

Hello FALL!

Heartland Living and Rehabilitation SEPTEMBER 2026



CALENDAR SUBJECT TO CHANGE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6

9am- Heartland Highlights
10am- Wordsearch Race
11am- IN2L Games



13

9am- Heartland Highlights
10am- UNO
11am- Praise Poem
1pm- Football Kick-Off
Sunday Game Day*
3pm- Snack Cart



20

9am- Heartland Highlights
10am- Daily Bread
11am- IN2L Music



27

9am- Heartland Highlights
10am- UNO
11am- Gospel Melodies
2pm- Sunday Service



7

8:30am- Heartland Highlights
9:00am- Salon Time with Pam
10:00am- Coffee Corner
11:00am- Hangman
2:00pm- IN2L Family Fued
6pm-8pm- Bingo with UNGC

HAPPY LABOR DAY!

14

Heartland Highlights
9:30am- Morning Stretches
10AM- COFFEE WITH A COP



2:00pm- BINGO
4:00pm- PO PALS

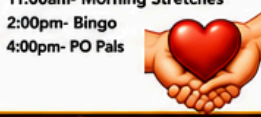
21

8:30am- Heartland Highlights
9:00am- Salon Time with Pam
10:00am- Coffee Corner
11:00am- Morning Yoga
2:00pm- Bingo
4:00pm- PO Pals



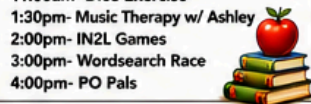
28

8:30am- Heartland Highlights
9:00am- Coffee Corner
10:00am- Hand Massages
11:00am- Morning Stretches
2:00pm- Bingo
4:00pm- PO Pals



1

8:30am- Heartland Highlights
9:00am- Garden Time
10:00am- Bookworm Cart
11:00am- Dice Exercise
1:30pm- Music Therapy w/ Ashley
2:00pm- IN2L Games
3:00pm- Wordsearch Race
4:00pm- PO Pals



8

8:30am- Heartland Highlights
9:00am- Garden Time
10:00am- Bookworm Cart
11:00am- IN2L Games
2:00pm- Doggie Parade
3:00pm- Lucky Dog
4:00pm- PO Pals



BRING YOUR DOG TO WORK!

15

8:30am- Heartland Highlights
9:30am- Garden Time
10am- Bookworm Cart
11am- IN2L Games
1:30pm- Music Therapy w/ Ashley
2:00pm- Tea Time
"Tea and Fancy Hats"
4:00pm- PO Pals



22

8:30am- Heartland Highlights
10am- Bookworm Cart
11:00am- Field Trip
"Golden Corral"
3:00pm- Craft Corner
4:00pm- PO Pals



29

8:30am- Heartland Highlights
9:00am- Garden Time
10:00am- Bookworm Cart
11:00am- Hangman
2:00pm- Monthly Birthday Party
3:00pm- Bible Study
4:00pm- PO Pals



HAPPY BIRTHDAY!

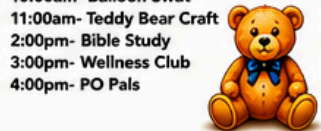
2

8:30am- Heartland Highlights
9:00am- Daily Bread
10:00am- Lucky Dog
11:00am- Chair Dancing
2:00pm- Bible Study
3:00pm- IN2L Music
4:00pm- PO Pals



9

8:30am- Heartland Highlights
9:00am- Daily Bread
10:00am- Balloon Swat
11:00am- Teddy Bear Craft
2:00pm- Bible Study
3:00pm- Wellness Club
4:00pm- PO Pals



16

8:30am- Heartland Highlights
9:00am- Daily Bread
10am- Playdoh Play
11:00am- Name That Tune
2:00pm- Bible Study
3:00pm- Crafty Corner
"Rock Painting"
4:00pm- PO Pals



23

8:30am- Heartland Highlights
9:00am- Daily Bread
10:00am- IN2L Games
11:00am- Hangman
2:00pm- Bible Study
3:00pm- Checker Match
4:00pm- PO Pals



30

8:30am- Heartland Highlights
9:00am- Daily Bread
10:00am- IN2L Games
11:00am- Parachute Play
2:00pm- Craft Corner
"Football Theme"
4:00pm- PO Pals



3

8:30am- Heartland Highlights
9:00am- Fancy Nails
2:00pm- Crafty Corner
"Football Fun"
4:00pm- PO Pals



10

8:30am- Heartland Highlights
9:00am- Fancy Nails
1:30pm- Heartland All-Star
2:00pm- Snack Cart
3:00pm- Granny Pants Game
4:00pm- PO Pals



17

8:30am- Heartland Highlights
9:00am- Fancy Nails
2:00pm- Board Games and Cards
4:00pm- PO Pals



24

8:30am- Heartland Highlights
9:00am- Fancy Nails
1:30pm- Heartland All-Star
2:00pm- Food Committee
3:00pm- Resident Council
4:00pm- PO Pals



25

8:30am- Heartland Highlights
9:00am- Busy Cart
10:00am- Lucky Dogs
11:00am- Moving and Grooving
2:00pm- Movie and Popcorn
"Marvel"
4:00pm- PO Pals



SPECIAL MONTHLY THEMES

Healthy Aging Month



Fall Prevention Month



National Assisted Living Week



Men's Health Month



4

8:30am- Heartland Highlights
9:00am- Coffee Corner
10:00am- Board Games and Cards
11:00am- SS Exercise
2:00pm- Movie Matinee
4:00pm- PO Pals



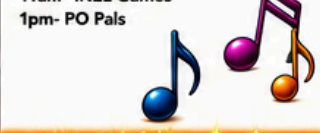
11

8:30am- Heartland Highlight
9:00am- Busy Cart
10:00am- Morning Tribute "9-11"
11:00am- Dice Exercising
1:30pm- Mr. Classical
2:30pm- 9-11 Wordsearch Race
4pm- PO Pals



18

8:30am- Heartland Highlights
9am- Hand Massages
10:00am- Hangman
11:00am- Beach Ball Toss
2:00pm- Movie Matinee
3pm- Refreshments
4:00pm- PO Pals



19

9am- Heartland Highlights
10am- Name That Tune
11am- IN2L Games
1pm- PO Pals



9am- Heartland Highlights
11am- Sit and Stretch
3PM- GOSPEL JUBILEE
4pm- PO PALS



WELCOME FALL!

