



August 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Welcome to August! Cranium Crunches Monday Fitness Class August Birthstone Birthday Celebration Patio Social Civic Holiday	2 Morning News 5 Second Rule Exercise Class On The Patio Art Club Fun & Fitness Table Games: Shuffleboard	3 Coffee News Walking Club Fitness Class Balloon Tennis At the Spa Gentle Stretches Patio Time	4 Breakfast Club Scattergories Fun and Fitness August Flowers Chromotherapy Let's Meditate On The Patio Sing Along	5 Morning Chats Fun With Words Walking Club Table Games August in History Stretch & Flex Classical Music	6 Saturday News Word Ladder Rhythmn and Move Patio Time Stargazing: Lucille Ball Relaxation & Spa Laughs With Lucille Ball
7 Sunday Morning News Scattergories Spiritual Wisdom August Bingo Spin The Wheel Fitness Bowling	8 Morning Highlights Word Games Patio Fitness Art Club: Summer fruit painting Stretch & Flex Happy Hour	9 Morning News Word Scramble Outdoor Fitness Patio Fun All About: The 1940s Exercise Class Concert: 1940s Music	10 Table Topics Cranium Crunches Walking Club Balloon Tennis Spa Cart Fitness Class Patio Time	11 Morning Greetings Word Games Love To Move Ageless Spirit Ring Toss Ball Toss Happy Hour	12 Table Topics Scattergories Yoga with Sally Summer Mid Point Art Class Fitness with Doug On The Patio	13 News of the day Spin the Wheel Shuffleboard Tournament <i>Dog Days of Summer</i> Hot Seat Game Saturday Fitness Saturday PatioTunes
14 Stretch & Flex Rhythmn and Move Patio Bowling VJ Day Discussion Let's Meditate Sing-Along	15 Monday Morning Club Shout It Out Fun With Fitness Reading Circle Mini Golf Fitness with John Have a Laugh or Two	16 Breakfast Club Word Games Patio Fitness Excursion: Botanical Garden Ageless Spirit Ball Games Card Games: Go Fish	17 Word Ladder Walking Club Spa Time Exercise Club Balloon Volleyball Happy Hour	18 Table Topics Scattergories Patio Time Ping Pong Toss Ice-Cream Social Soccer Riddle Me This!	19 Friday Chronicles Cranium Crunches Walking Club Biography: Elvis Presley Hawaii Day Shuffleboard	20 Saturday News 5 Second Rule Patio Fitness Shuffleboard Ageless Spirit Exercises Class Classical Music
21 Sunday News Ageless Spirit Mini Golf On The Patio Reading Club Gentle Stretches Ball Games	22 Table Topics Word Games Rise & Shine Stretch Bingo Fun and Fitness Happy Hour	23 Breakfast Club Scattergories Exercise with Doug Ageless Spirit Bean Bag Toss Fitness Class Pub Tuesday	24 Wednesday Chronicles Shout it Out Walking Club Reading Circle Patio Time Gentle Stretches Concert: Patsy Cline	25 Morning Greetings What's That Word Fun & Fitness Ring Toss In The Kitchen: Banana Split Exercise Class You Be the Judge	26 Friday News Cranium Crunches Yoga with Sally At The Spa Famous Lighthouses Sing-Along Patio Games	27 Weekend Chat Word Puzzle Love to Move Poetry Club Hidden Objects Game Exercise Shuffleboard
28 Word Scrabble Movement to Music Spiritual Wisdom Spin the Wheel Fitness Class Patio Games	29 Old Wives Tales Love To Move Patio Games Games Table: Dominoes Monday Fitness Have A Laugh, or Two	30 Scattergories Shuffleboard Ageless Spirit Spin The Wheel Ball Games Happy Hour	31 In the News Cranium Crunches Mini Golf Arts & Crafts Stretch & Flex Walking Songs	*Timing and length of activities are driven by residents' interest and engagement. *Individual visits also occur based on resident preferences. *Walking Club – If weather does not permit, indoor fitness will take place		