

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CUMBERLAND TRACE FAMILY-FIRST SENIOR LIVING 1925 REEVES ROAD PLAINFIELD, INDIANA 46168 CARDON.US/COMMUNITIES/CUMBERLAND-TRACE CALL US! (317) 838-7070 HERITAGE COURT		9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 SM.GRP: SENS/AROMA 11:00-12:00 ARTS & CRAFTS: LAYERED ART SCENE 1:30-2:00 CORN HOLE 2:00-3:00 LADIES.GRP: MAKEUP & MANICURES 3:00-4:00 Porch Relax & Chat 4:00-5:00 Watercolor Painting 6:00-7:00 Holy Hour w/ Dean (HC) 1	PIERCE YOUR EARS DAY 9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 RECIPE TIME: CHILI DIP 11:00-12:00 SENSORY: FOLDING LAUNDRY 1:30-2:00 '70s STICKMAN WORD GAME 2:00-3:00 CLIP-ON EARRING & JEWELRY BOUTIQUE! 3:00-4:00 Bingo (HC) 4:00-5:00 Game Time-Resident's Choice 6:00-7:00 Cards / Euchre 2	9:30-10:00 RESIDENT-LED EXERCISE 10:30 Bible Study w/ Debbie (HC) 11:00-12:00 Apple Cider Sips 1:30-2:00 RECIPE TIME: CHEESE DROP BISCUITS 2:00-3:00 RIGHT ON TIME OR HAVEN'T LEFT YET GAME 3:00-4:00 Snack & Chat 4:00-5:00 MEN'S.GRP: HANDSOME HANDS & GROOMING 6:00-7:00 YOUNG@HEART.GRP: KNOWLEDGE NIGHT & REFRESHMENTS 3	COLLEGE COLORS DAY 9:30-10:30 MUSIC w/ MARVIN SCHINSKE (HC) 10:30-11:00 MONTHLY GAZETTE 11:00-12:00 LADIES.GRP: MAKEUP & MANICURES 1:30-2:00 SM.GRP: SENS/MUSIC 2:00-3:00 Trivia & Word Puzzles 3:00-4:00 Bingo (AS) 4:00-5:00 Popcorn Cart 6:00-7:00 Quiet Time – Magazines OUTING: CRACKER BARREL 11:00AM WEAR YOUR FAV COLLEGE COLORS! ISU @ PURDUE 7PM BIG10 4	9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 THE LEGEND OF THE HUMMINGBIRD 11:00-12:00 MEN'S.GRP: SPORTS LEGENDS OF THE '70s 1:30-2:00 BOWLING FUN 2:00-3:00 Porch Relax & Chat 3:00-4:00 Bingo (HC) 4:00-5:00 THINK PINK GAME 6:00-7:00 Quiet Time – Word Puzzles NORTH TEXAS @ IU 12PM FOX 5
PET ROCK DAY 9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 LADIES.GRP: MAKEUP & MANICURES 11:00-12:00 WHAT BIBLE CHARACTER AM I? 1:30-2:00 DECORATE ROCKS 2:00-3:00 WOULD YOU RATHER? 3:00-4:00 Plainfield Christian Church (AL) 4:00-5:00 TABLE BALL TOSS 6:00-7:00 Quiet Time – Magazines NOTRE DAME @ WISCONSIN 7:30PM NBC 6	LABOR DAY 9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 ARTS & CRAFTS: FALL FOX DÉCOR 11:00-12:00 Game Time-Resident's Choice 1:30-2:00 LEARNING ABOUT LABOR DAY 2:00-3:00 MEN'S.GRP: WHAT JOB IS IT? 3:00-4:00 Bingo (AS) 4:00-5:00 Root Beer Floats 6:00-7:00 Cards / Euchre WEAR RED, WHITE, & BLUE! Labor Day 7	9:30-10:00 'STAYIN ALIVE' BEEGEES WORKOUT 10:00-11:00 SM.GRP: SENS/HAND MASSAGE 11:00-12:00 RECIPE TIME: BUFFALO CHICKEN STUFFED SHELLS 1:30-2:00 CARDS / EUCHRE 2:00-3:00 PORCH RELAX & CHAT 3:00-4:00 YOUNG@HEART.GRP: TRAVELOGUE-MEET ME IN MONTREAL 4:00-5:00 Arts & Crafts: Resident's Choice 6:00-7:00 HOLY HOUR W/ DEAN (HC) LUNCH ORDERS: CULVER'S 8	TEDDY BEAR DAY 9:30-10:30 RESIDENT-LED EXERCISE 10:30-11:30 MUSIC w/ GREG ANDERSON (AS) 1:30-2:00 REMINISCENCE: CHILDHOOD TOYS 2:00-3:00 GUESS THE FAR-OUT FOOD OF THE '70s 3:00-4:00 Bingo (HC) 4:00-5:00 PASSOUT FOOTBALL TRINKETS & POPCORN CART! 6:00-7:00 Game Night-Resident's Choice NFL SEASON BEGINS 9	9:30-10:00 RESIDENT-LED EXERCISE 10:30 Bible Study w/ Debbie (AS) 11:00-12:00 OODLES OF POODLES (AND DOODLES) 1:30-2:00 RECIPE TIME: APPLE ENCHILADAS 2:00-3:00 JUNK DRAWER DETECTIVE 3:00-4:00 SENSORY: STICKER PAINTING 4:00-5:00 LADIES.GRP: MAKEUP & MANICURES 6:00-7:00 Bingo (HC) 10	PATRIOT DAY 9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 ARTS & CRAFTS: CRAFT STICK LANTERNS OUTING: WALMART 9:30AM 11:00-12:00 REMEMBRANCE & REFLECTION 12:00 MOMENT OF SILENCE & PATRIOTIC MUSIC 1:30-2:00 MEN'S.GRP: HANDSOME HANDS & GROOMING 2:00-3:00 MUSIC w/ SHOWER'S OF BLESSINGS (AL) 3:00-5:00 GROOVY GET-TOGETHER & BINGO BASH w/ RETRO REFRSHMENTS (AS) 6:00-7:00 Quiet Time – Coloring Pages Rosh Hashanah Begins 11	9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 MUSIC w/ JUSTIN MONTS (HC) 11:00-12:00 RECIPE TIME: COOKIE SALAD 1:30-2:00 SM.GRP: SENS/AROMA 2:00-3:00 70s TRIVIA & WHAT'S IN A NAME? 3:00-4:00 Bingo (HC) 4:00-5:00 MILKSHAKES ON THE PORCH 6:00-7:00 Quiet Time – Music & Relax WAKE FOREST @ PURDUE 12PM FOXSPORTS1 HOWARD @ IU 12PM BIG10 RICE @ NOTRE DAME 3:30PM NBC 12
GRANDPARENTS DAY 9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 HISTORY OF GRANDPARENTS DAY 11:00-12:00 Arts & Crafts: Resident's Choice 1:30-2:00 MATCH THE ROOM GAME 2:00-3:00 GRANDPARENTS BLESSING CRAFT 3:00-4:00 First Baptist Church (AL) 4:00-5:00 Porch Relax & Chat 6:00-7:00 Quiet Time – Word Puzzles RAVENS @ COLTS 1PM CBS Grandparents Day 13	9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 LADIES.GRP: MAKEUP & MANICURES 11:00-12:00 RECIPE TIME: CINNAMON SUGAR POPCORN 1:30-2:00 SM.GRP: SENS/MUSIC 2:00-3:00 APPLE PAINTING CRAFT 3:00-4:00 Bingo (AS) 4:00-5:00 SHORT STORY-A SMALL GIFT 6:00-7:00 Game Night-Resident's Choice 14	9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 DECORATE BUCKET HATS 11:00-12:00 MEN'S.GRP: GUY TALK & WHO WHAT WHERE? 1:30-2:00 SENSORY: SING-ALONG 2:00-3:00 ARTS & CRAFTS: FOOTBALL WREATHS 3:00-4:00 Game Time-Resident's Choice 4:00-5:00 STAR OF THE MONTH-JOHN TRAVOLTA 6:00-7:00 Holy Hour w/ Dean (HC) 15	9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 REMEMBERING '70s HITS 11:00-12:00 RECIPE TIME: CINNAMON SWIRL MUFFINS 1:30-2:00 SM.GRP: SENS/HAND MASSAGE 2:00-3:00 Cards / Euchre 3:00-4:00 Bingo (HC) 4:00-5:00 Popcorn Cart 6:00-7:00 Quiet Time – Magazines 16	9:30-10:00 RESIDENT-LED EXERCISE 10:30 Bible Study w/ Debbie (HC) 11:00-12:00 RECIPE TIME: AUTUMN APPLE SALAD 1:30-2:00 Root Beer Floats 2:00-3:00 MAGIC SHOW w/ CHAD COLLYER (AL) 3:00-4:00 'CHAIR OF HONOR' DISPLAY FOR POW / MIA RECOGNITION DAY 4:00-5:00 MEN'S.GRP: HANDSOME HANDS & GROOMING 6:00-7:00 Cards / Euchre 17	9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 MY HILARIOUS JOB HISTORY 11:00-12:00 LADIES.GRP: MAKEUP & MANICURES OUTING: BRU BURGER 11:00AM 1:30-2:00 Magazines & Iced Tea 2:00-3:00 MUSIC w/ BURNING DAYLIGHTS (AL) 3:00-4:00 Bingo (AS) 4:00-5:00 ARTS & CRAFTS: LOVE OUR TROOPS 6:00-7:00 YOUNG@HEART.GRP: KNOWLEDGE NIGHT & REFRESHMENTS 18	9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 THE ART OF DOTTING 11:00-12:00 Coloring w/ Friends 1:30-2:00 TABLE TALK TIDBITS 2:00-3:00 CIDER SLUSHIES ON THE PORCH 3:00-4:00 Bingo (HC) 4:00-5:00 ALL ABOUT OKTOBERFEST w/ PRETZELS & CHEESE 6:00-7:00 Quiet Time – Coloring Pages PURDUE @ UCLA 11PM BIG10 MICHIGAN STATE @ NOTRE DAME 7:30PM NBC Oktoberfest Begins 19
WOMEN'S FRIENDSHIP DAY 9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 '70s Pictionary 11:00-12:00 MEN'S.GRP: HANDSOME HANDS & GROOMING 1:30-2:00 CARD MAKING – MAKE CARDS FOR YOUR FRIENDS! 2:00-3:00 LONG WAY TO THE TOP QUIZ 3:00-4:00 United Methodist Church (AL) 4:00-5:00 SPIRITUAL PUZZLE & COLORING 6:00-7:00 Quiet Time – Music & Relax COLTS @ CHIEFS 8PM NBC Yom Kippur Begins 20	WORLD ALZHEIMER'S DAY 9:30-10:30 RESIDENT-LED EXERCISE 10:30-11:30 MUSIC w/ DEREK CHASTAIN (AS) 1:30-2:00 LADIES.GRP: MAKEUP & MANICURES 2:00-3:00 ARTS & CRAFTS: TASTY PEACE SIGN NECKLACES 3:00-4:00 Bingo (AS) 4:00-5:00 Popcorn Cart 6:00-7:00 Quiet Time – Coloring Pages 10AM-2PM PAPAARAZZI JEWELRY WEAR PURPLE TO SHOW YOUR SUPPORT & RAISE AWARENESS! 21	FIRST DAY OF FALL 9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 Coloring w/ Friends 11:00-12:00 RECIPE TIME: CARMELIZED BUTTERNUT SQUASH 1:30-2:00 GERMAN JEOPARDY TRIVIA 2:00-3:00 SM.GRP: SENS/AROMA 3:00-4:00 FALL CENTERPIECES 4:00-5:00 YOUNG@HEART.GRP: YAHTZEE! & REFRESHMENTS 6:00-7:00 Holy Hour w/ Dean (HC) Autumn Begins 22	9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 HOW DEEP IS YOUR LOVE FOR THE BEEGEES? 11:00-12:00 Porch Relax & Chat 1:30-2:30 MUSIC w/ DAWN & STEVIE (AL) 2:30-3:00 Trivia & Word Puzzles 3:00-4:00 Bingo (HC) 4:00-5:00 Arts & Crafts: Resident's Choice 6:00-7:00 Cards / Euchre 23	CHERRIES JUBILEE DAY 9:30-10:00 RESIDENT-LED EXERCISE 10:30 Bible Study w/ Debbie (AS) 11:00-12:00 ARTS & CRAFTS: PUMPKIN SPICE & JESUS CHRIST 1:30-2:00 BOWLING FUN 2:00-3:00 CHERRIES JUBILEE ICE CREAM SOCIAL 3:00-4:00 SM.GRP: SENS/MUSIC 4:00-5:00 '70S TV CHARACTERS GUESS WHO? 6:00-7:00 Game Night-Resident's Choice 24	QUESADILLA DAY 9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 RECIPE TIME: PB&J QUESADILLAS 11:00-12:00 Porch Relax & Chat 1:30-2:30 MUSIC w/ TEENA WILLARD (HC) 2:30-3:00 Snack & Chat 3:00-4:00 Bingo (AS) OUTING: DOLLAR TREE 9:30AM 4:00-5:00 HOW DO YOU LIKE THEM APPLES SOCIAL & PAINT BY NUMBER 6:00-7:00 Quiet Time – Magazines NORTHWESTERN @ IU 8PM FOX Sukkot Begins 25	9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 LADIES.GRP: MAKEUP & MANICURES 11:00-12:00 RECIPE TIME: SOUTHERN FRIED APPLES 1:30-2:00 SENSORY: APPLE STAMPING 2:00-3:00 Porch Relax & Chat 3:00-4:00 Bingo (HC) 4:00-5:00 CONNECT THE DOTS 6:00-7:00 Quiet Time – Word Puzzles NOTRE DAME @ PURDUE (TBA) 26
9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 UP FOR DEBATE 11:00-12:00 ARTS & CRAFTS: POM-POM CARAMEL APPLES 1:30-2:00 Apple Cider Sips 2:00-3:00 SENSORY: FOLDING LAUNDRY 3:00-4:00 Plainfield Christian Church (AL) 4:00-5:00 FROM BELL-BOTTOMS TO BOOTS: '70s STYLES 6:00-7:00 Quiet Time – Magazines TEXANS @ COLTS 1PM CBS 27	9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 LADIES.GRP: MAKEUP & MANICURES 11:00-12:00 RECIPE TIME: BIRTHDAY CAKE 2:00-3:00 MUSIC w/ DYNAMIC DUO (AL) 3:00-4:00 Bingo (AS) 4:00-5:00 CELEBRATING SEPTEMBER BIRTHDAYS! 6:00-7:00 Cards / Euchre 28	9:30-10:00 RESIDENT-LED EXERCISE 10:00-11:00 COFFEE, SCRIPTURE & FELLOWSHIP 11:00-12:00 MEN'S.GRP: MANLY PUZZLES & PONDERING PROMPTS 1:30-2:00 APPLE CANDY JARS 2:00-3:00 RECIPE TIME: ROASTED RED PEPPER DIP 3:00-4:00 Porch Relax & Chat 4:00-5:00 Popcorn Cart 6:00-7:00 Holy Hour w/ Dean (HC) LUNCH ORDERS: JIMMY JOHN'S 29	HOT MULLED CIDER DAY 9:30-10:30 RESIDENT-LED EXERCISE 10:30-11:30 RESIDENT COUNCIL (PT) 1:30-2:00 ARTS & CRAFTS: PAINT FOOTBALLS 2:00-3:00 SM.GRP: SENS/HAND MASSAGE 3:00-4:00 Bingo (HC) 4:00-5:00 LET'S MAKE HOT MULLED CIDER! 6:00-7:00 YOUNG@HEART.GRP: KNOWLEDGE NIGHT & REFRESHMENTS 30	ALL ACTIVITIES ARE ON HERITAGE COURT UNLESS OTHERWISE NOTED. ACTIVITIES ARE SUBJECT TO CHANGE. September 2026 AS-AMBASSADOR SQUARE HC-HERITAGE COURT AL-ASSISTED LIVING PT-PREWITT THEATER		