

Recreation Activities - September 2026													
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
					1		2		3		4		5
				0900 Catholic Mass	RC	0900 Catholic Mass	MR	0900 Catholic Mass	RC	1100 Qi Gong	TH	1000 Veterans Yoga Project	SC
				0900 Trip Meeting	TH	0930 RT YMCA Boot Camp	2SL	1000 Morning Social	CC	1130 Labor Day Bar B Q	DH	1300 Bingo	CC
				1500 Bible Study	MR	1100 Qi Gong	TH	1330 Rummikub Challenge	CT	1500 Christian Fellowship	GR	1600 DI Social	DI
				1800 Saloon Night	DI			1330 Movie Selection Mtg.	GR				
	6		7		8		9		10		11		12
0900 Catholic Mass	RC	0900 Catholic Mass	RC	0900 Catholic Mass	RC	0900 Catholic Mass	MR	0900 Catholic Mass	RC	0830 Morning Mindfulness	CC	1000 MOC Social	DI
0900 Protestant Service	TH	1100 Qi Gong	GR	0900 Dining Committee Mtg.	GR	0930 RT YMCA Boot Camp	2SL	1045 PALS Visit	CCL	1100 Qi Gong	TH	1300 Bingo	CC
		1130 Popcorn	CCL	1000 Custodial Meeting	GR	1030 RT Prize Bingo	GR	1330 Rummikub Challenge	CT	1500 Christian Fellowship	GR	1600 DI Social	DI
				1100 Technology Hour	SCL	1100 Qi Gong	TH	1830 Women’s Bible Study	LR				
		1500 Bible Study	MR			1500 Chat w/the Chief							
	13		14		15		16		17		18		19
0900 Catholic Mass	RC	0900 Catholic Mass	RC	0900 Catholic Mass	RC	0900 Catholic Mass	MR	0900 Catholic Mass	RC	1100 Qi Gong	TH	0800 Antique Auto Show	
0900 Protestant Services	TH	1100 Qi Gong	GR	1130 Birthday Luncheon	DH	0900 Open RAC Meeting	CC	1300 Poetry Reading Club	LR	1500 Christian Fellowship	GR	1300 Bingo	CC
		1130 Popcorn	CCL	1300 Back to Broadway	CC	0930 RT YMCA Boot Camp	2SL	1330 Rummikub Challenge	CT			1600 DI Social	DI
				1500 Bible Study	MR	1030 RT Trivia	2SL	1400 American Legion Mtg.	GR				
						1100 Qi Gong	GR	1830 Women’s Bible Study	LR				
						1600 Ladies Group	CC						
	20		21		22		23		24		25		26
0900 Catholic Mass	RC	0900 Catholic Mass	RC	0830 Morning Mindfulness	CC	0900 Catholic Mass	MR	0900 Catholic Mass	LR	1100 Qi Gong	TH	1300 Bingo	CC
0900 Protestant Services	TH	1100 Qi Gong	GR	0900 Catholic Mass	RC	0930 RT YMCA Boot Camp	2SL	0900 Town Hall	CC	1300 Korean Cooking	CC	1600 DI Social	DI
		1130 Popcorn	CCL	1500 Bible Study	MR	1030 RT Ice Cream Social	2SL	1330 Rummikub Challenge	CT	1500 Christian Fellowship	GR		
		1230 Spelling BEE	CC			1100 Qi Gong	GR	1830 Women’s Bible Study	LR				
								1830 Genealogy	SCL				
	27		28		29		30	LEGEND:		SPECIAL EVENTS: Pool (PL), U.S. Coast Guard Pond (CGP)			
0900 Catholic Mass	RC	0900 Catholic Mass	RC	0900 Catholic Mass	RC	0900 Catholic Mass	MR	AC – Artist Colony		DH – Dining Hall		PR – Promenade	
0900 Protestant Services	TH	1100 Qi Gong	GR	1500 Bible Study	MR	0900 Open RAC Meeting	CC	BF – Ball Field		DI – Defenders’ Inn		RC – Rose Chapel	
		1130 Popcorn	CCL	1330 Literary Hour	GR	0930 RT YMCA Boot Camp	2SL	CC – Community Center		GR – Game Room		RT– Recreation Therapy	
						1000 Resident Memorial	TH	CCL – Community Center Lobby		HOH – Hall of Honor		SHBY – Sheridan Back Yd.	
						1100 Qi Gong	GR	CL – Computer Lab		L – Library		SC – Stanley Chapel	
						1800 RT Happy Hour Bingo	CC	CR – Club Room		LR – Living Room		TH – Theater	
								CS – Ceramics Studio		MR – Meditation Room		SCL – Sheridan Computer Lab	
								CT – Canteen		MS – Memory Support		2SL – 2 nd Floor Scott Lobby	

Bus Trips for September 2026

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
					1	Sign up begins 08/30	2		3		4		5
						Bolling AFB / BoA/ PenFed DPT: 1000 RTN: 1300							
	6		7		8	Sign up begins 09/02	9		10		11		12
						Arundel Mills BOA/Casino/Walmart DPT: 1000 RTN: 1400							
	13	Sign up begins 09/07	14		15	Sign up begins 09/09	16	RT Trip	17		18		19
		Ft. Belvoir/Trust Bank PenFed Credit Union DPT: 1000 RTN: 1300				National Gallery of Art DPT: 1000 RTN: 1400		San Antonio Mexican Restaurant DPT: 1100 RTN: 1330					
	20	Sign up begins 09/14	21		22	Sign up begins 09/16	23		24		25		26
		Olive Garden DPT: 1100 RTN: 1330				San Antonio Mexican Restaurant DPT: 1100 RTN: 1330							
	27	Sign up begins 09/21	28	RT Trip	29	Sign up begins 09/23	30						
		Holocaust Museum DPT: 1000 RTN: 1400		Walmart/ IHOP DPT: 1000 RTN: 1400		Walmart/Bob Evans DPT: 1000 RTN: 1300							