

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity Codes Physical ■ Social ■ Intellectual ■ Emotional ■ Spiritual ■	9:30 Music & Movement ■ 1 10:00 Daily Chronicle ■ 10:30 Hydration Station 11:00 Bingo ■ 2:00 Step Out in the Sunshine ■ 2:30 Color Me Happy ■ 3:00 Hydration Station 3:30 Word Searches ■	9:30 Morning Manicures ■ 2 10:30 Hydration Station 11:00 Today in History ■ 11:30 Sing & Stretch ■ 2:00 Afternoon Stroll ■ 2:30 Family Feud ■ 3:00 Hydration Station 3:30 Trivia Tuesday ■	9:30 Music & Movement ■ 3 10:00 NoodleBall ■ 10:30 Hydration Station 11:00 Name That Sound ■ 2:00 Happy Hour w/Live Music ■ 3:00 Hydration Station 3:30 Daily Chronicle ■ 6:00 Coffee & Conversation ■	9:30 Daily Chronicle ■ 4 10:00 Bingo ■ 10:30 Hydration Station 11:30 Morning Stretch ■ 2:00 Sing- A -Long ■ 2:30 Zumba ■ 3:00 Hydration Station 3:30 Finish the Saying... ■	9:30 Total Body Fitness ■ 5 10:00 Daily Chronicle ■ 10:30 Hydration Station 11:00 Craft Corner: ■ Ceramic Suns 2:00 Garden Group ■ 2:30 Jukebox Favorites ■ 3:00 Hydration Station 3:30 Cranium Crunches ■	9:30 Saturday Stretch ■ 6 10:00 NoodleBall ■ 10:30 Hydration Station 11:00 Bingo ■ 1:30 Daily Chronicle ■ 2:00 Color Me Happy ■ 3:00 Hydration Station 3:30 Word Searches ■ 6:00 Coffee & Conversation ■
9:30 Sunday Hymns ■ 7 10:00 Ring Toss ■ 10:30 Hydration Station 11:00 Morning News ■ 2:00 Walk Around the Courtyard ■ 2:30 Puzzles & Table Games ■ 3:00 Hydration Station 3:30 Reminiscing ■	9:30 Music & Movement ■ 8 10:00 Daily Chronicle ■ 10:30 Hydration Station 11:00 Bingo ■ 2:00 Step Out in the Sunshine ■ 2:30 Color Me Happy ■ 3:00 Hydration Station 3:30 Word Searches ■	9:30 Morning Manicures ■ 9 10:30 Hydration Station 11:00 Today in History ■ 11:30 Sing & Stretch ■ 2:00 Family Feud ■ 2:15 Rhythm Fitness ■ 3:00 Hydration Station 3:30 Trivia Tuesday ■	9:30 Music & Movement ■ 10 10:00 NoodleBall ■ 10:30 Hydration Station 11:00 Common Sayings ■ 2:00 Happy Hour w/Live Music ■ 3:00 Hydration Station 3:30 Daily Chronicle ■ 6:00 Coffee & Conversation ■	9:30 Daily Chronicle ■ 11 10:00 Bus Outing-Scenic Ride ■ 10:30 Hydration Station 11:30 Morning Stretch ■ 2:00 Sing- A -Long ■ 2:30 Zumba ■ 3:00 Hydration Station 3:30 Finish the Saying... ■	9:30 Total Body Fitness ■ 12 10:00 Daily Chronicle ■ 10:30 Hydration Station 11:00 Craft Corner: ■ Bracelet Making 2:00 Garden Group ■ 2:30 Jukebox Favorites ■ 3:00 Hydration Station 3:30 Cranium Crunches ■	9:30 Saturday Stretch ■ 13 10:00 NoodleBall ■ 10:30 Hydration Station 11:00 Bingo ■ 1:30 Daily Chronicle ■ 2:00 Color Me Happy ■ 3:00 Hydration Station 3:30 Word Searches ■ 6:00 Coffee & Conversation ■
9:30 Sunday Hymns ■ 14 10:00 Ring Toss ■ 10:30 Hydration Station 11:00 Morning News ■ 2:00 Walk Around the Courtyard ■ 2:30 Puzzles & Table Games ■ 3:00 Hydration Station 3:30 Reminiscing ■	9:30 Music & Movement ■ 15 10:00 Daily Chronicle ■ 10:30 Hydration Station 11:00 Bingo ■ 2:00 Step Out in the Sunshine ■ 2:30 Color Me Happy ■ 3:00 Hydration Station 3:30 Word Searches ■	9:30 Morning Manicures ■ 16 10:30 Hydration Station 11:00 Today in History ■ 11:30 Sing & Stretch ■ 2:00 Afternoon Stroll ■ 2:30 Family Feud ■ 3:00 Hydration Station 3:30 Trivia Tuesday ■	9:30 Music & Movement ■ 17 10:00 NoodleBall ■ 10:30 Hydration Station 11:00 Name That Sound ■ 2:00 Happy Hour w/Live Music ■ 3:00 Hydration Station 3:30 Daily Chronicle ■ 6:00 Coffee & Conversation ■	9:30 Daily Chronicle ■ 18 10:00 Bingo ■ 10:30 Hydration Station 11:30 Morning Stretch ■ 2:00 Sing- A -Long ■ 2:30 Zumba ■ 3:00 Hydration Station 3:30 Finish the Saying... ■	9:30 Total Body Fitness ■ 19 10:00 Daily Chronicle ■ 10:30 Hydration Station 11:00 Craft Corner: ■ Dreamcatchers 2:00 Garden Group ■ 2:30 Jukebox Favorites ■ 3:00 Hydration Station 3:30 Cranium Crunches ■	9:30 Saturday Stretch ■ 20 10:00 NoodleBall ■ 10:30 Hydration Station 11:00 Bingo ■ 1:30 Daily Chronicle ■ 2:00 Color Me Happy ■ 3:00 Hydration Station 3:30 Word Searches ■ 6:00 Coffee & Conversation ■
9:30 Sunday Hymns ■ 21 10:00 Ring Toss ■ 10:30 Hydration Station 11:00 Morning News ■ 2:00 Walk Around the Courtyard ■ 2:30 Puzzles & Table Games ■ 3:00 Hydration Station 3:30 Reminiscing ■	9:30 Music & Movement ■ 22 10:00 Daily Chronicle ■ 10:30 Hydration Station 11:00 Bingo ■ 2:00 Step Out in the Sunshine ■ 2:30 Color Me Happy ■ 3:00 Hydration Station 3:30 Word Searches ■	9:30 Morning Manicures ■ 23 10:30 Hydration Station 11:00 Today in History ■ 11:30 Sing & Stretch ■ 2:00 Family Feud ■ 2:15 Rhythm Fitness ■ 3:00 Hydration Station 3:30 Trivia Tuesday ■	9:30 Music & Movement ■ 24 10:00 NoodleBall ■ 10:30 Hydration Station 11:00 Common Sayings ■ 2:00 Happy Hour w/Live Music ■ 3:00 Hydration Station 3:30 Daily Chronicle ■ 6:00 Coffee & Conversation ■	9:30 Daily Chronicle ■ 25 10:00 Bingo ■ 10:30 Hydration Station 11:30 Morning Stretch ■ 2:00 Sing- A -Long ■ 2:30 Zumba ■ 3:00 Hydration Station 3:30 Finish the Saying... ■	9:30 Total Body Fitness ■ 26 10:00 Daily Chronicle ■ 10:30 Hydration Station 11:00 Craft Corner: ■ Paint a Pineapple 2:00 Garden Group ■ 2:30 Jukebox Favorites ■ 3:00 Hydration Station 3:30 Cranium Crunches ■	9:30 Saturday Stretch ■ 27 10:00 NoodleBall ■ 10:30 Hydration Station 11:00 Bingo ■ 1:30 Daily Chronicle ■ 2:00 Color Me Happy ■ 3:00 Hydration Station 3:30 Word Searches ■ 6:00 Coffee & Conversation ■
9:30 Sunday Hymns ■ 28 10:00 Ring Toss ■ 10:30 Hydration Station 11:00 Morning News ■ 2:00 Walk Around the Courtyard ■ 2:30 Puzzles & Table Games ■ 3:00 Hydration Station 3:30 Reminiscing ■	9:30 Music & Movement ■ 29 10:00 Daily Chronicle ■ 10:30 Hydration Station 11:00 Bingo ■ 2:00 Step Out in the Sunshine ■ 2:30 Color Me Happy ■ 3:00 Hydration Station 3:30 Word Searches ■	9:30 Morning Manicures ■ 30 10:30 Hydration Station 11:00 Today in History ■ 11:30 Sing & Stretch ■ 2:00 Afternoon Stroll ■ 2:30 Family Feud ■ 3:00 Hydration Station 3:30 Trivia Tuesday ■	9:30 Music & Movement ■ 31 10:00 NoodleBall ■ 10:30 Hydration Station 11:00 Name That Sound ■ 2:00 Happy Hour w/Live Music ■ 3:00 Hydration Station 3:30 Daily Chronicle ■ 6:00 Coffee & Conversation ■	<h1>August 2022</h1> <p>Memory Care Lifestyle Program</p>		

Please Note: Activities are subject to change.