

# Activities Calendar September 2023

**SarahCare**<sup>®</sup>  
Coral Springs Adult Day Care Center

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>01</b> <b>"Pink Cadillac Day!"</b> Breakfast News & Views <b>Family Feud</b> Lunch Relax With Music Sittercise Bingo & Snack Time
<b>04</b> 	<b>05</b> <b>"National Cheese Pizza Day!"</b> Breakfast News & Views <b>Arts &amp; Crafts</b> Lunch Relax With Music Sittercise Bingo & Snack Time	<b>06</b> <b>"National Coffee Ice Cream Day!"</b> Breakfast News & Views <b>Balloon Volleyball</b> Lunch Relax With Music Sittercise The Price Is Right	<b>07</b> <b>"Superhuman Day!"</b> Breakfast News & Views <b>Arts &amp; Crafts</b> Lunch <b>Music w/ Kayla</b> Sittercise Snack Time 	<b>08</b> <b>"Star Trek Day!"</b> Breakfast News & Views <b>Name That Tune</b> Lunch Relax With Music Sittercise Bingo & Snack Time
<b>11</b> <b>"Patriot Day!"</b> Breakfast News & Views <b>Golf Game</b> Lunch <b>Jeopardy Game</b> Sittercise Snack Time	<b>12</b> <b>"National Chocolate Milkshake Day!"</b> Breakfast News & Views <b>Arts &amp; Crafts</b> Lunch Relax With Music Sittercise Bingo & Snack Time	<b>13</b> <b>"National Peanut Day!"</b> Breakfast News & Views <b>Baking Sesh 101</b>  Lunch Relax With Music Sittercise Cinema Time & One ...On One Activities	<b>14</b> <b>"National Coloring Day!"</b> Breakfast News & Views <b>Arts &amp; Crafts</b> Lunch <b>Music w/ Kayla</b> Sittercise Snack Time 	<b>15</b> <b>"Rosh Hashanah!"</b>  Breakfast News & Views <b>Ring Toss</b> Lunch Relax With Music Sittercise Bingo & Snack Time
<b>18</b> <b>"Rice Krispies Treats Day!"</b> Breakfast News & Views <b>Bucket Ball</b> Lunch <b>Faces &amp; Places</b> Sittercise Snack Time	<b>19</b> <b>"National IT Professionals Day!"</b> Breakfast News & Views <b>Arts &amp; Crafts</b> Lunch Relax With Music Sittercise Bingo & Snack Time	<b>20</b> <b>"National String Cheese Day!"</b> Breakfast News & Views <b>Beachball Volleyball</b> Lunch Relax With Music Sittercise Armchair Travel	<b>21</b> <b>"World Alzheimer's Day!"</b> Breakfast News & Views <b>Arts &amp; Crafts</b> Lunch <b>Music w/ Kayla</b> Sittercise Snack Time 	<b>22</b> <b>"National Ice Cream Cone Day!"</b> Breakfast News & Views <b>Bean Bag Challenge</b> Lunch Relax With Music Sittercise Bingo & Snack Time
<b>25</b> <b>"Yom Kippur!"</b>  Breakfast News & Views <b>Buzz Words</b> Lunch <b>Jeopardy Game</b> Sittercise Snack Time	<b>26</b> <b>"National Pancake Day!"</b> Breakfast News & Views <b>Arts &amp; Crafts</b> Lunch Relax With Music Sittercise Bingo & Snack Time	<b>27</b> <b>"National Chocolate Milk Day!"</b> Breakfast News & Views <b>Baking Sesh 101</b>  Lunch Relax With Music Sittercise Cinema Time & One ...On One Activities	<b>28</b> <b>"National Neighbor Day!"</b> Breakfast News & Views <b>Arts &amp; Crafts</b> Lunch <b>Music w/ Kayla</b> Sittercise Snack Time 	<b>29</b> <b>"National Coffee Day!"</b> Breakfast News & Views <b>Bowling</b> Lunch Relax With Music Sittercise Bingo & Snack Time

## Monthly Birthdays:



**Celane 9/2**

**Marleen 9/20**

**Sarah 9/21**

 [Facebook.com/SarahcareCS](https://www.facebook.com/SarahcareCS)  
 [Instagram.com/SarahcareCS](https://www.instagram.com/SarahcareCS)