



September 2026

peopleCare AR - Frederick Community



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Pump It Up! (FCEL) 1 10:00 Food Committee (EPDR) 11:00 Chair Exercises (FCDR) 2:00 Spirit and Song (FCDR) 3:00 Outdoor Visits (FCDR)	9:30 Memorial Cup Visits Goudie! (GH) 2 2:00 BINGO (RGDR) 3:30 Outdoor Visits (FCDR) 6:00 Dolly Parton Music Tribute (FCNS)	10:00 Pump It Up! (FCEL) 3 11:00 Creating Wellness Signs (FCDR) 2:00 Knit and Crochet Group (VPDR) 6:00 Finish the Phrase (FCDR)	11:00 Music Therapy Group with Chelsea (FCDR) 4 11:30 Friendly Visits (RR) 2:00 Black Jack Social (MLDR) 6:00 Short Stories (FCNS)	11:15 Hand Massages (FCRR) 5 2:00 Specialty Coffee Time (MLDR) 6:00 You be the Judge! (FCEL)
11:15 Walking (CYD) 6 2:00 Church Service (RGDR) 6:00 Travelogue: Portugal's Heartland (FCDR)	11:15 Manicure Monday 7 2:00 Timbits Social (Byrd) 3:00 Trivia (BYD) 6:00 Active Game (FCDR)	Resident Retreat 8 10:00 Pump It Up! (FCEL) 11:00 Word Game (FCDR) 2:00 Meaningful Conversations (FCDR) 3:00 Painting Sunflowers (FCDR) 6:00 Travelogue: Meet me in Montreal (FCDR)	Resident Retreat 9 10:15 Travelling RC Communion (TC) 11:00 Chair Exercises (FCDR) 2:00 BINGO (RGDR) 6:00 Finish the Phrase (FCDR)	Resident Retreat 10 11:15 Hand Massages (FCRR) 2:30 Baking Apple Crumble Muffins (FCDR) 4:00 Campfire Singalong Outing (Sign Up) (OUT) 6:00 Nature Documentary (FCDR)	Resident Retreat 11 11:30 Make Your Own Sub Sandwich Lunch (FCAR) 2:00 Dot Day Art (FCDR) 3:30 Outdoor Walks (FY) 6:00 Short Stories (FCNS)	11:15 One to Ones (FCRR) 12 2:00 Community Movie (MLDR) 6:00 True or False? (FCDR)
11:15 Walking (FY) 13 2:00 Church Service (RGDR) 6:00 You Be the Judge! (FCEL)	Resident Council Week 14 11:15 Manicure Monday 2:00 Music Bingo (FCDR) 3:30 Word Game (FCDR) 6:00 Travelogue: Alps of France and Switzerland (FCDR)	Resident Council Week 15 10:00 Pump It Up! (FCEL) 10:00 Resident Council (EPDR) 11:00 Chair Exercises (FCDR) 2:00 Resident Council Week Scavenger Hunt (VAAG) 2:00 Spirit and Song (FCDR)	Resident Council Week 16 10:00 Sysco Food Vendor Visit (GH) 11:00 Music Therapy Group with Chelsea (FCDR) 2:30 Town Hall Meeting (GH) 6:00 Town Hall Meeting (GH)	Resident Council Week 17 10:00 Painting (FCDR) 2:00 Baking Oatmeal Cream Pies (FCDR) 3:00 Oatmeal Cream Pie Social (FCDR) 6:00 RC Week Event: Fireside Pages Book Club (GH) 6:00 Finish the Phrase (FCDR)	Resident Council Week 18 10:00 Community Engagement Day Walk (GH) 10:45 Celebrating Engagement Day with Jack Cooper (GH) 12:00 Community Day BBQ Lunch (CYD) 2:30 Baking Chocolate Chip Cookies (FCDR) 6:00 Short Stories (FCNS)	Resident Council Week 19 10:00 You Be the Judge! (FCEL) 11:15 Active Game (FCDR) 2:30 RC Week Finale: Swing Band! (GH)
Resident Council Week 20 10:00 Morning Walks (RR) 11:00 Chair Exercises (FCDR) 2:00 Church Service (RGDR)	11:15 Manicure Monday 21 2:00 Baking Maple Snickerdoodles (FCDR) 3:30 Outdoor Walks (FY) 6:00 Trivia (FCNS)	10:00 Pump It Up! (FCEL) 22 11:15 Friendly Visits (RR) 2:00 Karaoke (CHDR) 2:00 Meaningful Conversations (FCDR) 6:00 Master Chef Jr. (FCNS)	10:30 Catholic Mass (EPDR) 23 11:15 Balloon Toss (FCDR) 2:00 BINGO (RGDR) 6:00 Finish the Phrase (FCDR)	8:00 Breakfast Club (Sign Up) (GH) 24 10:00 Pump It Up! (FCEL) 2:00 BINGO (FCDR)	11:15 Sing-A-Long (FCDR) 25 2:30 September Birthday Party with Derek Byrne (FCDR) 6:00 Fireside Pages Book Club (GH)	10:00 Baking Mini Apple Pies (FCDR) 26 2:00 Specialty Coffee Time (MLDR)
10:00 Morning Walks 27 10:30 Active Game (RR) 2:00 Church Service (RGDR)	11:15 Manicure Monday 28 2:00 Music Bingo (FCDR) 3:30 Word Game (FCDR) 6:00 Travelogue: Egypt (FCDR)	10:00 Pump It Up! (FCEL) 29 11:00 Chair Exercises (FCDR) 11:30 Red Lobster Lunch Outing (\$ Sign up) (OUT) 2:00 Spirit and Song (FCDR)	11:15 One to Ones (FCRR) 30 2:00 BINGO (RGDR) 3:30 Outdoor Visits (FY) 6:00 Finish the Phrase (FCNS)	<u>Locations Legend</u> Frederick Community Dining Room (FCDR) Frederick Community East Lounge (FCEL) Grand Hall (GH) Rockway Gardens Dining Room (RGDR) Frederick Community Nurses Station (FCNS) Frederick Community Room-to-Room for 1:1 scoring (FCRR) Frederick Community Room-to-room for 1:1 Scoring (RR) Market Lane Dining Room (MLDR) Front Yard (FY) Edna Place Dining Room (EPDR) Courtyard (CYD) Outing (OUT) Victoria Park Dining Room (VPDR) Backyard (Byrd) Backyard (BYD) Travelling Cart (TC) Frederick Community Activity Room (FCAR) Various Area's within AR Goudie (VAAG) Chicopee Hills Dining Room (CHDR)		