

Monday	Tuesday	Wednesday	Thursday	Friday
 1 National Forgiveness Day Trivia Tuesday on White Tigers Emotional Skills with Katelyn Craft a Present for Faith the Comfort Dog 2:30-3:30 Social Hour 	1 National Star Trek Day  Morning Star Music & Devotion Group 3 Outing to Geitner Park Star Trek Trivia Tuesday  What is Labor Day? Stark Trek Worksheets	2 National Coconut Day Cook Cocadas: Mexican Candies Wellness Wednesday:  Special Olympics Practice Sponge Bob Square Pants Trivia 12:15pm Newspaper Meeting	3 Hispanic Heritage Month Theater: Hispanic plays & dance Learn about Hispanic Heritage Hispanic Heritage Craft  2:30-3:30 Social Hour 3:30-5:30 Participant Choice	4 National College Football Day Wear College Football Gear Group 1 Outing to: Ollies  Learn about College Football Karaoke Catch & Throw Games Birthday Activity with Eric
7 CLOSED FOR LABOR DAY 	8 National Star Trek Day  Morning Star Music & Devotion Group 3 Outing to Geitner Park Star Trek Trivia Tuesday  What is Labor Day? Stark Trek Worksheets	9 Start of the NFL Season Wear NFL Team Gear  Comfort Dog, Faith visits Cooking: Sunkist Cupcakes Wellness Wednesday: Yoga National Football League Trivia	10 National Wildlife Day Participant's Council Meeting  North Carolina's Wildlife Wildlife Painting  2:30-3:30 Social Hour 3:30-5:30 Participant Choice	11 National Day of Remembrance Group 2 Outing to: Ollies  Fall Prevention BINGO Make cards for 1st Responders Group 1 & 3 Movie Karaoke 2:30-3:30 Social Hour
14 Positive Thinking Day Positive Affirmations  Money Monday Bingo Math Monday Worksheets Birthday Activity with Patricia 2:30-3:30 Social Hour	15 National Felt Hat Day Wear your favorite hat Group 1 Outing to Geitner Park Trivia Tuesday on Arctic Seals How are Felt hats made?  Crafting: Let's Make Hats	16 National Apple Dumpling Day Cooking: Apple Dumplings  Wellness Wednesday: Walk Crafting Apple Trees  Birthday Activity with Krista 12:15 Newspaper Meeting	17 National Constitution Day Health Talk with Nurse Michele Outdoor Bowling History of the Constitution  2:30-3:30 Social Hour 3:30 Participant Choice	18 Air Force's Birthday Learn about Military branches Independent Skills Famous Hispanic Celebrities and Military Personal  2:30-3:30 Social Hour
21 National Chai Tea Day ALP Spirt Week: PJ Monday What is Chai Tea?  Money Monday Game Chai Tea Taste Test Birthday Activity with Beverly 2:30-3:30 Social Hour	22 First Day of Autumn  Sports Team Tuesday Tai Chi with Ashelin 10:30-11:15 Group 2 Outing to Geitner Park Autumn Trivia Tuesday (Beading) Crafting with Leaves for Autumn Jennifer the Librarian visits	23 National Snack Stick Day Wacky Tacky Wednesday Comfort Dog, Faith visits  Cooking Detective: Slim Jims Wellness Minute-To-Win-It Games Autumn Painting 12:15 Newspaper Meeting	24 National Comic Book Day Superhero Thursday  History of Comic Books Science of Superpowers Make your own comic book 2:30-3:30 Social Hour 3:30-5:30 Participant Choice	25 Dress 1980s or ALP gear for ALP's 43rd Birthday Bad Boys of Conover  Group 3 Outing to Ollies Fun Facts about the 1980s 1980s Dance Party  Board & Card Games
28 North Carolina Day  Learn about North Carolina NC JINGO Game  Math Monday Worksheets Birthday Activity with Carla Birthday Activity with Joseph 2:30-3:30 Social Hour	29 National Silent E Day Tai Chi with Ashelin 10:30-11:15 What are Silent Es & why do we have them & other silent letters? Coloring for October board Handwriting Practice with words that have Silent Es	30 Hot Mulled Cider Day Cooking: Hot Mulled Cider Gals Small Group Sewing Project Guys: History of Video Games Learning Cursive Writing 12:15 Newspaper Meeting  2:30-3:30 Social Hour	Eric: 09/05  Patricia: 09/14 Krista: 09/16 (Staff) Beverly: 09/21 Carla: 09/27 Joseph: 09/27 	George: 09/01 (4 years) Malcolm: 09/16 (7 years) Emily: 09/11 (3 years)   Superstars Calendar
Adult Life Programs: (828) 324-1313 Hours: 6:30am-5:30pm		All Activities Subject to Change		This institution is an equal opportunities provider 2026