

Sun Valley Assisted Living

September

2026

Daily Meals

8 a.m. Breakfast
Noon Lunch
3 p.m. Snack Cart
5 p.m. Dinner

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"We don't stop playing because we grow old; we grow old because we stop playing." — George Bernard Shaw
Remember to participate in daily Activities

9:00 Beauty shop
10:00 Exercise
10:45 Devotional
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social
American Chess Day

10:00 Music w/Debbie
11:00 Exercise/Trivia
1:00 Clock Game
3:00 Snack Cart
3:30 Upstairs Social

10 - 11:45 Morning Exercise Games Trivia
1:00 Duffy and Ro
2:00 Sing-a-long
3:00 Snack Cart
3:30 Upstairs Social

10 - 11:45 Morning Exercise Games Trivia
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

Purple Friday

Movie Time
1 p.m. Activities Area

Crossroads
Church Visit
2 p.m.



9:00 Beauty shop
10:00 Exercise
10:45 Devotional
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social
Star Trek Day

10 - 11:45 Morning Exercise Games Trivia
1:00 Clock Game
3:00 Snack Cart
3:30 Upstairs Social
National Teddy Bear Day

10 - 11:45 Morning Exercise Games Trivia
1:00 Forever Young
2:00 Sing-a-long
3:00 Snack Cart
3:30 Upstairs Social

10 - 11:45 Morning Exercise Games Trivia
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social
Rosh Hashanah

Baltimore Ravens
Show your support for the Baltimore Ravens by wearing purple.

On Sept. 17th we celebrate the 1787 signing of the United States Constitution and recognize those who have become U.S. Citizens.

10 - 11:45 Morning Exercise Games Trivia
1:00 Music w/Dan
2:00 Sing-a-long
3:00 Snack Cart
3:30 Upstairs Social
National Coloring Day

9:00 Beauty shop
10:00 Exercise
10:45 Devotional
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

10 - 11:45 Morning Exercise Games Trivia
1:00 Clock Game
3:00 Snack Cart
3:30 Upstairs Social

10 - 11:45 Morning Exercise Games Trivia
1:00 Crafts
3:00 Snack Cart
3:30 Upstairs Social
Citizenship Day

10 - 11:45 Morning Exercise Games Trivia
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

Purple Friday

BINGO
10:30 a.m. Leo and Lions Club

CALVARY
BAPTIST CHURCH
Youth Music Group
1:30 p.m.
Yom Kippur

10 - 11:45 Morning Exercise Games Trivia
1:00 Crafts
3:00 Snack Cart
3:30 Upstairs Social

9:00 Beauty shop
10:00 Music w/Debbie
10:45 Devotional
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social
Autumnal Equinox

10 - 11:45 Morning Exercise Games Trivia
1:00 Clock Game
3:00 Snack Cart
3:30 Upstairs Social

10 - 11:45 Morning Exercise Games Trivia
1:00 Music w/Jessica
2:00 Sing-a-long
3:00 Snack Cart
3:30 Upstairs Social

10 - 11:45 Morning Exercise Games Trivia
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

Purple Friday

Happy Birthday Chrissy!

10 - 11:45 Morning Exercise Games Trivia
1:00 Crafts
3:00 Snack Cart
3:30 Upstairs Social

9:00 Beauty shop
10:00 Exercise
10:45 Devotional
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social
National Coffee Day

10 - 11:45 Morning Exercise Games Trivia
1:00 Clock Game
3:00 Snack Cart
3:30 Upstairs Social

Happy Birthday Judy!

"Do what you can, with what you have, where you are."
— Theodore Roosevelt

All Activities are Subject to Change Without Notice