

		Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
		9:00 Household Visits with Life Enrichment (OH) 11:00 Morning Walk w/ Carolyn 11:15 Music & Movement (LC) 1:30 Sensory Hour (Painting, hand putty and more) (MP)	10:00 Sunrise Café (MP) 11:00 Short Stories (MP) 1:30 Hand Spa (OH) 3:00 Exploring Activity Bins (OH)	9:00 Household Visits with Life Enrichment (OH) 11:00 Morning Walk w/ Carolyn 11:15 Music & Movement (LC) 1:30 Movie Matinee (LC) 6:30 September Sounds Concert Series (Brecon Village Front Lawn)	9:00 Household Visits with Life Enrichment (OH) 1:30 Football Tailgate & Trivia (MP) 3:00 Exploring Activity Bins (OH)	National Cheese Pizza Day Sensory Saturdays (OH)
Sunday 6	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12
“Remember Me Sundays” (OH)	Labor Day 	9:00 Household Visits with Life Enrichment (OH) 11:00 Morning Walk w/ Carolyn 11:15 Music & Movement (LC) 1:30 Music Hour with Rachael (LC) 2:30 No Bake Club: Cheesecake bites (MP)	10:00 Sunrise Café & French Toast (MP) 11:00 Short Stories; National Teddy Bear Day (MP) 1:15 Trip: Emagine Theater Dementia-Friendly Movie Day 1:30 Exploring Activity Bins (OH)	9:00 Household Visits with Life Enrichment (OH) 11:00 Morning Walk w/ Carolyn 11:15 Music & Movement (LC) 1:30 Movie Matinee (LC) 6:30 September Sounds Concert Series (Brecon Village Front Lawn)	9:00 Household Visits with Life Enrichment (OH) 1:30 Concert: Kevin Devine (MP) 2:30 Sparkling Wine & Cheese Social (MP/OH)	Sensory Saturdays (OH)
Sunday 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19
National Assisted Living Week Begins Grandparents Day “Remember Me Sundays” (OH)	1930s Day 10:00 Sunrise Café (MP) 11:00 Morning Walk w/ Carolyn 11:15 Music & Movement (LC) 1:00 Bible Study (CH) 1:30 Concert: Fred Walker (MP) 2:30 Root Beer Floats & National Coloring Day Fun (MP)	1940s Day 9:00 Household Visits with Life Enrichment (OH) 11:00 Morning Walk w/ Carolyn 11:15 Music & Movement (LC) 1:30 Word Games & Homemade Cookies (MP) 3:00 Hand Massage with Tori (OH)	1950s Day 10:00 Sunrise Café & 50s Reminiscing (MP) 11:00 Short Stories: Back to the 50s (MP) 1:30 Hand Spa & 50s-themed refreshments (OH) 3:00 Exploring Activity Bins (OH)	1960s & 1970s Day 9:00 Fresh-Baked Muffins (OH) 11:00 Worship Service with Pastor Tom (MP) 1:30 Walking Taco Bar, Jell-o Salad & a Movie (MP/LC) 6:30 September Sounds Concert Series (Brecon Village Front Lawn)	1980s Day 9:00 Household Visits with Life Enrichment (OH) 1:30 Totally Awesome “80s” Social (MP) 2:00 Movie Matinee (LC)	Sensory Saturdays (OH)

MSC Life Enrichment Calendar

September 2026

Sunday 20	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26
“Remember Me Sundays” (OH)	10:00 Sunrise Café (MP) 11:00 Morning Walk w/ Carolyn 11:15 Music & Movement (LC) 1:30 Bingo! (MP) 2:30 Miniature Golf Day Social (LC/CY)	First Day of Autumn 9:00 Household Visits with Life Enrichment (OH) 11:00 Morning Walk w/ Carolyn 11:15 Music & Movement (LC) 1:30 Music Hour with Rachael (LC) 2:30 National Ice Cream Cone Day Social (MP)	10:00 Sunrise Café (MP) 11:00 Short Stories (MP) 1:30 Seated Dance with Sonja (LC) 2:30 Oktoberfest Happy Hour & Trivia (MP)	9:00 Hand Spa (OH) 11:00 Morning Walk w/ Carolyn 11:15 Music & Movement (LC) 1:30 Movie Matinee & Popcorn (LC)	9:00 Household Visits with Life Enrichment (OH) 1:30 TGIF Karaoke Hour (MP) 3:30 Exploring Activity Bins (OH)	Sensory Saturdays (OH)
Sunday 27	Monday 28	Tuesday 29	Wednesday 30			
“Remember Me Sundays” (OH)	10:00 Sunrise Café (MP) 11:00 Morning Walk w/ Carolyn 11:15 Music & Movement (LC) 1:00 Bible Study (CH) 1:30 Trivia Hour (MP) 3:00 Fun with Friends (OH)	9:00 Hand Spa (OH) 11:00 Morning Walk w/ Carolyn 11:15 Music & Movement (LC) 1:30 No-Bake Club: Chocolate Eclair Cake (MP) 2:30 Memory Reminiscing (MP)	Hot Cider Day 10:00 Sunrise Café (MP) 11:00 Short Stories (MP) 1:30 Concert: Al Jacquez (MP) 2:30 Word Games, Hot Cider & Donut Holes (MP)			

Please note that activities may be adjusted in the event of inclement weather, technical difficulties or other unforeseen circumstances. If you have any questions regarding Life Enrichment, please reach out to:



Lauren Stevens (734)-429-1155 ext. 2218
Stevensl@ehmss.org

EXERCISE OPPORTUNITIES

Morning Walk 11:00am Mon/Tues/Thurs
Music & Movement 11:15am Mon/Tues/Thurs

A Wellness Coordinator is on site that can schedule private exercise sessions. See Life Enrichment Staff for more details and to connect to a Wellness Coordinator.