

LTC/ MSU/ AL Recreation Activities - September 2026											
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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
					1		2		3		4		5
				0900 Catholic Mass 0900 Trip Meeting 1500 Bible Study 1800 Saloon Night	RC TH MR DI	0900 Catholic Mass 0930 RT YMCA Boot Camp 1100 Qi Gong	MR 2SL TH	0900 Catholic Mass 1000 Morning Social 1330 Rummikub Challenge 1330 Movie Selection Mtg. 1830 Women’s Bible Study	RC CC CT GR LR	1100 Qi Gong 1130 Labor Day BBQ 1500 Christian Fellowship	TH DH GR	1000 Veterans Yoga Project 1300 Bingo 1600 DI Social	SC CC DI
6			7		8		9		10		11		12
0900 Catholic Mass 0900 Protestant Services	RC TH	0900 Catholic Mass 1100 Qi Gong 1130 Popcorn	RC GR CCL	0730 News Brief 0900 Catholic Mass 0900 Dining Committee Mtg. 1000 Custodial Meeting 1100 Technology Hour 1330 Recreation Roving Cart 1500 Bible Study	3S RC GR GR SCL 2S MR	0900 Catholic Mass 0930 RT YMCA Boot Camp 1030 RT Prize Bingo 1100 Qi Gong 1500 Chat w/the Chief	MR 2SL GR TH TH	0730 Morning Trivia! 0900 Catholic Mass 1045 PALS Visit 1330 Rummikub Challenge 1830 Women’s Bible Study	2S RC CCL CT LR	0830 Morning Mindfulness 1100 Qi Gong 1130 Popcorn & Social 1500 Christian Fellowship	CC TH 3S GR	1000 MOC Social 1300 Bingo 1600 DI Social	DI CC DI
13			14		15		16		17		18		19
0900 Catholic Mass 0900 Protestant Services	RC TH	0900 Catholic Mass 1100 Qi Gong 1130 Popcorn 1300 Name That Tune!	RC GR CCL 3S	0900 Catholic Mass 1130 Birthday Luncheon 1300 Back to Broadway 1500 Bible Study	RC DH CC MR	0730 Morning Trivia! 0900 Catholic Mass 0900 Open RAC Meeting 0930 RT YMCA Boot Camp 1030 RT Trivia 1100 Qi Gong 1600 Ladies Group	3SH MR CC 2SL 2SL GR CC	0900 Catholic Mass 1300 Poetry Reading Club 1330 Rummikub Challenge 1400 American Legion Mtg. 1830 Women’s Bible Study	RC LR CT GR LR	0730 News Brief 1100 Qi Gong 1130 Recreation Roving Cart 1330 Popcorn & Movie 1500 Christian Fellowship	2S TH 3S 3SH GR	0800 Antique Auto Show 1300 Bingo 1600 DI Social	CC DI
20			21		22		23		24		25		26
0900 Catholic Mass 0900 Protestant Services	RC TH	0900 Catholic Mass 1100 Qi Gong 1130 Popcorn 1230 Spelling BEE	RC GR CCL CC	0830 Morning Mindfulness 0900 Catholic Mass 1330 Ring Toss 1500 Bible Study	CC RC 3S MR	0730 Morning Trivia! 0900 Catholic Mass 0930 RT YMCA Boot Camp 1030 RT Ice Cream Social 1100 Qi Gong	3S MR 2SL 2SL GR	0730 News Brief 0900 Catholic Mass 0900 Town Hall 1330 Rummikub Challenge 1830 Women’s Bible Study 1830 Genealogy	3SH RC CC CT LR SCL	1100 Qi Gong 1300 Korean Cooking 1500 Christian Fellowship	TH CC GR	1300 Bingo 1600 DI Social	CC DI
27			28		29		30	LEGEND:		SPECIAL EVENTS: Pool (PL), U.S. Coast Guard Pond (CGP),			
0900 Catholic Mass 0900 Protestant Services	RC TH	0900 Catholic Mass 1000 Balloon Volleyball 1030 RT Trivia 1100 Qi Gong 1130 Popcorn	RC 3S 3S GR CCL	0900 Catholic Mass 1500 Bible Study 1330 Literary Hour	RC MR GR	0900 Catholic Mass 0900 Open RAC Meeting 0930 RT YMCA Boot Camp 1000 Resident Memorial 1100 Qi Gong 1800 RT Happy Hour Bingo	MR CC 2SL TH GR CC	AC – Artist Colony BF – Ball Field CC – Community Center CCL – Community Center Lobby CL – Computer Lab CR – Club Room CS – Ceramics Studio CT – Canteen	DH – Dining Hall DI – Defenders’ Inn GR – Game Room HOH – Hall of Honor L – Library LR – Living Room MR – Meditation Room MS – Memory Support	PR – Promenade RC – Rose Chapel RT– Recreation Therapy SHBY – Sheridan Back Yd. SC – Stanley Chapel TH – Theater SCL – Sheridan Computer Lab 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 Air Force Base 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							