

MERIT Centre South *September* 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><i>Pink Cadillac Day</i></p> <p>MERIT CENTRE IS CLOSED</p> <p>LABOR DAY</p>	<p>2</p> <p><i>Spalding Baseball Day</i></p> <p>8am: Morning Brews and News</p> <p>9am: Apple Stamping Craft</p> <p>10am: Baseball Trivia</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12pm-1pm <u>LIVE MUSIC – Mark IV Black River Beach Neighborhood Center</u></p> <p>1:30pm: Snack</p> <p>2pm: The Rookie Movie</p>	<p>3</p> <p><i>US Bowling League Day</i></p> <p>8am: Morning Brews and News</p> <p>9am: Dixie Cup Squirrel Craft</p> <p>10am: The Log Cabin Thrift Shop</p> <p>11:30am: Lunch</p> <p>12:30pm: Painting Coasters with Alison</p> <p>1:30pm: Snack</p> <p>2pm: Wii Bowling</p>	<p>4</p> <p><i>Wildlife Day</i></p> <p>8am: Morning Brews and News</p> <p>9am: Paper plate Sunflower Craft</p> <p>10am: Eagle Overlook</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: National Geographic Wildlife Documentary on Disney +</p> <p>1:30pm: Snack</p> <p>2pm: Shut the Box</p>	<p>5</p> <p><i>Be Late For Something Day</i></p> <p>8am: Morning Brews and News</p> <p>9am: Apple Core Craft and/or Leaf Decorating</p> <p>10am: Sunfish Overlook</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: Ball Drumming</p> <p>1:30pm: Snack</p> <p>2pm: WAR</p>

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<p>8</p> <p><i>Star Trek Day</i></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><i>Wonderful Weirdos Day</i></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><i>Swap Ideas Day</i></p> <p>8am: Morning Brews and News</p> <p>9am: Beaded Corn Craft</p> <p>10-11am: <u>Senior Moments:</u> <u>Wisconsin Idols</u> @ Onalaska Library</p> <p>11am: Exercise</p> <p>11:30am: Lunch</p> <p>12:30pm: Painting Coasters with Alison</p> <p>1pm: Jeopardy MERIT Centre Edition</p> <p>1:30pm: Snack</p> <p>3pm: Brain Games</p>	<p>11</p> <p><i>Are You Ok Day</i></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><i>Chocolate Milkshake Day</i></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 on Disney +</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
National Adult Day Care Week				
15 World Afro Day 8am: Morning Brews and News 9am: Pumpkin Footballs Craft 10am: Five Below 11am: Exercise 11:30am: Lunch 12:30pm: Yard Games 1:30pm: Snack 2pm: Clothing Attire Hangman 3pm: Brain Games <hr/> *Crazy Hat Day! *ADC Staff Appreciation Day!	16 Collect Rocks Day 8am: Morning Brews and News 9am: Button Tree Art 10am: Scenic Drive along the Mississippi River 11am: Exercise 11:30am: Lunch 12:30pm: The Sound of Music Movie 1:30pm: Snack 2:30pm: Brain Games <hr/> *Jersey Day! *ADC Nurse Appreciation Day!	17 Country Music Day 8am: Morning Brews and News 9am: Painting Rocks 9:30am: Manicures 10-11am: Senior Moments: Wisconsin Circus History @ Onalaska Library 11am: Exercise 11:30am: Lunch 12:30pm: Make A Jacob's Ladder with Alison 1:30pm: Snack 2pm: Brain Games <hr/> *Crazy Sock Day! *ADC Activities Appreciation Day!	18 Rice Krispies Treats Day 8am: Morning Brews and News 9am: Paper Bag Scarecrow Craft 10am: The Beatles: Get Back on Disney+ 11am: Exercise 11:30am: Lunch 1:00pm-2:00pm: Music Café Thursdays South Side Neighborhood Center 2:15pm: Snack 2:30pm: Brain Games <hr/> *Dress Like Maintenance (wear a flannel) Day! *ADC Maintenance Appreciation Day!	19 Talk Like A Pirate Day 8am: Morning Brews and News 9am: Mushroom Plates/ Color a Pirate 9:30am: Pirate Jokes 10am: Grandad's Bluff 11am: Exercise 11:30am: Lunch 12:30pm: Pirate Trivia, Facts, and History 1:30pm: Snack 2pm: Pirates of The Caribbean Movie <hr/> *Pajama Day! *ADC Participant Appreciation Day!

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<p>22</p> <p>Falls Prevention Day</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>National Baker Day</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>National Horchata Day</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: Deal Or No Deal MERIT Centre Addition</p> <p>1:30pm: Snack</p> <p>3pm: Brain Games</p>	<p>25</p> <p>Comic Book Day</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>1pm: Guess Who MERIT Centre Edition</p> <p>1:30pm: Snack</p> <p>2pm: Discuss your favorite Comics</p>	<p>26</p> <p>Alpaca Day</p> <p>8am: Morning Brews and News</p> <p>9am: Paper Strips Pumpkin Craft</p> <p>10am: Exercise</p> <p>10:30am: Karaoke!</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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 National Coffee Day 8am: Morning Brews and News 9am: Spider Web Suncatcher Craft 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 11am: Exercise 11:30am: Lunch 12:30pm: The Game Guy at MCS. (MCN welcome to attend). 1:30pm: Snack 2pm: Mary Poppin's on Disney +	30 Chewing Gum Day 8am: Morning Brews and News 9am: DIY Gnome Wreath with leaf beard 10am: Minnesota Welcome Sign - Downtown La Crescent 1570 US-14 61 E, La Crescent, MN 55947 11am: Exercise 11:30am: Lunch 1:30pm: Snack 2pm: Old Yeller on Disney +			