

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



# The Birches Daybreak Calendar of Events August 2023

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



## 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.