

NORTHLAND ADULT DAY CENTER
SEPTEMBER 2026---- *ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Current Affairs	Current Affairs	Current Affairs	Current Affairs
	Rock n Roll Sittercise	Line Dance Sittercise	Disco Sittercise	Chair Yoga
	Therapeutic Coloring	Word Category	Board Games	Word Category
	BINGO	Operation Game	Bean Bag Toss	Friday Matinee
Crossword Puzzles			JENGA	
7	8	9	10	11
	Current Affairs	Current Affairs	Current Affairs	Current Affairs
	Chair Zumba	90's Sittercises	80's Sittercise	Hip-Hop Sittercise
	Ring Toss Game	Walmart Wednesday	Simon Says Game	Bean Bag Toss
	Manuicure Tuesday	Therapeutic Coloring	Hangman	Karaoke
			Suicide Prevention Day	Patriot Day
14	15	16	17	18
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs 
60's Sittercise 	Line Dance Sittercise	Chair Yoga	Rock n Roll Sittercise	Friday in the Park
Monday Manicures	Arts and Crafts	World Play-Doh Day	Constitution Day	Jammin' Jan & Gratitudes
Pokeno	Board Games		Int'l Country Music Day	"All Center Fieldtrip"
Birthday Celebration	Int'l Day of Democracy	Concentration	Picture Bingo	HIV/AIDS Awareness Day
21	22	23	24	25
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
Disco Sittercise	Chair Yoga	Rock n Roll Sittercise	70's Sittercise	Chair Yoga
Arts N Crafts	Walmart Tuesday	Word Category	Word Category	National Daughters Day
Puzzle Pazzaz	Match Game	BINGO	Bowling	Ring Toss
JENGA	Music Therapy		Puzzle Pizazz	Red Friday 
28	29	30		
Current Affairs	Current Affairs	Current Affairs		
60's Sittercise	Motown Sittercise	Chair Yoga		
Word Category	Tuesday Matinee	Word Category		
Therapeutic Coloring	Crossword Puzzles			
Balloon Volleyball				

**It is at the discretion of Northland ADC management to make changes to the activity calendar without prior notice.*