lotion	10:00 Music & Movement-Stretch Bands 10:30 Sing-Along to the Oldies 11:00 Bracelet Making 1:00 Brain Game 2:00 Baking Club - Frozen Yogurt on a Stick 4:00 Bingo 6:00 Sip & Paint		<div>BIRTHDAYS: George B-24th Ethel F. - 30th</div>	<div>NATIONAL DAYS: 1- Labor Day 5- Cheese Pizza Day 14- Grandparents' Day 18- Air Force Day 8-13 ASSISTED LIVING WEEK</div>	

Questions? Please contact Laura Stuart at lstuart@hillcresthealth.com

All activities subject to change



THE HIGHLANDS LIFESTYLE EXPERIENCE
Monthly Calendar of Events & Activities

September 2025

