

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026

1st Floor Calendar

						10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Bingo 3:00 – Happy Hour	1
10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 12:00 – Meal Assist 1:1 2:00 – BC day Celebration 3:30 – 1:1 Visit	10:15 – Garden Walks 2:00 – 1:1 Visits	10:15– Strength Fitness 11:00 – Charades (B) 12:00 – Meal Assist 1:1 2:00 – Classical Movie Afternoon 3:30 – 1:1 visit	10:15 – Gentle Stretches 11:00 – Gentle Stretches 2:00 – Chinese Cultural Tea (1st floor) 3:30 – 1:1 visit	10:15 – Chair Yoga 11:00 – Word Games 12:00 – Meal Assist 1:1 2:00 – Crossword Fun with Roger 3:00 – Tea Social	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Ice Cream Social 3:00 – Sing a long 3:30 – Manicure	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Bingo 3:00 – Happy Hour	8
10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:00 – Social Tea and Discussion	10:15 – Chair Aerobic (A&C) 11:00 – Brain Games (B) 12:00 – Meal Assist 1:1 1:30 – Active Games 3:00 – Social tea	10:15– Strength Fitness 11:00 – Brain Games (B) 12:00 – Meal Assist 1:1 2:00 – Creative Corner 3:30 – Social tea	10:15 – Gentle Stretches 11:00 – Gentle Stretches 12:00 – Meal Assist 1:1 2:00 – Bingo 3:00 – Social tea	10:15 – Chair Yoga 11:00 – Word Games 12:00 – Meal Assist 1:1 2:00 – Crossword Fun with Roger 3:00 – Tea Social	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Ice Cream Social 3:00 – Java Music Program	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Bingo 3:00 – Happy Hour	15
10:30 – Sing Along Volunteer Group (B) 12:00 – Meal Assist 1:1 2:00 - Crossword Fun with Roger 3:00 – Social Tea and Discussion	10:15 – Chair Aerobic (A&C) 11:00 – Brain Games (B) 12:00 – Meal Assist 1:1 1:30 – Active Games 3:00 – Social tea	10:15– Strength Fitness 11:00 – Charades (B) 12:00 – Meal Assist 1:1 2:00 – Happy Hour with Live Entertainment 3:00 – 1:1 visit	10:15 – Gentle Stretches 11:00 – Gentle Stretches 12:00 – Meal Assist 1:1 2:00 – Spa in the Lobby 3:00 – 1:1 visit	10:15 – Chair Yoga 11:00 – Word Games 12:00 – Meal Assist 1:1 2:00 – Crossword Fun with Roger 3:00 – Tea Social	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch 12:00 – Meal Assist 1:1 2:00 – Petting Zoo 3:30 – 1:1 visit	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Bingo 3:00 – Happy Hour	22
10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 - Crossword Fun with Roger 3:00 – Social Tea and Discussion	10:15 – Chair Aerobic (A&C) 11:00 – Brain Games (B) 12:00 – Meal Assist 1:1 1:30 – Active Games 3:00 – Social tea	10:15– Strength Fitness 11:00 – Charades (B) 2:00 – Java Music Program 3:30 – Social tea	10:15 – Gentle Stretches 11:00 – Gentle Stretches 12:00 – Meal Assist 1:1 2:00 – Car show 3:30 – 1:1 visit	10:15 – Chair Yoga 11:00 – Word Games 1:30 – Church Service 2:00 – Crossword Fun with Roger 3:30 – Sensory Program	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Ice Cream Social 3:00 – Sing a long 3:30 – Manicure	10:15 – Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Bingo 3:00 – Happy Hour	29
10:15 - Balance Fitness (A&C) 11:00 – Hymn Sing (B) 2:00 – Birthday Celebration with live Entertainment 3:30 – 1:1 Visit	10:15 – Chair Aerobic (A&C) 11:00 – Brain Games (B) 12:00 – Meal Assist 1:1 1:30 – Active Games 3:00 – Social tea	“Less than a month ago, all of August still stretched before us – long and golden and reassuring, like an endless period of delicious sleep.” — Lauren Oliver					

Programs are subject to change. Please refer to the activity whiteboard.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026

2nd Floor Calendar

						10:15 - Pool Noodle Fun 11:00 - Pool Noodle Fun 12:00 – Meal Assist 2:00 – Bingo (B&C) 3:00 – Happy Hour 3:00 – Sing along (A)
10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 – BC day Celebration 3:30 – 1:1 Visit	10:15 – Garden Walks 2:00 – 1:1 Visits	10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Sing Along (A)	10:15 – Morning Fitness 11:00 – Morning Fitness 2:00 – Chinese Cultural Tea (1st floor) 2:00 – Creative Corner 3:00 – 1:1 visit	10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 2:00 – Word games 3:30 – Social Tea	10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – High Tea Social 3:30 – Drum Playing	10:15 - Pool Noodle Fun 11:00 - Pool Noodle Fun 12:00 – Meal Assist 2:00 – Bingo (B&C) 3:00 – Happy Hour 3:00 – Manicures (A)
10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:30 – Active Games	10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Happy Hour with Live Entertainment 3:00 – 1:1 visit	10:15 – Morning Fitness (B) 11:00 – Morning Fitness (A&C) 12:00 – Meal Assist 2:00 – Cooking Program 3:00 – 1:1 visit	10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 2:00 – Java Music 3:30 – 1:1 visit	10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Manicure (B&C) 3:30 – Match that picture!	10:15 - Pool Noodle Fun 11:00 - Pool Noodle Fun 12:00 – Meal Assist 2:00 – Movie Afternoon 3:30 – 1:1 visit
10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:30 – Active Games	10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Artist Choice	10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Word Games	10:15 – Morning Fitness (B) 11:00 – Morning Fitness (A&C) 12:00 – Meal Assist 2:00 – Spa in the Lobby 3:00 – 1:1 visit	10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 2:00 – Word games 3:30 – Social Tea	10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Petting Zoo 3:30 – 1:1 visit	10:15 - Pool Noodle Fun 11:00 - Pool Noodle Fun 2:00 – Birthday Celebration with Entertainment 3:30 – 1:1 visit
10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:30 – Active Games	10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	10:15 - Morning Fitness 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Movie Afternoon 3:30 – 1:1 visit	10:15 – Morning Fitness (B) 11:00 – Morning Fitness (A&C) 12:00 – Meal Assist 2:00 – Car Show 3:00 – 1:1 visit	10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 1:30 – Church Service 2:00 – Poetry Club 3:00 – Match that picture!	10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 2:00 – Java Music 3:30 – 1:1 visit	10:15 - Pool Noodle Fun 11:00 - Pool Noodle Fun 2:00 – Bingo (B&C) 3:00 – Happy Hour 3:30 – Summer Sensory Stimulation (Exploring Sand from around world)
10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:30 – Active Games	10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Artist Choice	“One day you discover you are alive... but, not long after, the sun goes out. Snow falls, but no one sees it, on an August noon.” — Ray Bradbury				

Programs are subject to change. Please refer to the activity whiteboard.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026

3rd Floor Calendar

August 2026											10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Bingo	1	
10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 2:00 – BC day Celebration 3:30 – 1:1 Visit	2	10:15 – Garden Walks 2:00 – 1:1 Visits	3	10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Manicures	4	10:15 – Fitness & Fun 11:00 - Fitness & Fun 2:00 – Chinese Cultural Tea (1st floor) 2:00 – Word Games 3:00 – Creative Corner	5	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Java Music Program 3:30 – 1:1 visit	6	10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Seated Dance	7	10:15 – Balloon Toss(B) 11:00 - Morning Fitness (A&C) 2:00 – Birthday Celebration with Entertainment 3:30 – 1:1 visit	8
10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:00 – Active Games	9	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness 2:00 – Reminiscing Program 3:00 – Salsa Dance	10	10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Manicures	11	10:15 – Fitness & Fun 11:00 - Fitness & Fun 12:00 - Meal Assist 1:1 2:00 – Word Games 3:00 – Creative Corner	12	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Cooking Program 3:30 – 1:1 visit	13	10:15 - Morning Fitness(B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	14	10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Bingo	15
10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:00 – Table Games	16	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing Along	17	10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Manicures	18	10:15 – Fitness & Fun 11:00 - Fitness & Fun 2:00 – Spa in the Lobby 3:00 – 1:1 visit	19	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Classical Movie Afternoon 3:30 – 1:1 visit	20	10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Petting Zoo 3:30 – 1:1 visit	21	10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Bingo	22
10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:00 – Active Games	23	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness 2:00 – Reminiscing Program 3:00 – Salsa Dance	24	10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Happy Hour with live entertainment 3:30 – 1:1 visit	25	10:15 – Fitness & Fun 11:00 - Fitness & Fun 12:00 - Meal Assist 1:1 2:00 – Car Show 3:30 – 1:1 visit	26	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 1:30 – Church Service 2:00 – Smoothie Making	27	10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	28	10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Bingo	29
10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:00 – Table Games	30	10:15 – Weighted Fitness (B) 11:00 - Weighted Fitness 2:00 – Java Music Program 3:30 – 1:1 visit	31	“Live in the sunshine. Swim in the sea. Drink in the wild air.” – Ralph Waldo Emerson									

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