

**NORTHLAND ADULT DAY CENTER  
SEPTEMBER 2024---- \*ACTIVITY CALENDAR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Current Affairs	Current Affairs	Current Affairs	Current Affairs
	Exercise	Exercise	Exercise	Chair Yoga
	Therapeutic Coloring	Word Category	Board Games	Word Category
	Bean Bag Toss	Parachute Game	Line Dancing	Jenga
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
Exercise	Exercise	Walmart Wednesday	Exercise	Exercise
Parachute Game	Ring Toss Game	Exercise	Simon Says Game	Bean Bag Toss
Therapeutic Coloring	Suicide Prevention Day	National Day of Service	Hangman	Friday 13th Movie Matinee
Nat'l Boss/Employee Day		<b>BINGO</b>	Word Category	Red Friday
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
Exercise	Exercise	Josiah & Charlie	Chair Yoga	Alzheimer's Awareness
Monday Manicures	Board Game Day	Music Therapy	Ice Cream Social	Matinee Movie
Bible Study	Dream Board	HIV/AIDS & 	Concentration Game	Crossword Puzzles
Pokeno	Int'l Country Music Day	Aging Seminar	Music Therapy	Red Friday
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Current Affairs	Current Affairs	Current Affairs	Current Affairs	Current Affairs
Exercise	Chair Yoga	Exercise	Exercise	The Kansas City Zoo & Aquarium
Arts N Crafts	Library Visit	Word Category	Word Category	All Center Fieldtrip
Puzzle Pazzaz	Match Game	Picture Bingo	Bowling	Red Friday
			Puzzle Pizzaz	
<b>30</b>				
Current Affairs				
Exercise				
Word Category				
Therapeutic Coloring				
Balloon Volleyball				

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