

Elmwood Care Center Activity Calendar

September 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fruit of the Month: Blackberries <i>Available Monday– Friday during Lunch</i> High in fiber, Vitamin C, and essential minerals that boost immunity and support healthy digestion. Their powerful antioxidants also help protect cells from damage and promote overall heart and brain health.		1 Rise & Shine Visits 10:00 Morning Music 10:15 Morning Fitness <u>10:30 Bingo Time</u> 11:15 Lunch Set Up 11:30 Lunch with Music 3:00 Busy cart Round 5:00 Dinner With Music	2 Rise & Shine Visits 10:00 Morning Music 10:15: Morning Fitness 10:30 Detective Game 11:00 Travel Video 11:30 Lunch and Music 3:00 Afternoon Roulette 4:00 Afternoon Flowers	3 Rise & Shine Visits 10:00 Morning News <u>10:15 Balance and Mobility</u> 10:45 IN2L Game 11:15 Lunch set up with music 11:30 Lunch with Music 3:30 Monthly Birthday Social 5:00 Dinner With Music	4 Rise & Shine Visits 10:00 Morning Music <u>10:15 Chair Zumba With Sue</u> 10:30 Classic TV Time/ Bingo Ticket Exchange 11:30 Lunch with music <u>1:30 Entertainment- Bruce G</u> 5:00 Dinner With Music	5 Rise & Shine Visits Daily News Distribution 10:00 Morning Music 10:15 Fitness Video <u>10:30 Bingo Time</u> 11:30 Lunch with Music 2:00 Summer Hydration Cart 5:00 Dinner Time
6 Rise & Shine Visits Daily News Distribution <u>10:00 Chapel Service @Chapel</u> 11:00 Classic TV Show 11:30 Lunch with Music 1x1 Room Visits <u>2:30 Afternoon Dominoes</u> 5:00 Dinner Time	7 Labor Day Catholic Communion Visits 10:00 Morning Music 10:15 Morning Stretch 10:30 Arts and Crafts 11:15 Cookie Baking 11:30 Lunch with Music 2:30 Catholic Rosary Game Shows: CH 57-1	8 Rise & Shine Visits 10:00 Morning Music 10:15 Morning Fitness <u>10:30 Resident Council Meeting</u> 11:15 Lunch Set Up 11:30 Lunch with Music 3:15 Courtyard Stroll 5:00 Dinner with Music	9 Rise & Shine Visits 10:00 Morning Music 10:15: Morning Fitness 10:30 Group Word Search 11:00 Travel Video 11:30 Lunch and Music <u>3:00 Afternoon Dominoes</u> 4:00 Afternoon Flowers	10 Rise & Shine Visits 10:00 Morning News <u>10:15 Balance and Mobility</u> 10:45 Trivia 11:15 Lunch set up with music 11:30 Lunch and Music 3:15 Afternoon Nail Care 5:00 Dinner With Music	11 Rise & Shine Visits 10:00 Morning Music <u>10:15 Cardio Drumming Exercise</u> <u>10:45 Bingo Ticket Exchange</u> 11:00 Lucy Show 11:30 Lunch with music <u>1:30 Entertainment: Bob M</u> 5:00 Dinner With Music	12 National Day of Encouragement Rise & Shine Visits Daily News Distribution 10:00 Morning Music 10:15 Fitness Video <u>10:30 Bingo Time</u> 11:30 Lunch with Music 2:00 Summer Hydration Cart 5:00 Dinner Time
13 Grandparents Day Rise & Shine Visits Daily News Distribution <u>10:00 Chapel Service @Chapel</u> 11:00 Classic TV Show 11:30 Lunch with Music 1x1 Room Visits <u>2:30 Afternoon Dominoes</u> 5:00 Dinner Time	14 National Coloring Book Day Rise & Shine Visits 10:00 Morning Music 10:15 Morning Stretch 10:30 Arts and Crafts 11:15 Cookie Baking 11:30 Lunch with Music 2:30 Catholic Rosary Game Shows: CH 57-1	15 Rise & Shine Visits 10:00 Morning Music 10:15 Morning Fitness <u>10:30 Bingo Time</u> 11:15 Lunch Set Up 11:30 Lunch with Music 3:00 Busy cart Round 5:00 Dinner With Music	16 National Guacamole Day Rise & Shine Visits 10:00 Morning News 10:15 Morning Fitness <u>10:30 Pita Pizza making class</u> 11:30 Lunch and Music 3:00 Afternoon Roulette 4:00 Afternoon Flowers 5:00 Dinner With Music	17 Rise & Shine Visits 10:00 Morning News <u>10:15 Balance and Mobility</u> <u>10:45 Nutrition Talk With Dietitian Megan</u> 11:30 Lunch with Music 2:00 Sunshine Cafe With GMC 3:15 Afternoon Movie	18 Rise & Shine Visits 10:00 Morning Music <u>10:15 Chair Zumba With Sue</u> 10:30 Classic TV Time/ Bingo Ticket Exchange 11:30 Lunch with music 2:00 Popsicle Jolly Cart 5:00 Dinner With Music	19 Rise & Shine Visits Daily News Distribution 10:00 Morning Music 10:15 Fitness Video <u>10:30 Bingo Time</u> 11:30 Lunch with Music 2:00 Summer Hydration Cart 5:00 Dinner Time
20 Rise & Shine Visits Daily News Distribution <u>10:00 Chapel Service @Chapel</u> 11:00 Classic TV Show 11:30 Lunch with Music 1x1 Room Visits <u>2:30 Afternoon Dominoes</u> 5:00 Dinner Time	21 International Day of Peace Catholic Communion Visits 10:00 Morning Music 10:15 Morning Stretch 10:30 Arts and Crafts 11:15 Cookie Baking 11:30 Lunch with Music 2:30 Catholic Rosary Game Shows: CH 57-1	22 First Day of Fall Rise & Shine Visits 10:00 Morning Music 10:15 Morning fitness <u>10:30 Bingo Time</u> 11:15 Lunch Set up 11:30 Lunch with Music 3:15 Courtyard Stroll 5:00 Dinner with Music	23 Rise & Shine Visits 10:00 Morning Music 10:15: Morning Fitness <u>10:30 Musical Event- David Turner</u> 11:00 Travel Video 11:30 Lunch and Music <u>3:00 Afternoon Dominoes</u> 4:00 Afternoon Flowers	24 Rise & Shine Visits 10:00 Morning Music and News <u>10:15 Balance and Mobility</u> 10:45 Trivia 11:30 Lunch and Music 3:15 Afternoon Nail Care 5:00 Dinner With Music	25 Rise & Shine Visits 10:00 Morning Music <u>10:15 Cardio Drumming Exercise</u> <u>10:45 Bingo Ticket Exchange</u> 11:00 Lucy Show 11:30 Lunch with music <u>1:30 Entertainment- John L</u> 5:00 Dinner With Music	26 Rise & Shine Visits Daily News Distribution 10:00 Morning Music 10:15 Fitness Video <u>10:30 Bingo Time</u> 11:30 Lunch with Music 2:00 Hydration Cart 5:00 Dinner Time
27 Rise & Shine Visits Daily News Distribution <u>10:00 Chapel Service @Chapel</u> 11:00 Classic TV Show 11:30 Lunch with Music 1x1 Room Visits <u>2:30 Afternoon Dominoes</u> 5:00 Dinner Time	28 Rise & Shine Visits 10:00 Morning Music 10:15 Morning Stretch 10:30 Arts and Crafts 11:15 Cookie Baking 11:30 Lunch with Music 2:30 Catholic Rosary Game Shows: CH 57-1	29 National Coffee Day Rise & Shine Visits 10:00 Morning Music 10:15 Morning fitness <u>10:30 Bingo With coffee and donuts</u> 11:15 Lunch Set up 11:30 Lunch with Music 3:00 Busy cart Round 5:00 Dinner with Music	30 Rise & Shine Visits 10:00 Morning Music 10:15: Morning Fitness <u>10:30 Autumn Kitchen Corner</u> 11:00 Travel Video 11:30 Lunch and Music 3:00 Afternoon Roulette 4:00 Afternoon Flowers		Rise & Shine Visits - Daily room visits 1x1 Room Visits Provided 3 Times A Week. capture the shift from warm summer days to crisp autumn air, new beginnings, and a fresh start	Important Info: Catholic Visits - 1st, 3rd, & 5th Monday Morning Chapel Every Sunday @ 10am **Family Council Meeting Monthly in P.D.R.** ★ - Fire Side Lounge ☀️ - Main Court Yard 🌸 -Private Dining Room

Activities Are Subject To Change Without Notice

12151 Dale Street
Stanton, CA 90680

(714) 971-6866

Ombudsman:
800-300-6888

ECC Nurses Station Ext: 865/866
ECC Activity Dept Ext: 624
Kitchen Tray Line Ext: 526

ECC Activity Director: Karla T.
ECC Activity Assistant: Cecilia R./
Michael C. / Cobi N.