

AUGUST 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Dining</p> <p>Breakfast 9:00 A.M. Morning Break 10:30 A.M. Lunch 12:00 P.M. Afternoon Break 2:30 P.M. Dinner 5:00 P.M. Evening Refreshments 7:00 P.M.</p>	<p>Program Locations: If unmarked, Town Square (TS) CR Conference Room CM Community OT Outing C - Clare Neighborhood B - Bridge Neighborhood LR Living Rooms CK Country Kitchen</p>			<p>1 10:00 Dance to Fitness 11:00 Picture This 1:30 ZUMBA 2:00 Soccer 3:00 Activity Tables 3:45 20 Questions 6:00 Movement with Shay</p>	<p>2 10:00 Lower Body Focus 11:00 Finish My Line 1:30 Ice Cream Sandwich Day 3:00 On Friday... We Sing 6:00 Scarf Dancing</p>	<p>3 10:00 Morning Exercise 11:00 iN2L Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise</p>
<p>4 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect</p>	<p>5 10:00 Using Weights 11:00 Brain Games 1:30 Basketball 2:00 Java Music 3:00 Rhythm Band 3:30 Fast Facts: Holidays <i>6:00 Travelogues: Europe I</i></p>	<p>6 10:00 Range of Motion <i>10:30 Sensory Screens</i> 11:00 Proverbs 1:30 Cooking with Jen CCK 2:00 All About Clothing 3:00 Bingo 6:00 Cool Down with Shay</p>	<p>7 10:00 Tai Chi 11:00 Crosswords 1:30 Tootle-loo CM 1:30 Patio Activities C 2:00 Warm Weather Songs 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook</p>	<p>8 10:00 Dance to Fitness 11:00 Similes 1:30 Golf 2:00 History: Fact or Fiction 3:00 Activity Tables 3:45 How Many 6:00 Movement with Shay</p>	<p>9 10:00 Lower Body Focus 11:00 Did You Know? 1:30 Music with Marge 3:00 Afternoon Matinee</p>	<p>10 10:00 Morning Exercise 11:00 TV Trivia 1:30 ZUMBA 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports</p>
<p>11 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect</p>	<p>12 10:00 Using Weights 11:00 It's Trivial 1:30 Basketball 2:00 Java Music 3:00 Scattergories 3:30 Fast Facts: By Train <i>6:00 Travelogues: Europe II</i></p>	<p>13 10:00 Range of Motion <i>10:30 Sensory Screens</i> 11:00 Jokes and Riddles 1:30 Cooking with Jen CCK 2:00 This or That 3:00 Bingo 6:00 Cool Down with Shay</p>	<p>14 10:00 Stretch & Shape 11:00 Numerous Numbers 1:30 Tootle-Lou CM 1:30 Patio Reminisce B 2:00 Shell Story 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook</p>	<p>15 10:00 Dance to Fitness 11:00 Name Five 1:30 Red & Yellow 3:00 Activity Tables 3:45 Beatles Songs 6:00 Movement with Shay</p>	<p>16 10:00 Lower Body Focus 11:00 Truth or a Lie 1:30 Music with Marge 6:00 Scarf Dancing</p>	<p>17 10:00 Morning Exercise 11:00 Pub Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports</p>
<p>18 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect</p>	<p>19 10:00 Using Weights 11:00 Mind Benders 1:30 Basketball 2:00 Java Music 3:00 Corn Hole 3:30 Fast Facts: Planes <i>6:00 Travelogues: Europe III</i></p>	<p>20 10:00 Range of Motion <i>10:30 Sensory Screens</i> 11:00 Reminisce 1:30 Cooking with Jen CCK 2:00 Painting 3:00 Bingo 6:00 Cool Down with Shay</p>	<p>21 10:00 Tai Chi 11:00 iN2L C&B 12:00 Family Cookout 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook</p>	<p>22 10:00 Dance to Fitness 11:00 Word Finds 1:30 Out of The Box 2:00 Blenders 3:00 Activity Tables 3:45 80's Sweet Songs 5:00 Support Group 6:00 Movement with Shay</p>	<p>23 10:00 Lower Body Focus 11:00 Proverbs 1:30 Patio Chats 3:00 On Friday... We Sing 6:00 Scarf Dancing</p>	<p>24 10:00 Morning Exercise 11:00 Who Am I? 1:30 ZUMBA 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise</p>
<p>25 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect</p>	<p>26 10:00 Using Weights 11:00 1:30 Basketball 2:00 Java Music 3:00 Pithy Proverbs 3:30 Fast Facts: Cruises <i>6:00 Travelogues: Europe IV</i></p>	<p>27 10:00 Range of Motion <i>10:30 Sensory Screens</i> 11:00 Resident Council 1:30 Cooking with Jen CCK 2:00 Movement to Music 3:00 Bingo 6:00 Cool Down with Shay</p>	<p>28 10:00 Stretch & Shape 11:00 Pictionary 1:30 Tootle-Lou CM 1:30 Patio Reminisce B 2:00 Jeopardy 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook</p>	<p>29 10:00 Dance to Fitness 11:00 Pub Trivia 1:30 ZUMBA 2:00 Name that Tune 3:00 Activity Tables 3:45 HEAT Words 6:00 Movement with Shay</p>	<p>30 10:00 Lower Body Focus 11:00 Scattergories 1:30 Ladies Group B PAT 3:00 On Friday... We Sing 6:00 Scarf Dancing</p>	<p>31 10:00 Morning Exercise 11:00 Entertainment Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise</p>