

The Birches Daybreak Calendar of Events August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>The scent of <i>August</i> Bright <i>sunlit skies</i> Nature's warm colors The smell of seasons about <i>to change</i> The hint of <i>new beginnings</i> Knowing something <i>wonderful</i> is around the bend <small>WomenWorking.com</small></p>	<p>AUGUST REMINDERS</p> <p>Taking a break is PRODUCTIVE</p> <p>Boundaries are healthy</p> <p>You can do what you set YOUR MIND to</p> <p>Changes are painful but worth it</p> <p>Someone loves you for who you are</p> <p>Good ENERGY attracts good people</p> <p><small>OurMindfullife.com</small></p>	<p>1 FULL STURGEON MOON 10:00am Morning Games n Juice 10:00am Rosary Group 10:35am FOX Sit N Fit 1:15pm Bingo 2:30pm Snack Time 3:45pm FOX Fitness 3:30pm Trivia Challenge 6:00pm I Love Lucy & Snack</p> <p><i>National Girlfriends Day</i></p>	<p>2 10:00am Morning Games n Juice 10:35am Fox Sit N Fit 1:00pm Sing a Long Songs 2:30pm Snack Time 3:45pm FOX Fitness 3:30pm Trivia Challenge 6:00pm Arts n Crafts & Evening Snack</p> <p><i>National Ice Cream Sandwich Day</i></p>	<p>3 10:00am Morning Games n Juice 10:35am FOX Sit N Fit 1:00pm Time for Art 2:00pm Balloon Volley 2:30pm Snack Time 3:00pm—3:30pm FOX Fitness 3:30pm Trivia Challenge 6:00pm Evening Movie & Snack</p> <p><i>National Watermelon Day</i></p>	<p>4 10:00am Morning Games n Juice 10:30am Music Therapy with Ted Jordan 1:00pm BINGO! 2:30pm Snack Time 3:45pm FOX Fitness 6:00pm Evening Movie and Snack</p> <p><i>National White Wine Day</i></p>	<p>5 10:45am Morning Games n Juice 11:00am Letter of the Day 1:30pm BINGO! 2:30pm Snack Time 3:00pm Balloon Volley 5:30pm Evening Movie and Snack</p> <p><i>National Clown Day</i></p>
<p>6 10:45am Morning Games n Juice 11:00am YouTube Catholic Mass 1:00pm BINGO! 2:30pm Dave Cornwall Piano Hymns (Bistro) 4:00pm TV Time 6:30pm Evening Movie and Snack</p> <p><i>Sisters Day</i></p>	<p>7 10:30am Morning Games n Juice 10:45am FOX Sit N Fit 1:00pm BINGO! 2:30pm Trish Chambers Flappers Program (PCLR) 3:45pm FOX Fitness 3:30pm YouTube Sing a Long 6:30pm Evening Movie</p> <p><i>National Lighthouse Day</i></p>	<p>8 10:00am Morning Greetings n Juice 11a-1p Care Partners Day (Bistro/AR) 10:35am FOX Sit N Fit 1:15pm BINGO! 2:30pm Snack Time 3:45pm FOX Fitness 6:00pm I Love Lucy & Snack</p> <p><i>International Cat Day</i></p>	<p>9 10:00am Morning Games n Juice 10:35am Fox Sit N Fit 1:00pm Sing a Long Songs 2:30pm Snack Time 3:45pm FOX Fitness 3:30pm Trivia Challenge 6:00pm Arts n Crafts & Evening Snack</p> <p><i>Book Lovers Day</i></p>	<p>10 10:00am Morning Games n Juice 10:35am FOX Sit N Fit 1:00pm Time for Art 2:00pm Balloon Volley 2:30pm Snack Time 3:00pm—3:30pm FOX Fitness 3:30pm Trivia Challenge 6:00pm Evening Movie & Snack</p> <p><i>National Smores Day</i></p>	<p>11 10:00am Morning Games n Juice 10:30am Music Therapy with Ted Jordan 1:00pm BINGO! 2:30pm Snack Time 3:45pm FOX Fitness 6:00pm Evening Movie and Snack</p> <p><i>Son and Daughter Day</i></p>	<p>12 10:45am Morning Games n Juice 11:00am Letter of the Day 1:30pm BINGO! 2:30pm Snack Time 3:00pm Balloon Volley 5:30pm Evening Movie and Snack</p> <p><i>World Elephants Day</i></p>
<p>13 10:45am Morning Games n Juice 11:00am Catholic Communion Rite 1:00pm BINGO!</p> <p>2:30pm Snack Time 4:00pm TV Time 6:30pm Evening Movie & Snack</p> <p><i>Annual Perceid Meteor Shower</i></p>	<p>14 10:30am Morning Games n Juice 10:45am FOX Sit N Fit 1:00pm BINGO! 2:00pm Circle Kick Ball 2:30pm Music with Travis Wetzel! (PCLR) 3:45pm FOX Fitness 3:30pm YouTube Sing a Long 6:00pm Evening Movie</p> <p><i>National Creamsicle Day</i></p>	<p>15 10:00am Morning Games n Juice 10:00am Feast of the Assumption Rosary Group 10:35am FOX Sit N Fit 1:30pm Mini Manis 2:30pm Snack Time 3:45pm FOX Fitness 6:00pm I Love Lucy & Snack</p> <p><i>Relaxation Day</i></p>	<p>16 10:00am Morning Games n Juice 10:35am Fox Sit N Fit 12:00pm Meal of the Month and Birthday Celebration 1:00pm BINGO! 2:30pm Snack Time 3:30pm Trivia Challenge 6:00pm Arts n Crafts & Evening Snack</p> <p>6:00pm Caregiver Support Group (PDR) <i>National Rollercoaster Day</i></p>	<p>17 10:00am Morning Games n Juice 10:35am FOX Sit N Fit 1:00pm Time for Art 2:00pm Balloon Volley 2:30pm Karaoke! (PCLR) 3:30pm Trivia Challenge 6:00pm Evening Movie & Snack</p> <p><i>National Thrift Shop Day</i></p>	<p>18 10:00am Morning Games n Juice 10:35am FOX Sit N Fit 11:00am Brain Teasers 1:00pm BINGO! 2:30pm Snack Time 3:45pm FOX Fitness 6:00pm Evening Movie and Snack</p> <p><i>Serendipity Day</i></p>	<p>19 10:45am Morning Games n Juice 11:00am Letter of the Day 1:00pm Feruza School of Music (Bistro) 2:30pm Snack Time 3:00pm Balloon Volley 5:30pm Evening Movie and Snack</p> <p><i>Aviation Day</i></p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20 10:45am Morning Games n Juice 11:00am St. Andrew Catholic Communion Rite 1:00pm BINGO! 2:30pm Music From The Harp with Gloria Galante (PCLR) 6:30pm Evening Movie & Snack</p> <p>National Radio Day</p>	<p>21 10:00am Morning Games n Juice 10:45am FOX Sit N Fit 1:00pm BINGO! 2:30pm Soulful Vocals by Brian Elliot (PCLR) 3:45pm FOX Fitness 6:30pm Evening Movie and Snack</p> <p>Senior Citizens Day</p>	<p>22 10:00am Morning Games and Juice 10:00am Rosary Group 10:45am Fox Sit N Fit 1:30pm Letter of The Day 2:00pm Kick Ball Circle 2:30pm Snack Time 3:45pm-4:15pm FOX Fitness 6:00pm I Love Lucy & Evening Snack</p> <p>National Tooth Fairy Day</p>	<p>23 10:00am Morning Games n Juice 10:45am Fox Sit N Fit 12:00pm Birthday Celebration 1:00pm Brain Games 2:30 KARAOKE (PCLR) 6:00pm Arts n Crafts & Evening Snack</p> <p>Ride The Wind Day</p>	<p>24 10:30am Morning Games n Juice 1:00pm Time For Art 2:00pm Balloon Volley 2:30pm Snack Time 3:45pm-4:15pm FOX Fitness 6:30pm Evening Movie & Snack</p> <p>National Waffle Day</p>	<p>25 10:30am Morning Games n Juice 10:45am Fox Sit N Fit 1:00pm BINGO! 1:30pm The Phrase Game 2:30pm Snack Time 3:45pm-4:15pm FOX Fitness 3:30pm Trivia Challenge 6:00pm Evening Movie and Snack</p> <p>National Bannana Split Day</p>	<p>26 10:45am Morning Games and Juice 11:00am Letter of the Day 1:00pm BINGO! 2:30pm Snack Time Chat 3:00pm Balloon Volley Ball 5:30pm Evening Movie and Snack</p> <p>Womens Equality Day</p>
<p>27 10:45am Morning Games and Juice 11:00am YouTube Catholic Mass 1:00pm BINGO! 2:00pm Music with "The Sounds of Time" Duo (PCLR) 6:30pm Evening Movie & Snack Time</p> <p>Just Because Day</p>	<p>28 10:00am Morning Games and Juice 1:00pm BINGO! 2:30pm Music with Marc Sherman (Bistro) 3:45pm FOX Fitness 6:30pm Evening Movie and Snack (Bistro)</p> <p>Stuffed Green Bell Pepper Day</p>	<p>29 10:00am Morning Games and Juice 10:00am Rosary Group 10:45am Fox Sit N Fit 12:00pm Parkinson's Support Group with FOX (T) 1:30pm Letter of The Day 2:30pm Snack Time 3:45pm FOX Fitness 6:00pm I Love Lucy & Evening Snack</p> <p>International Bat Night</p>	<p>30 Full Super Blue Moon 31 10:00am Morning Games n Juice 10:45am Fox Sit N Fit 1:00pm Brain Games 2:30pm Snack Time 3:45pm FOX Fitness 6:00pm Arts n Crafts & Evening Snack</p> <p>Frankenstein Day</p>	<p>31 10:30am Morning Games n Juice 1:00pm Time For Art 2:00pm Balloon Volley 2:30pm Snack Time 3:45pm-4:15pm FOX Fitness 6:30pm Evening Movie & Snack</p> <p>National Trail Mix Day</p>		

Two Super Moons are coming to our skies in August, including a Blue Moon.

NO Birthdays
August

Activity Location Key

Daybreak Activity Room ~ DAR
Blue Dining Room - BDR
Daybreak Living Room - DLR
PC Living Room ~ PCLR
Private Dining Room~ PDR
Bistro ~ B
Theater ~ T
Lobby ~ L

The Daybreak Daily Sheet is posted in the Daybreak entry way and Bulletin Boards in the Daybreak Activity Room
Thank you.