



August 2022



Monday	Tuesday	Wednesday	Thursday	Friday
1 AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Monday Meditation & Stretch 10:00 Good Morning Chat & Snack 10:30 Wacky Wordies 11:00 Daily Chronicles 11:30 Putt Putt PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 Jewelry Making 2:30 Afternoon Snack 3:00 Name that Tune 3:30 Darts 4:00 Dominoes 4:30 Viewer's Choice	2 Ice Cream Sandwich Day AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Bingo 10:00 Good Morning Chat & Snack 10:30 Yoga 11:00 Would You Rather? PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:30 Afternoon Snack: Ice Cream Sandwich 3:00 Bean Bag Toss 3:30 Basketball 4:00 Adult Color 4:30 Viewer's Choice	3 National Watermelon Day AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Wednesday Walk Club 10:00 Good Morning Chat & Snack 10:30 Chair Zumba with Louann 11:00 Watermelon Matching PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 Watermelon Wind Socks 2:30 Afternoon Snack: Watermelon 3:00 Afternoon Bingo 4:00 Board Games 4:30 Viewer's Choice	4 Nat'l Choc. Chip Cookie Day AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Frogs 10:00 Good Morning Chat & Snack 10:30 Tai Chi 11:00 Target Shoot 11:30 Music Requests PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 Decorate Cookies 2:30 Afternoon Snack & Soda Sippin' in the Courtyard 3:00 Dominoes 4:00 Card Sharks 4:30 Viewer's Choice	5 AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Friday Chair Fitness 10:00 Good Morning Chat & Snack 10:30 Parachute Play 11:00 Pet Visit with Sassy 11:30 Service Project PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 Manicures 2:30 Afternoon Snack 3:00 Friday Film Festival 3:30 Color Creations 4:00 Game Group 4:30 Viewer's Choice
8 International Cat Day AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Monday Meditation & Stretch 10:00 Good Morning Chat & Snack 10:30 Cat Races 11:00 Charades 11:30 Painting with Bubbles/Blow Painting PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:30 Afternoon Snack 3:00 Ring Toss 4:00 Dominoes 4:30 Viewer's Choice	9 Book Lover's Day AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Bingo 10:00 Good Morning Chat & Snack 10:00 TRIP TO VINTON LIBRARY 10:30 Yoga 11:00 Noodle Ball PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:30 Afternoon Snack 3:00 Short Stories in the Courtyard 4:00 Adult Color 4:30 Viewer's Choice	10 National S'mores Day AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Wednesday Walk Club 10:00 Good Morning Chat & Snack 10:30 S'mores Mining 11:00 S'mores Matching PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 Make S'mores 2:30 Birthday Celebrations 3:00 Afternoon Bingo 4:00 Board Games 4:30 Viewer's Choice	11 AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Frogs 10:00 Good Morning Chat & Snack 10:30 Tai Chi 11:00 Pictionary 11:30 Finish the Phrase PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 DIY Bird Feeders 2:30 Afternoon Snack & Soda Sippin' in the Courtyard 3:00 Dominoes 4:00 Card Sharks 4:30 Viewer's Choice	12 AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Friday Chair Fitness 10:00 Good Morning Chat & Snack 10:30 Parachute Play 11:00 Music Bingo 11:30 Service Project PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 Manicures 2:30 Afternoon Snack 3:00 Friday Film Festival 3:30 Color Creations 4:00 Game Group 4:30 Viewer's Choice



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Monday	Tuesday	Wednesday	Thursday	Friday
15 AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Monday Meditation & Stretch 10:00 Good Morning Chat & Snack 10:30 Odd Word Out 11:00 Balloon Tennis PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 Daily Chronicles 2:30 Afternoon Snack 3:00 Bowling 4:00 Dominoes 4:30 Viewer's Choice	16 Tell a Joke Day AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Bingo 10:00 SAFARI PARK MAKE UP 10:30 Yoga 11:00 Spin Art 11:30 Comedy Club PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 Wheel of Fortune 2:30 Afternoon Snack 3:00 Mad Lib Madness 3:30 Buzz Word 4:00 Adult Color 4:30 Viewer's Choice	17 AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Wednesday Walk Club 10:00 Good Morning Chat & Snack 10:30 Chair Zumba with Louann 11:00 Deal or No Deal PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 Trivia 2:30 Afternoon Snack 3:00 Afternoon Bingo 4:00 Board Games 4:30 Viewer's Choice	18 AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Frogs 10:00 Good Morning Chat & Snack 10:30 Tai Chi 11:00 Darts 11:30 Jeopardy PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 Free Paint 2:30 Afternoon Snack & Soda Sippin' in the Courtyard 3:00 Dominoes 4:00 Card Sharks 4:30 Viewer's Choice	19 AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Friday Chair Fitness 10:00 Good Morning Chat & Snack 10:30 Parachute Play 11:00 Pet Visit with Sassy 11:30 Service Project PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 Manicures 2:30 Afternoon Snack 3:00 Friday Film Festival 3:30 Color Creations 4:00 Game Group 4:30 Viewer's Choice
22 AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Monday Meditation & Stretch 10:00 Good Morning Chat & Snack 10:30 Basketball 11:00 Senior Toss & Talk 11:30 Music Requests PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 Calligraphy with Cathy 2:30 Afternoon Snack 3:00 Make Your Own Greeting Cards 4:00 Dominoes 4:30 Viewer's Choice	23 Ride the Wind Day AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Bingo 10:00 Good Morning Chat & Snack 10:30 Yoga 11:00 Kite Trivia 11:30 Kite & Wind Videos PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 Ring Toss 2:30 Afternoon Snack 3:00 Make Your Own Kite 3:30 Kite Flying 4:00 Adult Color 4:30 Viewer's Choice	24 AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Wednesday Walk Club 10:00 Good Morning Chat & Snack 10:30 Freeze Dance 11:00 Hangman 11:30 What Am I? PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 Collage Making 2:30 Afternoon Snack 3:00 Afternoon Bingo 4:00 Board Games 4:30 Viewer's Choice	25 AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Frogs 10:00 Good Morning Chat & Snack 10:30 Tai Chi 11:00 Odd Word Out 11:30 Balloon Tennis PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 TIE DYE! 2:30 Afternoon Snack & Soda Sippin' in the Courtyard 3:00 Dominoes 4:00 Card Sharks 4:30 Viewer's Choice	26 AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Friday Chair Fitness 10:00 Good Morning Chat & Snack 10:30 Parachute Play 11:00 Music Bingo 11:30 Service Project PM Activities: 12:30 Rest and Relax 1:30 Garden Club 2:00 Manicures 2:30 Welcome Party 3:00 Friday Film Festival 3:30 Color Creations 4:00 Game Group 4:30 Viewer's Choice



August 2022



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31 Nat'l Trail Mix Day		
<u>AM Activities:</u> 9:00 Coffee, Coloring & Conversations 9:30 Monday Meditation & Stretch 10:00 Good Morning Chat & Snack 10:30 Pass the Ball Stop the Music 11:00 Charades 11:30 Short Stories <u>PM Activities:</u> 12:30 Rest and Relax 1:30 Garden Club 2:00 Summer Soiree with Music by Gary Bannister 4:00 Dominoes 4:30 Viewer's Choice	<u>AM Activities:</u> 9:00 Coffee, Coloring & Conversations 9:30 Bingo 10:00 Good Morning Chat & Snack 10:30 Jokes 11:00 Yoga 11:30 Cornhole <u>PM Activities:</u> 12:30 Rest and Relax 1:30 Garden Club 2:00 Jeopardy 2:30 Afternoon Snack 3:00 Free Draw 3:30 Brain Quest 4:00 Adult Color 4:30 Viewer's Choice	<u>AM Activities:</u> 9:00 Coffee, Coloring & Conversations 9:30 Wednesday Walk Club 10:00 Good Morning Chat & Snack 10:00 TRANSPORTATION MUSEUM 10:30 Dance Exercises 11:00 Deal or No Deal <u>PM Activities:</u> 12:30 Rest and Relax 1:30 Garden Club 2:00 Make Trail Mix 2:30 Afternoon Snack 3:00 Afternoon Bingo 4:00 Board Games 4:30 Viewer's Choice		<u>Daily Schedule:</u> 9:00 am - 10:00 am Group and Individual Activities 10:00 am -10:30 am Morning Snack 10:30 am -12:00 pm Group Activities 12:00 pm -1:30 pm Lunch / Rest and Relax 1:30 pm -2:30 pm Group Activities 2:30 pm -3:00 pm Afternoon Snack 3:00 pm -5:00 pm Group and Individual Activities