

MERIT Centre North

September 2025



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| 1 <i>Pink Cadillac Day</i> MERIT CENTRE IS CLOSED LABOR DAY | 2 <i>Spalding Baseball Day</i> 8am: Morning Brews and News 9am: Apple Stamping Craft 10am: Baseball Trivia 11am: Exercise 11:30am: Lunch 12pm-1pm <u>LIVE MUSIC – Mark IV Black River Beach Neighborhood Center</u> 1:30pm: Snack 2pm: The Rookie Movie | 3 <i>US Bowling League Day</i> 8am: Morning Brews and News 9am: Dixie Cup Squirrel Craft 10-11am: <u>Senior Moments: Wisconsin Prisoner of War Camps in WWII @ Onalaska Library</u> 11:30am: Lunch 12:30pm: Painting Coasters with Alison 1:30pm: Snack 2pm: Wii Bowling 3pm: Brain Games | 4 <i>Wildlife Day</i> 8am: Morning Brews and News 9am: Paper plate Sunflower Craft 10am: Eagle Overlook 11am: Exercise 11:30am: Lunch 12:30pm: National Geographic Wildlife Documentary on Disney + 1:30pm: Snack 2pm: Ball Drumming 3pm: Brain Games | 5 <i>Be Late For Something Day</i> 8am: Morning Brews and News 9am: Apple Core Craft and/or Leaf Decorating 10am: Sunfish Overlook 11am: Exercise 11:30am: Lunch 12:30pm: Ball Drumming 1:30pm: Snack 2pm: Bingo 3pm: Brain Games |

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| <p>8</p> <p>Star Trek Day</p> <p>8am: Morning Brews and News</p> <p>9am: Leaf Silhouette Art</p> <p>10-11am: <u>Monday Mornings at Main</u> The American Folk Song with a Modern-Day Troubadour with Mark Dvorak</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: News</p> <p>1pm: The Price Is Right MERIT Centre Edition</p> <p>1:30pm: Snack</p> <p>3pm: Brain Games</p> | <p>9</p> <p>Wonderful Weirdos Day</p> <p>8am: Morning Brews and News</p> <p>9am: Fall Diamond Painting Craft</p> <p>10am: Pettibone Park</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: News</p> <p>1pm: Deal or No Deal MERIT Centre Edition</p> <p>1:30pm: Snack</p> <p>3pm: Brain Games</p> | <p>10</p> <p>Swap Ideas Day</p> <p>8am: Morning Brews and News</p> <p>9am: Beaded Corn Craft</p> <p>10-11am: <u>Senior Moments: Wisconsin Idols</u> @ Onalaska Library</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: News</p> <p>1pm: Jeopardy MERIT Centre Edition</p> <p>1:30pm: Snack</p> <p>3pm: Brain Games</p> | <p>11</p> <p>Are You Ok Day</p> <p>8am: Morning Brews and News</p> <p>9am: Rolled Paper Trees Craft</p> <p>10am: Menards to look at Fall & Halloween Decor</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: News</p> <p>1pm: Wheel of Fortune MERIT Centre Edition</p> <p>1:30pm: Snack</p> <p>3pm: Brain Games</p> | <p>12</p> <p>Chocolate Milkshake Day</p> <p>8am: Morning Brews and News</p> <p>9am: Popsicle Stick Cheerleaders Craft/ Chocolate Milk Shake Word Search</p> <p>10am: Bauer's Market to pick out Pumpkins</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: Chocolate Theme Day Group Trivia</p> <p>1pm: Guess Who MERIT Centre Edition</p> <p>1:30pm: Snack</p> <p>2pm: Remember The Titans Movie</p> |

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| ***National Adult Day Care Week*** | | | | |
| <p>15</p> <p>World Afro Day</p> <p>8am: Morning Brews and News</p> <p>9am: Pumpkin Footballs Craft</p> <p><u>Monday Mornings at Main</u> 10:00am–11:00am September 15: Beyond Borders: Witnessing Migration & Seeking Justice with Jane Comeau and Julie Helgersen</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>1:30pm: Snack</p> <p>3pm: Brain Games</p> <hr/> <p>*Crazy Hat Day!</p> <p>*ADC Staff Appreciation Day!</p> | <p>16</p> <p>Collect Rocks Day</p> <p>8am: Morning Brews and News</p> <p>9am: Painting Rocks</p> <p>10am: Scenic Drive along the Mississippi River</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: The Sound of Music Movie</p> <p>1:30pm: Snack</p> <p>Mayo Resident Volunteer 1:30-4pm.</p> <p>3pm: Brain Games</p> <hr/> <p>*Jersey Day!</p> <p>*ADC Nurse Appreciation Day!</p> | <p>17</p> <p>Country Music Day</p> <p>8am: Morning Brews and News</p> <p>9am: Button Tree Art</p> <p>10-11am: <u>Senior Moments: Wisconsin Circus History</u> @ Onalaska Library</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: Make A Jacob's Ladder with Alison</p> <p>1:30pm: Snack</p> <p>3pm: Brain Games</p> <hr/> <p>*Crazy Sock Day!</p> <p>*ADC Activities Appreciation Day!</p> | <p>18</p> <p>Rice Krispies Treats Day</p> <p>8am: Morning Brews and News</p> <p>9am: Paper Bag Scarecrow Craft</p> <p>10am: The Beatles: Get Back on Disney+</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>1:00pm-2:00pm: Music Café Thursdays South Side Neighborhood Center</p> <p>2:15pm: Snack</p> <p>3pm: Brain Games</p> <hr/> <p>*Dress Like Maintenance (wear a flannel) Day!</p> <p>*ADC Maintenance Appreciation Day!</p> | <p>19</p> <p>Talk Like A Pirate Day</p> <p>8am: Morning Brews and News</p> <p>9am: Mushroom Plates/ Color a Pirate</p> <p>9:30am: Pirate Jokes</p> <p>10am: Grandad's Bluff</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: Pirate Trivia, Facts, and History</p> <p>1:30pm: Snack</p> <p>2pm: Pirates of The Caribbean Movie</p> <hr/> <p>*Pajama Day!</p> <p>*ADC Participant Appreciation Day!</p> |

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| <p>22</p> <p><i>Falls Prevention Day</i></p> <p>8am: Morning Brews and News</p> <p>9am: Fall Wreaths Craft</p> <p>10-11am: <u>Monday Mornings at Main</u> Looking for Mr. Wright: An Artist's View of Frank Lloyd Wright with Jeff Hagen</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: Interactive Drumming Circle with Alison @ MCN. (MCS Welcome to attend).</p> <p>1:30pm: Snack</p> <p>2pm: Autumn Alphabet Challenge</p> | <p>23</p> <p><i>National Baker Day</i></p> <p>8am: Morning Brews and News</p> <p>9am: Fingerprint Fall Tree Craft</p> <p>10am: Apple Blossom Overlook and Scenic Drive</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: West Side Story on Disney+</p> <p>1:30pm: Snack</p> <p>2pm: An Orchard of Trivia</p> <p>2:30pm: Autumn Word Scramble</p> <p>3pm: Brain Games</p> | <p>24</p> <p><i>National Horchata Day</i></p> <p>8am: Morning Brews and News</p> <p>9am: Fall Leaf Suncatchers</p> <p>10-11am: <u>Senior Moments: Farm Tales @ Onalaska Library</u></p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: Nature Walk</p> <p>1:30pm: Snack</p> <p>2pm: Pumpkin Putt Putt</p> <p>3pm: Brain Games</p> | <p>25</p> <p><i>Comic Book Day</i></p> <p>8am: Morning Brews and News</p> <p>9am: Toilet Paper Roll Scarecrows</p> <p>Music Café Thursdays 1:00pm-2:00pm South Side Neighborhood Center</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: Oktoberfest Fun Facts and Trivia</p> <p>1:30pm: Snack</p> <p>2pm: Grumpy Old Men Movie</p> | <p>26</p> <p><i>Alpaca Day</i></p> <p>8am: Morning Brews and News</p> <p>9am: Paper Strips Pumpkin Craft</p> <p>10am: Exercise</p> <p>11am: Maple Ridge Orchard (Cashton) depart @11am and having sack lunches</p> <p>1:30pm: Snack</p> <p>2pm: When Harry Met Sally Movie</p> |

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|--|--|-----------|----------|--------|
| <p>29</p> <p>National Coffee Day</p> <p>8am: Morning Brews and News</p> <p>9am: Spider Web Suncatcher Craft</p> <p>10:00am–11:00am <u>Monday Mornings at Main</u> "A Long Way to Find a Home: George Edwin Taylor as a Child" with author Darrell Ferguson</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: The Game Guy at MCS. (MCN welcome to attend).</p> <p>1:30pm: Snack</p> <p>2pm: Mary Poppin's on Disney +</p> | <p>30</p> <p>Chewing Gum Day</p> <p>8am: Morning Brews and News</p> <p>9am: DIY Gnome Wreath with leaf beard</p> <p>10am: Minnesota Welcome Sign - Downtown La Crescent 1570 US-14 61 E, La Crescent, MN 55947</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>1:30pm: Snack</p> <p>2pm: Old Yeller on Disney +</p> | | | |