

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						World Lung Cancer Day. 1 9:15 Tea and Talk-AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR
Assisted Living National Friendship Day. 2 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 2:30 Movie Night- LR (See Posting)	3 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 2:45 Limericks w/ Lou- AR 4:00 Bullseye!- AR	4 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR 2:30 Memories & Moments- LR 3:30 Poker Club- LR	International Beer Day International Thrift Shop Day. 5 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:15 Spanish 101- AR 1:15 Thrift Shop Outing 2:30 Arts & Crafts- AR 3:30 Happy Hour- LR	National Root Beer Float Day. 6 9:15 Bullseye!- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 12:00 Sizzler's Restaurant 1:30 Fitness Center Grand Opening & Ribbon Cutting 2:45 Ageless Strength- AR 4:00 Nat'l Root Beer Float Celeb.- AR	Purple Heart Day. 7 9:15 Tea &Talk- AR 9:30 Chase Bank 10:30 Volleyball- LR 10:30 Ralph's Market 11:15 Stretch & Flex- LR 1:30 Exploring History- AR 1:30 DD's Shop 2:30 Yoga w/ Jenny- LR 3:45 Pictionary- LR	8 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR
9 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 2:30 Movie Night- LR (See Post)	National Spirit Of '45 Day. 10 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo-AR 1:30 Walgreen's 2:45 Limericks w/ Lou- AR 4:00 Pictionary- LR	National Women's Day. Employee Appreciation Day. 11 9:15 Tea & Talk- AR 10:30 Volleyball- LR 10:30 Dollar Tree 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR 2:00 Rummikub- AR	Senior Prom Celebration 12 9:15 Tea & Talk- AR 10:30 Volleyball- LR 10:30 CVS 11:15 Stretch & Flex- LR 1:30 Arts & Crafts w/Theresa- AR 4:30 Senior Prom- DR	National Bowling Day. 13 9:15 Tea & Talk- AR 10:30 Volleyball- LR 10:30 Ralph's Market 11:15 Sit & Fit- LR 1:00 Target 1:30 Bingo w/ Caremore- AR 2:45 Ageless Strength- LR 4:00 Bowling Bonanza- AR	Agent Orange Awareness Day. 14 9:15 Bullseye!- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Exploring History- AR 2:30 Yoga w/ Jenny- LR 3:45 Rummikub For Beginners- AR	15 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR
National Tell A Joke Day. 16 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 2:30 Movie Night- LR (See Posting)	17 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 2:45 Limericks w/ Lou- AR 4:00 Bullseye!- LR	18 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR 2:30 Unity In Motion- LR 3:30 Poker Club- AR	National Relaxation Day. 19 9:15 Tea & Talk- AR 10:00 Volleyball- LR 11:00 Panera Bread 11:15 Stretch & Flex - LR 1:15 Spa Hour- AR 1:15 CVS 2:30 Smooth Jazz Social 3:30 Thankful Thoughts- AR	World Humanitarian Day. National Book Lovers Day. 20 9:15 Bullseye!- AR 10:15 Mid Valley Library 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 2:45 Arts & Crafts- AR 4:00 Dance Fitness- AR	National Senior Citizens Day. 21 9:15 Tea & Talk- AR 10:30 Volleyball - LR 10:30 Trader Joe's 11:15 Stretch & Flex- LR 1:15 Marshall's 1:30 Exploring History- AR 2:30 Yoga w/ Jenny- LR 3:45 Pictionary- LR	Hawaiian Luau 22 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 12:00 Hawaiian Luau- DR 1:15 Rummikub- AR 2:30 Movie Matinee- LR
23 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 2:30 Movie Night- LR (See Posting)	24 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 11:30 Blaze Pizza 1:30 Bingo- AR 2:45 Limericks w/ Lou- AR 4:00 Pictionary- LR	25 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR 1:30 Wells Fargo 2:30 Memories & Moments- LR 3:30 Rummikub- AR 5:30 Movie Night	Nat'l Women's Equality Day. 26 9:15 Park Balboa Walk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:00 Resident Council Meeting- LR 1:30 Town Hall- LR 1:30 Ho Happy Nails 3:30 Happy Hour- LR	27 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 2:45 Ageless Strength- AR 3:45 Rummikub- AR	National Grief Awareness Day. 28 9:15 Bullseye!- AR 10:30 Volleyball - LR 10:30 Ralph's Market 11:15 Stretch & Flex- LR 1:15 Walmart 1:30 Exploring History- AR 2:30 Yoga w/Jenny- LR 3:45 Jewelry Making- AR	29 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR
30 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 2:30 Movie Night- LR (See Posting)	31 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 1:30 Westfield Mall 2:45 Limericks w/ Lou- AR 4:00 Bullseye!- AR	"The little moments make the biggest memories." Room Key: LR- Living Room DR- Dining Room AR- Activity Room RG- Rear Garden				

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Memory Care										Activities may vary		1	
August 2026													
2		3		4		5		6		7		8	
9:15 Sit & Fit 9:45 Walk & Chat 10:30 Music & Smiles 1:00 Fun with Letters 1:30 Pictionary 2:30 Art & Sensory Activity 3:30 Trivia		9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss 1:00 Card match 1:30 History Lesson 2:30 Bingo! 3:30 Folding Fun		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Art & Coloring 1:45 Skill Builders 2:30 Memory Lane Scents 3:30 Bounce Into Fun		Int'l Cheers & Conversation Day 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:30 Arts & Crafts 2:30 Bingo 3:30 Happy Hour!		National Root Beer Float Day 9:15 Walk & Chat 9:30 Sunshine Outing 9:45 Sit & Fit 10:30 Balloon Volleyball 1:00 Name That Tune! 2:15 Ageless Strength 3:00 Poetry Reading		Purple Heart Day 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Card Match 1:00 Balloon Racquetball 1:30 Bingo 2:30 Music & Memories 3:30 Yoga w/Jenny		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Art Sensory Activity 1:00 Volleyball 1:30 Sing-Along 2:30 History Lesson 3:30 Comfort & Conversation	
9		10		11		12		13		14		15	
9:15 Sit & Fit 9:45 Walk & Chat 10:30 Bullseye 1:00 Card Match 1:45 Bullseye 2:30 Sing-along 3:30 Ice Cream Social		9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss/ Kick 1:00 Draw & Fun! 1:30 Math 101 2:30 Memory Lane Scents 3:30 Puzzle Pieces		9:15 Stretch & Flex 9:45 Folding Fun 10:30 Sing-along 1:00 Trivia Tuesday 1:30 Reminiscing 2:30 Fun with Letters 3:30 Helping Hands		Golden 50's Senior Prom 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Arts & Crafts 1:00 Music & Smiles 1:30 Ice Cream Social 2:00 Bundle of Joy Celebration- AL/DR 4:30 50's Senior Prom-AL/DR		National Bowling Day 9:15 Walk & Chat 9:30 Road Trip Thursday 9:45 Sit & Fit 10:30 Warm Chocolate Social 1:00 Memory Lane Scents 1:45 Balloon Volleyball 2:15 Ageless Strength		Agent Orange Awareness Day 9:15 Happy Feet 9:45 Soothing Movements 10:30 Fun with Letters 1:00 Reminiscing 1:30 Bingo 2:30 Disco Fever 3:30 Yoga w/ Jenny		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Aroma Therapy 1:00 Music & Smiles 1:30 Outdoor Social 2:30 Mind & Senses 3:30 Reminiscing	
16		17		18		19		20		21		22	
9:15 Sit & Fit 9:45 Walk & Chat 10:30 Fun with Letters 1:00 Music & Smiles 1:30 Creative Time 2:30 Skill Builders 3:30 Outside Social		9:15 Morning Walk 9:45 Soothing Movements 10:30 Kickball 1:00 Arts & Crafts 1:30 Bingo 2:30 Folding Fun 3:30 Reminiscing Comfort		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Ball Toss 1:00 Sing-along 1:30 Memory Lane Scents 2:30 Art Sensory Activity 3:30 Unity In Motion		National Relaxation Day 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:00 Racquetball 1:30 Arts & Crafts 2:30 Bingo Time 3:30 Comfort & Spa		World Humanitarian Day. National Book Lovers Day. 9:15 Walk & Chat 9:30 Thursday Stroll Outing 9:45 Sit & Fit 10:30 Read Aloud 1:15 Sing-along 2:15 Hangman Challenge 3:00 Memory In Rhyme		National Senior Citizens Day 9:15 Happy Feet 9:45 Soothing Movements 10:30 Memory Lane Scents 1:00 History w/ Emma 1:30 Bingo 2:30 Sensory trivia 3:30 Yoga w/ Jenny		The Garden's Hawaiian Luau 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Sing-along 12:00 Hawaiian Luau- AL/DR 1:00 History Lesson 1:30 Garden Smiles 2:30 Social Hour 3:00 Show & Tell	
23		24		25		26		27		28		29	
9:15 Sit & Fit 9:45 Walk & Chat 10:30 Music & Smiles 1:00 Read Aloud 1:30 Racquetball 2:30 Bullseye 3:30 Comfort & Conversation		9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss 1:00 Fun with Letters 1:30 Creative Time 2:30 Bingo 3:30 Puzzle Pieces		9:15 Happy Feet 9:45 Stretch & Flex 10:30 Let's Dance! 1:00 Trivia Tuesday 1:30 Bingo! 2:30 Arts & Crafts 3:30 Comfort & Conversation 5:30 Movie Night- AL		9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Green Thumb Time 1:00 Music & Smiles 1:30 Volleyball 2:00 Movie & refreshments 3:30 Happy Hour!		9:15 Walk & Chat 9:30 Fun Time Outing 9:45 Sit & Fit 10:30 Puzzle Building 1:00 Sing-along 1:30 Lots of Dots Art 2:15 Ageless Strength 3:00 Helping Hands		National Grief Awareness Day 9:15 Happy Feet 9:45 Soothing Movements 10:30 Balloon Volleyball 1:00 Outdoor Sensory Activity 1:30 Bingo 2:30 Karaoke 3:30 Yoga w/Jenny		9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Aroma Therapy 1:00 Music & Smiles 1:30 Outdoor Social 2:30 Mind & Senses 3:30 Reminiscing	
30		31		"Today is a wonderful day to make someone smile."									
9:15 Sit & Fit 9:45 Walk & Chat 10:30 Bullseye 1:00 Card Match 1:45 Bullseye 2:30 Sing-along 3:30 Ice Cream Social		9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss 1:00 Draw & Fun! 1:30 Math 101 2:30 Memory Lane Scents 3:30 Puzzle Pieces		Key Note: AL/LR- Assisted Living/Living Room AL/DR- Assisted Living/Dining Room									