Cooper Trail Senior Living
Activities Calendar

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays	1 K 10:00 News and Views in the Salon Lounge M 11:00 Mindful Music Monday CC 1:00 Nelson County Library in the Activity Center A 2:00 Crafting w/ Tonia V 3:00 Walking Club	2 V 10:00 Workout in the Salon Lounge GF 11:00 Bingo O 2:00 Outing to Walmart V 3:00 Garden Club GF 6:00 Board Games in the Activity Center	3 V 10:00 Morning Workout M 11:00 Music Appreciation in the Salon Lounge CC 2:30 Cooking Demo w/ Chef Mike I 3:30 Bible Study in the Back Lounge	4 V 10:00 Workout in the Salon Lounge I 11:00 Mass w/ Father Michael O 2:00 Scenic Drive GF 6:00 Thursday Night at the Movies	5 V 10:00 Walking Club GF 11:00 Hydration and Table Topics GG 2:00 Bingo in the Dining Room M 3:15 Happy Hour	6 V 10:00 Self Guided Mediation K 11:00 Daily Chronicles A 2:00 Crafters Corner in the Activity Lounge GG 3:00 Let's Play Cornhole
7 I 1:00 Catholic Service on Ch.72 I 2:00 Devotions in the Salon Lounge K 3:00 Trivia	8 K 10:00 News and Views in the Salon Lounge M 11:00 Mindful Music Monday A 2:00 Crafting w/ Tonia V 3:00 Walking Club JG 3:30 Just the Guys	9 V 10:00 Workout in the Salon Lounge GF 11:00 Bingo O 2:00 Outing to Dollar Tree V 3:00 Garden Club GF 6:00 Board Games in the Activity Center	10 V 10:00 Morning Workout L 11:00 Art Appreciation in the Salon Lounge 2:30 Chef's Circle I 3:30 Bible Study in the Back Lounge	11 V 10:00 Workout in the Salon Lounge GG 11:00 Let's Play Bunco O 2:00 Scenic Drive GF 6:00 Thursday Night at the Movies	12 V 10:00 Walking Club GF 11:00 Hydration and Table Topics GG 2:00 Bingo in the Dining Room M 3:15 Happy Hour	13 V 10:00 Self Guided Stretching K 11:00 Daily Chronicles A 2:00 Crafters Corner in the Activity Lounge GG 3:00 Let's Bowl
14 I 1:00 Non-Denominational Service on Ch.72 I 2:00 Devotions in the Salon Lounge K 3:00 Trivia	15 K 10:00 News and Views in the Salon Lounge M 11:00 Mindful Music Monday CC 1:00 Nelson County Library in the Activity Center A 2:00 Crafting w/ Tonia V 3:00 Walking Club	16 V 10:00 Workout in the Salon Lounge GF 11:00 Bingo A 2:00 Crafts w/ Shannon V 3:00 Garden Club GF 6:00 Board Games in the Activity Center	17 I 9:30 Catholic Mass- Back Lounge V 10:00 Morning Workout M 11:00 Music Appreciation in the Salon Lounge CC 2:30 Cooking Demo w/ Chef Mike I 3:30 Bible Study in the Back	18 V 10:00 Workout in the Salon Lounge GG 11:00 Let's Play Bunco 2:00 Resident Council and Inspired Living Calendar Planning Meetings in Conference Room GF 6:00 Thursday Night at the	19 V 10:00 Walking Club GF 11:00 Hydration and Table Topics GG 2:00 Bingo in the Dining Room M 3:15 Happy Hour	20 V 10:00 Self Guided Mediation K 11:00 Daily Chronicles A 2:00 Crafters Corner in the Activity Lounge GG 3:00 Let's Play Basketball
21 Senior Citizen's Day I 1:00 Catholic Service on Ch. 72 I 2:00 Devotions in the Salon Lounge K 3:00 Trivia	22 K 10:00 News and Views in the Salon Lounge M 11:00 Mindful Music Monday K 2:00 Learn Ocean Life V 3:00 Walking Club JG 3:30 Just the Guys	23 V 10:00 Workout in the Salon Lounge GF 11:00 Bingo O 2:00 Outing to Dollar Tree A 3:00 Island Jewelry Making GF 6:00 Board Games in the Activity Center	24 V 10:00 Morning Workout A 11:00 Towel Art 2:30 Chef's Circle I 3:30 Bible Study in the Back Lounge	25 V 10:00 Workout in the Salon Lounge K 11:00 Shuffle Board A 2:00 Armchair Travel GF 6:00 Captain's Ball	26 V 10:00 Walking Club GF 11:00 Hydration and Table Topics GG 2:00 Bingo in the Dining Room M 3:00 Music w/ DLC during Island Happy Hour	27 V 10:00 Self Guided Stretching K 11:00 Daily Chronicles A 2:00 Crafters Corner in the Activity Lounge GG 3:00 Let's Putt-Putt
28 I 1:00 Non-Denominational Service on Ch. 72 I 2:00 Devotions in the Salon Lounge K 3:00 Trivia	29 K 10:00 News and Views in the Salon Lounge M 11:00 Mindful Music Monday CC 1:00 Nelson County Library in the Activity Center A 2:00 Crafting w/ Tonia V 3:00 Walking Club	30 V 10:00 Workout in the Salon Lounge GF 11:00 Bingo O 2:00 Outing to Walmart V 3:00 Garden Club GF 6:00 Board Games in the Activity Center	31 V 10:00 Morning Workout M 11:00 Music Appreciation in the Salon Lounge CC 2:30 Cooking Demo w/ Chef Mike I 3:30 Bible Study in the Back Lounge		A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce	L - Lifelong Learning M - Music to My Ears O - Out & About V - Vitality

Cooper Trail Senior Living
Legacy Lane

August 2022

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A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears	1 V Blowing Bubbles K Inspired Tales O Scenic Drive V Ball Toss CC Rise and Shine Parfaits Relax & Recharge A DIY Scrapbook	2 V Dance, Dance K American Landmarks CC Tropical Trail Mix Relax & Recharge A Bean Mosaics M Summertime GG State Plate Game	3 V Water Balloon Toss K Message in the Bottle CC Honey Spiced Bread Relax & Recharge A Balloon Prints M Who Sang It Best? GG "Yes I Have ..." Game	4 V Under the Sea Ribbon Dance K Categories CC Classic Chocolate Chip Cookies Relax & Recharge A Blue Collage	5 V Summertime Walking Club K Roll to 20 CC Strawberry Hand Pies Relax & Recharge A Ice Cream Photo M Beyond the Sea Happy	6 V Seashell Toss K Working with Letters CC Turkey Cranberry Pinwheels Relax & Recharge A Watercolor Silhouettes M Saturday Sunshine
7 V Walk on the Beach K Summer Vacations Balloon Toss CC Blueberry Muffins Relax & Recharge A Creative Storytelling M Inspirational Sundays	8 V Blowing Bubbles K Inspired Tales O Scenic Drive V Ball Toss CC Apple Yogurt Parfaits Relax & Recharge A DIY Scrapbook	9 V Dance, Dance K American Landmarks CC Everything Bagel Cucumber Bites Relax & Recharge A Kool-Aid Citrus Stamps M Summertime	10 V Water Balloon Toss K Message in the Bottle CC Orange Raspberry Bread with Glaze Relax & Recharge A Flower Stamps M Who Sang It Best?	11 V Under the Sea Ribbon Dance K Categories CC Peanut Butter Cookies Relax & Recharge A Kindness Rock Painting M Bluegrass Boogie	12 V Summertime Walking Club K Roll to 20 CC Apple Hand Pies Relax & Recharge A Partner Prints M Beyond the Sea Happy	13 V Seashell Toss K Working with Letters CC Sandwich Pinwheel Relax & Recharge A Recycled Art M Saturday Sunshine GG Ladder Ball
14 V Walk on the Beach K Summer Vacations Balloon Toss CC Banana Nut Muffins Relax & Recharge A Rubbings Exploration M Inspirational Sundays	15 V Blowing Bubbles K Inspired Tales O Scenic Drive V Ball Toss CC Peanut Butter Banana Yogurt Parfaits Relax & Recharge	16 V Dance, Dance K American Landmarks CC Sausage Balls Relax & Recharge A Ask a Beautiful Question M Summertime GG State Plate Game	17 V Water Balloon Toss K Message in the Bottle CC Apple Praline Bread Relax & Recharge A Fabric Bowls M Who Sang It Best? GG "Yes I Have ..." Game	18 V Under the Sea Ribbon Dance K Categories CC Lemon Sugar Cookies Relax & Recharge A Fabric Bowls M Bluegrass Boogie	19 V Summertime Walking Club K Roll to 20 CC Blackberry Hand Pies Relax & Recharge A Collage Painting M Beyond the Sea Happy	20 V Seashell Toss K Working with Letters CC Taco Pinwheels Relax & Recharge A Glue Art M Saturday Sunshine GG Ladder Ball
21 Senior Citizen's Day V Walk on the Beach K Summer Vacations Balloon Toss CC Lemon Poppyseed Muffins Relax & Recharge A No Sew Hats	22 V Blowing Bubbles K Inspired Tales O Scenic Drive V Ball Toss CC Berry Parfait Relax & Recharge A Mason Jar Tissue Holder	23 V Dance, Dance K American Landmarks CC Pina Colada Fluff Relax & Recharge A DIY Sharpie Mugs M Summertime GG State Plate Game	24 V Water Balloon Toss K Message in the Bottle CC Fresh Fruit Bread Relax & Recharge A Fairy Garden Mason Jar Topper M Who Sang It Best?	25 V Under the Sea Ribbon Dance K Categories CC Tropical Poke Cake Relax & Recharge A Sun Print Wall Art M Bluegrass Boogie	26 V Summertime Walking Club K Roll to 20 CC Cruisin Sand Dollar Cookies Relax & Recharge A Corn Syrup Painting	27 V Seashell Toss K Working with Letters CC Cream Cheese Pinwheels with Fresh Veggies Relax & Recharge A Glue Batik Aprons M Saturday Sunshine
28 V Walk on the Beach K Summer Vacations Balloon Toss CC Apple Cinnamon Muffins Relax & Recharge A Stained Glass Painting M Inspirational Sundays	29 V Blowing Bubbles K Inspired Tales O Scenic Drive V Ball Toss CC Cheesecake Berry Parfait Relax & Recharge A Mason Jar Tissue Holder	30 V Dance, Dance K American Landmarks CC Baked Potato Slices Relax & Recharge A Create a Sensory Book M Summertime GG State Plate Game	31 V Water Balloon Toss K Message in the Bottle CC Cream Cheese Strawberry Bread Relax & Recharge A Have a Gentle Conversation	O - Out & About V - Vitality		

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