

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Presentation: AHC	Puzzles 	Presentation: Vaya Health "Mental Health"	Horse Shoes 	
6	7	8	9	10	11	12
	CLOSED Labor Day!	Bingo 	Presentation: WNCSource "Food Safety"	Presentation: DHHS "Equipment"	Chair Yoga 	
13	14	15	16	17	18	19
	Exercise 	Bingo 	Brenda with Bands 	Dulcimers 	Presentation: HCA Health "Trivia"	
20	21	22	23	24	25	26
	Crafts 	Bingo 	Presentation: Fysical "Wellness"	Presentation: Carepartners "Pace"	Stride for Health 	
27	28	29	30			
	Exercise 	Bingo 	Game Day!!! 			

Sept 2026 Quebec Lunch Plus 828-862-4466 111846 Rosman Hwy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mobile Library 1 st Wednesday 10-12		1 Bingo 	2 Adelle Trivia	3 Jennipher Medicare Alzheimer A.	4 Mary 4 Yoga	5
6	7 Labor Day Holiday	8 Bingo 	9 Fire Dept Health Tip	10 Jesus Trivia	11 Maggie Spark Point	12 Pantry Items on
13	14 Fire Dept BP checks	15 Bingo 	16 Adelle Memories	17 Brenda Medicare Jeopardy	18 Heidi Nutrition	19
20	21 Carl N Transylvania Co Museum	22 Bingo 	23 Megan Vaya- MH Aging, Grief	24 Adelle Game	25 Jessica 1 st Citizens Fraud/Credit	26
27	28 Kim BP Checks	29 Bingo 	30 Adelle Game			
Happy Birthday Jeanette C 9/2 Nancy H 9/2 Martha M 9/23	Happy Birthday John Q 9/10 Roger C 9/20	WNC Source 828.884.8855 Transport 828.884.3203 Kathy 706.831.2521 CLOSED 9/7 – no food delivery Bread of Life Location 2:30-4				5