

# SEPTEMBER

## ACTIVITIES 2026 CALENDAR

| Monday                                                                                                                          | Tuesday                                                                                                                    | Wednesday                                                                                                                 | Thursday                                                                                                                        | Friday                                                                                                                               | Saturday                                                                                                                | Sunday                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                 |  <b>1</b><br>Chair Exercises & Karaoke    |  <b>2</b><br>Southend Care Summer Event |  <b>3</b><br>Fun and Fitness & Afternoon Tea |  <b>4</b><br>British Wildlife Day                 |  <b>5</b><br>Quiz & Bingo            |  <b>6</b><br>1-1 Time & Board Games      |
|  <b>7</b><br>Brook Meadows Choir First Meeting |  <b>8</b><br>International Literacy Day   |  <b>9</b><br>Card Games                  |  <b>10</b><br>Fun and Fitness                 |  <b>11</b><br>80th Birthday Party                 |  <b>12</b><br>The Quiet Man          |  <b>13</b><br>Baking & Music in the Park |
|  <b>14</b><br>Music Monday                     |  <b>15</b><br>Chair Exercises & Karaoke   |  <b>16</b><br>Bingo & Baking             |  <b>17</b><br>SUFC Fun and Fitness            |  <b>18</b><br>Autumn Themed Quiz                  |  <b>19</b><br>Talk Like a Pirate Day |  <b>20</b><br>Pirate Themed Activities   |
|  <b>21</b><br>Brook Meadows Choir Rehearsal   |  <b>22</b><br>1-1 Time & Chair Exercises |  <b>23</b><br>First Day of Autumn       |  <b>24</b><br>SUFC Fun and Fitness           |  <b>25</b><br>National Day of Arts in Care Homes |  <b>26</b><br>Quiz                  |  <b>27</b><br>1-1 Time & Board Games    |
|  <b>28</b><br>Music Monday                   |  <b>29</b>                              |  <b>30</b><br>Bingo & Arts and Crafts  |                                                                                                                                 |                                                                                                                                      |                                                                                                                         |                                                                                                                             |