



August Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 🍎 Snack Cart 10:15 🧘 Exercise with Rowena 1:30 🎬 Afternoon Movie 2:00 🍪 Snack Cart
2 10:00 🍎 Snack Cart 10:30 🎵 Sing-Along 12:00 🍽️ Lunch 1:30 🏛️ Church Service-visual 2:00 🍪 Snack Cart	3 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Michael 1:15 BINGO	4 9:00 🩺 Weight & Blood Pressure 1:30 🎵 Musical Memories	5 10:00 🧘 Aromatherapy Yoga 10:30 🎨 Ceramic Class 1:15 BINGO	6 10:00 🧘 Balance/Strength 10:30 🤲 Relaxing Hand Massages 1:30 🍦 Ice Cream Social	7 9:00 ✚️ Communion 10:15 🧐 Trivia/Quiz 1:15 BINGO	8 10:00 🍎 Snack Cart 10:30 🎨 Weekend Coloring 1:30 🎬 Afternoon Movie 2:00 🍪 Snack Cart
9 10:00 🍎 Snack Cart 10:30 🏐 Volleyball 12:00 🍽️ Lunch 1:30 🏛️ Church Service 2:00 🍪 Snack Cart	10 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Alfredo 1:15 BINGO	11 10:00 🌺 Hawaiian Concert Snack Cart 1:00 🌿 Waterleaf Spa Day	12 10:00 🧘 Aromatherapy Yoga 10:30 📖 Reading Group 1:15 BINGO	13 10:00 🧘 Balance/Strength 10:30 📖 This Month In History 1:15 🎵 Music with Julian	14 9:00 ✚️ Communion 10:15 🪑 Chair Dancing 11:00 Morning Chat 1:15 BINGO	15 10:00 🍎 Snack Cart 10:30 🥤 Juicing 1:30 🎬 Afternoon Movie 2:00 🍪 Snack Cart
16 10:00 🍎 Snack Cart 10:30 🌺 Flower Arranging 12:00 🍽️ Lunch 1:30 🏛️ Church Service-visual 2:00 🍪 Snack Cart	17 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Michael 1:15 BINGO	18 10:00 🪑 Chair Stretching 10:15 Ball Toss 10:30 Game Time 1:00 🌿 Mapleleaf Spa Day	19 10:00 🧘 Aromatherapy Yoga 10:30 🍽️ Food Tasting 1:15 BINGO	20 10:00 🧘 Balance/Strength 10:30 🎵 Karaoke with Coreen 1:15 📅 Resident Council Meeting 2:00 🧠 Board Game	21 9:00 ✚️ Communion 10:15 🧐 Trivia/Quiz 1:15 BINGO	22 10:00 🍎 Snack Cart 10:30 🎨 Weekend Coloring 1:30 🎬 Afternoon Movie 2:00 🍪 Snack Cart
23 10:00 🍎 Snack Cart 10:30 🏐 Volleyball 12:00 🍽️ Lunch 1:30 Church Service 2:00 🍪 Snack Cart	24 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Alfredo 1:15 BINGO	25 10:00 🪑 Chair Stretching 10:15 Ball Toss 10:30 🎨 Arts & Crafts 1:30 ♠️ Poker Club	26 10:00 🧘 Aromatherapy Yoga 10:30 🧠 Memory Lane 1:00 BINGO STORE	27 10:00 🧘 Balance/Strength 10:30 🥤 Juicing 11:00 🧠 Word Games 1:15 🏹 Bowling	28 9:00 ✚️ Communion 10:30 🪑 Chair Stretching 11:00 📰 Current Events 1:15 BINGO	29 10:00 🍎 Snack Cart 10:30 🎨 Weekend Coloring 1:30 🎬 Afternoon Movie 2:00 🍪 Snack Cart
30 10:00 🍎 Snack Cart 10:30 Armchair Travel 12:00 Lunch 1:30 Church Service-visual	31 9:45 Morning Stretch 10:15 🎵 Music with Alfredo 1:15 Bingo					