

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Daily Chronicle (It's back! Check your mailbox!) 9:45 Get Your Shopping List! (on table by elevator) 11:00 Balloon Swat! 2:30 Bingo (resident-led)	2 9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Chair Cardio w/Curtis 1:00 Self Led Walking Group 2:00 National Ice Cream Sandwich Day! 3:30 Movie & Popcorn Day!	3 9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Bruno Mars Silver Sneakers Class 1:00 Walking Group 1:30 Hope for the Heart 2:30 Bingo 3:00 Suzanne Shopping (Even though I can't come in, I can still shop for you!)	4 9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Chair Tai Chi 1:00 Walking Group 2:00 Cards with Cookies! (National Chocolate Chip Cookie Day!)	5 9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Disc Toss 1:00 National Water Balloon Day! Let's Fight! 2:30 Bingo 3:00 Happy Hour with Cameron!	6 9:30 Daily Chronicle (It's back! Check your mailbox!) 10:00 True North yoga 1:00 Walking Group
7 9:30 Daily Chronicle (It's back! Check your mailbox!) 10:00 Cornhole 1:00 Circle of Friends: National Sisters Day (Share stories/pictures of your sister.) 3:00 Movie (Residents' Choice)	8 9:30 Daily Chronicle (It's back! Check your mailbox!) 9:45 Get Your Shopping List! (on table by elevator) 11:00 Senior Stretches 12:00 Traveling Trivia 2:30 Bingo	9 9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Disc Target Toss 11:00 Wii Bowling 12:00 Music Makes Memories: Finish the Song Lyrics 1:00 Self Led Walking Group 3:00 Movie & Popcorn Day! (Breakfast at Tiffany's)	10 9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Catch & Convo Ball 1:30 Resident Council Meeting 2:30 Bingo	11 9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Putting Green 12:00 Traveling Trivia (Would You Rather) 1:00 Walking Group 1:30 Let's Go Shopping at Fred Meyers! (Sign-up required)	12 9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Seated Tai Chi 11:30 Tiny Stories 2:30 Bingo 3:00 Happy Hour!	13 9:30 Daily Chronicle (It's back! Check your mailbox!) 10:00 Chair Pilates 1:00 Walking Group 2:00 Circle of Friends: Left Handers Day Trivia & Word Puzzles
14 9:30 Daily Chronicle (It's back! Check your mailbox!) 10:00 Full Chair Workout w/ Mike Kutcher (YouTube) 1:00 Puzzles with Friends! 3:00 Movie (Residents' Choice)	15 9:30 Daily Chronicle (It's back! Check your mailbox!) 9:45 Get Your Shopping List! (on table by elevator) 11:00 Relaxing Chair Yoga 2:30 Bingo	16 9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Frisbee Golf 12:00 Traveling Lunchtime Trivia (Who am I?) 1:00 Self Led Walking Group 3:00 Movie & Popcorn Day! (A League of Their Own)	17 9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Penalty Kicks 1:00 Walking Group 1:30 Hope for the Heart 2:30 Bingo	18 9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Nerf Gun Target Shooting 1:00 #GEN2000 Project (Let's play with pic filters!) 1:00 Walking Group	19 9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Balloon Volleyball 1:00 Friday Quick Flick (Disneynature: Born in China) 2:30 Bingo 3:00 Happy Hour!	20 9:30 Daily Chronicle (It's back! Check your mailbox!) 10:00 Balance Exercises 1:00 Walking Group

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21	Senior Citizen's Day 9:30 Daily Chronicle (It's back! Check your mailbox!) 10:00 Full Chair Workout w/ Mike Kutcher (YouTube) 1:00 Play Cards 3:00 Movie (Residents' Choice)	22	9:30 Daily Chronicle (It's back! Check your mailbox!) 9:45 Get Your Shopping List! (on table by elevator) 11:00 Target Bounce Toss 2:30 Bingo	23	9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Bollywood Yoga 1:00 Self Led Walking Group 3:30 Movie & Popcorn Day! (The Goonies)	24	9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Tabletop Shuffleboard 1:00 Walking Group 2:30 Bingo (resident-led)	25	9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Ladder Toss 1:00 Walking Group 1:30 Joan's Amazing Quilt Show!	26	9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Chair Pilates 1:00 Friday Quick Flick (Disneynature: Monkey Kingdom) 2:30 Bingo 3:00 Happy Hour!	27	9:30 Daily Chronicle (It's back! Check your mailbox!) 10:00 Chair Zumba 1:00 Walking Group 2:00 Circle of Friends: Favorite Foods/Recipes
28	9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Cornhole Bounce 1:00 Word Puzzles! 3:00 Movie (Residents' Choice)	29	9:30 Daily Chronicle (It's back! Check your mailbox!) 9:45 Get Your Shopping List! (on table by elevator) 11:00 Cardio meets Qigong 2:00 Let's Go Thrifting! (Sign-up required) 2:30 Bingo	30	9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Wii Bowling 12:00 Traveling Trivia 1:00 Self Led Walking Group 3:30 Movie & Popcorn Day! (Charade)	31	9:30 Daily Chronicle (It's back! Check your mailbox!) 11:00 Balloon Swat 1:00 Walking Group 2:30 Bingo						