

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears	1 V 9:30 Stretch & Tone A 10:15 Art Class-Tile Coasters L 1:30 History 101 K 4:00 Inspired Living Meeting GF 6:00 Rock & Relax on Patio	2 V 9:30 Cardio Drumming Class S 10:00 Just The Guys GF 1:00 Chef's Circle AL/DR K 2:00 Table Games AL/AR GF 6:00 Rock & Relax on Patio	3 M 9:15 Sing a long-Spiritual hymns CC 9:30 Catholic Services I 10:30 Lutheran Church-AL GG 1:00 Table Games GF 2:30 Ice Cream Social GF 6:00 Rock & Relax on Patio	4 V 10:30 Sweatin with the Oldies M 11:00 Sing-a-long AL/AR K 1:30 Bingo GF 3:00 Funny Poetry GF 6:00 Rock & Relax on Patio	5 V 9:30 Movin n Grovin L 10:30 Lifelong Learning-Spanish 101 K 1:00 Table Games HC/AR S 2:00 Happy Hour-Main Campus DR GF 6:00 Rock & Relax on Patio	6 K 9:30 Current Events GG 11:00 Table Games AL/AR K 1:30 Bingo -Activity Room CC 2:00 Gardening GF 6:00 Rock & Relax on Patio
7 K 9:30 Current Events M 10:00 Hymn Sing HC/AR GF 2:00 Tea Time AL/DR M 3:00 Name That Croon AL/AR GF 6:00 Rock & Relax on Patio	8 V 9:30 Stretch & Tone A 10:15 Art Class-Under The Sea L 1:30 Movie & Popcorn CC 3:30 Community Service Projects GF 6:00 Rock & Relax on Patio	9 V 9:30 Cardio Drumming Class S 10:00 Just The Gals GF 1:00 Chef's Circle AL/DR K 2:00 Table Games AL/AR GF 6:00 Rock & Relax on Patio	10 M 9:15 Sing a long-Spiritual hymns CC 9:30 Catholic Services GG 1:00 Table Games GF 2:30 Ice Cream Social GF 6:00 Rock & Relax on Patio	11 V 10:30 Sweatin with the Oldies M 11:00 Sing-a-long AL/AR K 1:30 Bingo GF 3:00 Funny Poetry GF 6:00 Rock & Relax on Patio	12 V 9:30 Movin n Grovin L 10:30 Lifelong Learning-Spanish 101 K 1:00 Table Games HC/AR S 2:00 Happy Hour-Main Campus DR GF 6:00 Rock & Relax on Patio	13 K 9:30 Current Events GG 11:00 Table Games AL/AR K 1:30 Bingo -Activity Room CC 2:00 Gardening GF 6:00 Rock & Relax on Patio
14 K 9:30 Current Events M 10:00 Hymn Sing HC/AR GF 11:00 Brunch GF 2:00 Tea Time AL/DR M 3:00 Name That Croon AL/AR GF 6:00 Rock & Relax on Patio	15 V 9:30 Stretch & Tone A 10:15 Art Class-Sea Shell Art L 1:30 Ocean History CC 3:30 Community Service Projects GF 6:00 Rock & Relax on Patio	16 V 9:30 Cardio Drumming Class S 10:00 Just The Guys GF 1:00 Chef's Circle AL/DR K 2:00 Table Games AL/AR GF 6:00 Rock & Relax on Patio	17 M 9:15 Sing a long-Spiritual hymns CC 9:30 Catholic Services S 1:00 Resident Council AL/AR GF 2:30 Ice Cream Social GF 6:00 Rock & Relax on Patio	18 V 10:30 Sweatin with the Oldies M 11:00 Sing-a-long AL/AR K 1:30 Bingo GF 3:00 Funny Poetry GF 6:00 Rock & Relax on Patio	19 V 9:30 Movin n Grovin L 10:30 Lifelong Learning-Spanish 101 K 1:00 Table Games HC/AR S 2:00 Happy Hour-Main Campus DR GF 6:00 Rock & Relax on Patio	20 K 9:30 Current Events GG 11:00 Table Games AL/AR K 1:30 Bingo -Activity Room CC 2:00 Gardening GF 6:00 Rock & Relax on Patio
21 Senior Citizen's Day S 9:00 Theme Week-Somewhere Beyond The Sea K 9:30 Current Events M 10:00 Hymn Sing HC/AR GF 2:00 Island Tea Time M 3:00 Island Music GF 6:00 Rock & Relax on Patio	22 V 9:30 Stretch & Tone A 10:15 Art Class-Beyond The Sea L 1:30 Movie "Pirates of the Caribbean" CC 3:30 Community Service Projects GF 6:00 Rock & Relax on Patio	23 V 9:30 Cardio Drumming Class S 10:00 Island Spa Day-Manicures/Hand Massage/Mini-Facials GF 1:00 Chef's Circle AL/DR K 2:00 Table Games AL/AR GF 6:00 Rock & Relax on Patio	24 M 9:15 Sing a long-Spiritual hymns CC 9:30 Catholic Services I 10:30 Steel Drum Music GG 1:00 Table Games GF 2:30 Tropical Ice Cream Social GF 6:00 Rock & Relax on Patio	25 V 10:30 Sweatin with the Oldies M 11:00 Beach Pudding Cups K 1:30 Bingo S 3:00 Funny Poetry S 4:45 Theme Dinner-Somewhere Beyond The Sea GF 6:00 Rock & Relax on Patio	26 V 9:30 Movin n Grovin L 10:30 Lifelong Learning-Spanish 101 K 1:00 Table Games HC/AR S 2:00 Happy Hour/Island Drinks GF 6:00 Rock & Relax on Patio	27 K 9:30 Current Events GG 11:00 Table Games AL/AR K 1:30 Bingo -Activity Room CC 2:00 Gardening GF 6:00 Rock & Relax on Patio
28 K 9:30 Current Events M 10:00 Hymn Sing HC/AR GF 2:00 Tea Time AL/DR M 3:00 Name That Croon AL/AR GF 6:00 Rock & Relax on Patio	29 V 9:30 Stretch & Tone A 10:15 Art Class-Glass Bead Bracelets L 1:30 History 101 CC 3:30 Community Service Projects GF 6:00 Rock & Relax on Patio	30 V 9:30 Cardio Drumming Class S 10:00 Guys & Gals GF 1:00 Chef's Circle AL/DR K 2:00 Table Games AL/AR GF 6:00 Rock & Relax on Patio	31 M 9:15 Sing a long-Spiritual hymns CC 9:30 Catholic Services GG 1:00 Table Games GF 2:30 Ice Cream Social GF 6:00 Rock & Relax on Patio	S - Signature Events V - Vitality	AR-Activity Room AL-Assisted Living HC-Health Center DR-Dining Room Arbor-HC Dining Room LR-Living Room BC-Bulldog Cafe	Channel #3 Programming -Our Daily Bread -Ted Ed's -Arm Chair Travel -Movie Time -Enrichment on Demand -American Heritage Series -Timeless Trivia

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A - Artisans CC - Community Connections GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce MM - Mindful Moments M - Music to My Ears	1 MM 10:00 Mindful Moments HC/AR V 11:00 Noodle Ball GG 3:30 Bingo K 4:00 Good Tunes & Friends GF 6:00 Rock & Relax on Patio	2 MM 10:00 Mindful Moments HC/AR V 11:00 Kick Ball K 1:00 Reminsce GG 2:00 OG Puzzlers GF 6:00 Rock & Relax on Patio	3 CC 9:30 Catholic Services MM 10:00 Mindful Moments HC/AR I 10:30 Lutheran Church-AL/ LR V 11:00 Bubble Catch S 2:00 Ice Cream Social HC/DR GF 6:00 Rock & Relax on Patio	4 MM 10:00 Mindful Moments HC/AR A 10:15 Art Class 101 S 1:00 Chef's Circle HC/DR V 2:00 Move & Groove GF 6:00 Rock & Relax on Patio	5 MM 10:00 Mindful Moments HC/AR V 11:00 Dance Along K 1:00 Table Games HC/AR S 2:00 Happy Hour HC/DR GF 6:00 Rock & Relax on Patio	6 K 9:30 Current Events MM 10:00 Mindful Moments HC/AR GF 10:30 Tea Time HC/AR K 3:00 Bingo-Activity Room GF 6:00 Rock & Relax on Patio
7 M 10:00 Hymn Sing HC/AR V 10:30 Movement & Music MM 11:00 Mindful Moments HC/AR GF 6:00 Rock & Relax on Patio	8 MM 10:00 Mindful Moments HC/AR V 11:00 Noodle Ball GG 3:30 Bingo K 4:00 Good Tunes & Friends GF 6:00 Rock & Relax on Patio	9 MM 10:00 Mindful Moments HC/AR V 11:00 Kick Ball K 1:00 Reminsce GG 2:00 OG Puzzlers GF 6:00 Rock & Relax on Patio	10 CC 9:30 Catholic Services MM 10:00 Mindful Moments HC/AR V 11:00 Bubble Catch S 2:00 Ice Cream Social HC/DR GF 6:00 Rock & Relax on Patio	11 MM 10:00 Mindful Moments HC/AR A 10:15 Art Class 101 S 1:00 Chef's Circle HC/DR V 2:00 Move & Groove GF 6:00 Rock & Relax on Patio	12 MM 10:00 Mindful Moments HC/AR V 11:00 Dance Along K 1:00 Table Games HC/AR S 2:00 Happy Hour HC/DR GF 6:00 Rock & Relax on Patio	13 K 9:30 Current Events MM 10:00 Mindful Moments HC/AR GF 10:30 Tea Time HC/AR K 3:00 Bingo-Activity Room GF 6:00 Rock & Relax on Patio
14 M 10:00 Hymn Sing HC/AR V 10:30 Movement & Music MM 11:00 Mindful Moments HC/AR GF 6:00 Rock & Relax on Patio	15 MM 10:00 Mindful Moments HC/AR V 11:00 Noodle Ball GG 3:30 Bingo K 4:00 Good Tunes & Friends GF 6:00 Rock & Relax on Patio	16 MM 10:00 Mindful Moments HC/AR V 11:00 Kick Ball K 1:00 Reminsce GG 2:00 OG Puzzlers GF 6:00 Rock & Relax on Patio	17 CC 9:30 Catholic Services MM 10:00 Mindful Moments HC/AR V 11:00 Bubble Catch S 2:00 Ice Cream Social HC/DR GF 6:00 Rock & Relax on Patio	18 MM 10:00 Mindful Moments HC/AR A 10:15 Art Class 101 S 1:00 Chef's Circle HC/DR V 2:00 Move & Groove GF 6:00 Rock & Relax on Patio	19 MM 10:00 Mindful Moments HC/AR V 11:00 Dance Along K 1:00 Table Games HC/AR S 2:00 Happy Hour HC/DR GF 6:00 Rock & Relax on Patio	20 K 9:30 Current Events MM 10:00 Mindful Moments HC/AR GF 10:30 Tea Time HC/AR K 3:00 Bingo-Activity Room GF 6:00 Rock & Relax on Patio
21 Senior Citizen's Day S 9:00 Theme Week-Somewhere Beyond The Sea M 10:00 Hymn Sing HC/AR V 10:30 Steel Drums and Island Tunes MM 11:00 Mindful Moments HC/AR	22 MM 10:00 Mindful Moments HC/AR 10:15 Art Class-Under the Sea (AL) V 11:00 Noodle Ball GG 3:30 Bingo K 4:00 Good Tunes & Friends GF 6:00 Rock & Relax on Patio	23 MM 10:00 Mindful Moments HC/AR V 11:00 Kick Ball K 1:00 Reminsce GG 2:00 OG Puzzlers GF 6:00 Rock & Relax on Patio	24 CC 9:30 Catholic Services MM 10:00 Mindful Moments HC/AR V 11:00 Bubble Catch S 11:00 Resident Council HC/AR S 2:00 Tropical Ice Cream Social	25 MM 10:00 Mindful Moments HC/AR A 10:15 Art Class 101 S 1:00 Chef's Circle HC/DR V 2:00 Move & Groove S 4:45 Theme Dinner "Somewhere Beyond The Sea"	26 MM 10:00 Mindful Moments HC/AR V 11:00 Dance Along K 1:00 Table Games HC/AR S 2:00 Happy Hour/Island Drinks GF 6:00 Rock & Relax on Patio	27 K 9:30 Current Events MM 10:00 Mindful Moments HC/AR GF 10:30 Tea Time HC/AR K 3:00 Bingo-Activity Room GF 6:00 Rock & Relax on Patio
28 M 10:00 Hymn Sing HC/AR V 10:30 Movement & Music MM 11:00 Mindful Moments HC/AR GF 6:00 Rock & Relax on Patio	29 MM 10:00 Mindful Moments HC/AR V 11:00 Noodle Ball GG 3:30 Bingo K 4:00 Good Tunes & Friends GF 6:00 Rock & Relax on Patio	30 MM 10:00 Mindful Moments HC/AR V 11:00 Kick Ball K 1:00 Reminsce GG 2:00 OG Puzzlers GF 6:00 Rock & Relax on Patio	31 CC 9:30 Catholic Services MM 10:00 Mindful Moments HC/AR V 11:00 Bubble Catch S 2:00 Ice Cream Social HC/DR GF 6:00 Rock & Relax on Patio	S - Signature Events V - Vitality	AR-Activity Room AL-Assisted Living HC-Health Center DR-Dining Room HC Arbor-Dining Room LR-Living Room BC-Bulldog Cafe	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears S - Signature Events</p>	<p>1</p> <p>V Blowing Bubbles K Inspired Tales CC Rise and Shine Parfaits Relax & Recharge A DIY Scrapbook M Folk Music Mondays GG Cruise Ship Shuffleboard Healthy Hands</p>	<p>2</p> <p>V Dance, Dance K American Landmarks CC Tropical Trail Mix Relax & Recharge A Bean Mosaics M Summertime GG State Plate Game Healthy Hands</p>	<p>3</p> <p>V Water Balloon Toss K Message in the Bottle I Catholic Services CC Honey Spiced Bread Relax & Recharge A Balloon Prints S Ice Cream Social M Who Sang It Best?</p>	<p>4</p> <p>V Under the Sea Ribbon Dance K Categories CC Classic Chocolate Chip Cookies Relax & Recharge A Blue Collage M Bluegrass Boogie GG Double Dip Phrases Healthy Hands</p>	<p>5</p> <p>V Summertime Walking Club K Roll to 20 CC Strawberry Hand Pies Relax & Recharge GF Popcorn Time! A Ice Cream Photo M Beyond the Sea Happy Hour GG Fair Midway Games</p>	<p>6</p> <p>V Seashell Toss K Working with Letters CC Turkey Cranberry Pinwheels Relax & Recharge A Watercolor Silhouettes M Saturday Sunshine GG Ladder Ball Healthy Hands</p>
<p>7</p> <p>V Walk on the Beach K Summer Vacations CC Blueberry Muffins Relax & Recharge A Creative Storytelling M Inspirational Sundays GG What Belongs Together Healthy Hands</p>	<p>8</p> <p>V Blowing Bubbles K Inspired Tales CC Apple Yogurt Parfaits Relax & Recharge A DIY Scrapbook M Folk Music Mondays GG Cruise Ship Shuffleboard Healthy Hands</p>	<p>9</p> <p>V Dance, Dance K American Landmarks CC Everything Bagel Cucumber Bites Relax & Recharge A Kool-Aid Citrus Stamps M Summertime GG State Plate Game</p>	<p>10</p> <p>V Water Balloon Toss K Message in the Bottle I Catholic Services CC Orange Raspberry Bread with Glaze Relax & Recharge A Flower Stamps S Ice Cream Social</p>	<p>11</p> <p>V Under the Sea Ribbon Dance K Categories CC Peanut Butter Cookies Relax & Recharge A Kindness Rock Painting M Bluegrass Boogie GG Double Dip Phrases Healthy Hands</p>	<p>12</p> <p>V Summertime Walking Club K Roll to 20 CC Apple Hand Pies Relax & Recharge GF Popcorn Time! A Partner Prints M Beyond the Sea Happy Hour GG Fair Midway Games</p>	<p>13</p> <p>V Seashell Toss K Working with Letters CC Sandwich Pinwheel Relax & Recharge A Recycled Art M Saturday Sunshine GG Ladder Ball Healthy Hands</p>
<p>14</p> <p>V Walk on the Beach K Summer Vacations CC Banana Nut Muffins Relax & Recharge A Rubbings Exploration M Inspirational Sundays GG What Belongs Together Healthy Hands</p>	<p>15</p> <p>V Blowing Bubbles K Inspired Tales CC Peanut Butter Banana Yogurt Parfaits Relax & Recharge A DIY Scrapbook M Folk Music Mondays GG Cruise Ship Shuffleboard</p>	<p>16</p> <p>V Dance, Dance K American Landmarks CC Sausage Balls Relax & Recharge A Ask a Beautiful Question M Summertime GG State Plate Game Healthy Hands</p>	<p>17</p> <p>V Water Balloon Toss K Message in the Bottle I Catholic Services CC Apple Praline Bread Relax & Recharge A Fabric Bowls S Ice Cream Social M Who Sang It Best?</p>	<p>18</p> <p>V Under the Sea Ribbon Dance K Categories CC Lemon Sugar Cookies Relax & Recharge A Fabric Bowls M Bluegrass Boogie GG Double Dip Phrases Healthy Hands</p>	<p>19</p> <p>V Summertime Walking Club K Roll to 20 CC Blackberry Hand Pies Relax & Recharge GF Popcorn Time! A Collage Painting M Beyond the Sea Happy Hour GG Fair Midway Games</p>	<p>20</p> <p>V Seashell Toss K Working with Letters CC Taco Pinwheels Relax & Recharge A Glue Art M Saturday Sunshine GG Ladder Ball Healthy Hands</p>
<p>21 Senior Citizen's Day</p> <p>V Walk on the Beach K Summer Vacations CC Lemon Poppyseed Muffins Relax & Recharge A No Sew Hats M Inspirational Sundays GG What Belongs Together Healthy Hands</p>	<p>22</p> <p>V Blowing Bubbles K Inspired Tales CC Berry Parfait Relax & Recharge A Mason Jar Tissue Holder M Folk Music Mondays GG Cruise Ship Shuffleboard Healthy Hands</p>	<p>23</p> <p>V Dance, Dance K American Landmarks CC Pina Colada Fluff Relax & Recharge A DIY Sharpie Mugs M Summertime GG State Plate Game Healthy Hands</p>	<p>24</p> <p>V Water Balloon Toss K Message in the Bottle I Catholic Services CC Fresh Fruit Bread Relax & Recharge A Fairy Garden Mason Jar Topper S Ice Cream Social M Who Sang It Best?</p>	<p>25</p> <p>V Under the Sea Ribbon Dance K Categories CC Tropical Poke Cake Relax & Recharge A Sun Print Wall Art M Bluegrass Boogie GG Double Dip Phrases Healthy Hands</p>	<p>26</p> <p>V Summertime Walking Club K Roll to 20 CC Cruisin Sand Dollar Cookies Relax & Recharge GF Popcorn Time! A Corn Syrup Painting M Beyond the Sea Happy Hour GG Fair Midway Games</p>	<p>27</p> <p>V Seashell Toss K Working with Letters CC Cream Cheese Pinwheels with Fresh Veggies Relax & Recharge A Glue Batik Aprons M Saturday Sunshine GG Ladder Ball</p>
<p>28</p> <p>V Walk on the Beach K Summer Vacations CC Apple Cinnamon Muffins Relax & Recharge A Stained Glass Painting M Inspirational Sundays GG What Belongs Together Healthy Hands</p>	<p>29</p> <p>V Blowing Bubbles K Inspired Tales CC Cheesecake Berry Parfait Relax & Recharge A Mason Jar Tissue Holder M Folk Music Mondays GG Cruise Ship Shuffleboard Healthy Hands</p>	<p>30</p> <p>V Dance, Dance K American Landmarks CC Baked Potato Slices Relax & Recharge A Create a Sensory Book M Summertime GG State Plate Game Healthy Hands</p>	<p>31</p> <p>V Water Balloon Toss K Message in the Bottle I Catholic Services CC Cream Cheese Strawberry Bread Relax & Recharge A Have a Gentle Conversation S Ice Cream Social</p>	<p>V - Vitality</p>	<p>Daily Rhythm About Times: Morning 9:00 Vitality 9:30 Keeping it Sharp/Reminisce 10:00 Morning Refresher 10:45 Creative Cooking 11:30 Healthy</p>	<p>Late Afternoon 3:00 Afternoon Refresher 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep Evening 6:00 Gathering of Friends 7:00 Nighttime Traditions</p>