

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
 AUGUST 2026												1 8:30 Morning Program 9:30 Moving and Grooving 10:00 Snack and Hydration 10:30 Patio Time 11:00 Morning Trivia 12:30 Rest and Relaxation 1:30 Matinee 2:00 Afternoon Snack	
2 8:30 Church Broadcast from Idlewild Baptist Church 9:30 SilverSneakers 10:00 Snack & Hydration 11:00 Funniest Videos 12:30 Rest and Relaxation 1:30 Puzzles 6:00 Evening Movie		3 9:30 Exercise Class 10:00 Morning Snack 11:00 Patio Time 12:30 Rest and Relaxation 1:15 Assorted Games 2:00 Color & Conversation 3:30 Current Events		4 9:00 Nat. Anthem & USA Songs 9:30 Moving and Grooving! 10:30 Snack & Hydration 11:00 Morning Trivia 11:30 Chapel with JP -SAR 1:30 Puzzle time 2:30 Balloon Toss 3:00 Afternoon Walk Exercise with InstruMix		5 9:00 Seated Exercise 10:00 Patio Time 10:30 Snack & Hydration 11:00 Paint by Number 12:30 Rest & Relaxation 1:30 Sing- A- Long 2:30 Afternoon Movie		6 9:30 Devotional & Morning Prayer 10:00 Moving and Grooving 10:30 Snack & Hydration 11:00 Morning Trivia 1:30 Muscial Exercise 2:30 Color & Conversation 3:30 Current Events Exercise with InstruMix		7 8:30 Nat. Anthem & USA Song 9:30 Devotional & Morning Prayer 10:00 Moving and Grooving 10:30 Snack & Hydration 11:00 Balloon Toss! 12:30 Rest and Relaxation 2:30 Happy Hour		8 8:30 Morning Program 9:30 Moving and Grooving 10:00 Snack and Hydration 10:30 Patio Time 11:00 Morning Trivia 12:30 Rest and Relaxation 1:30 Matinee 2:00 Afternoon Snack	
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