


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|--|---|
| Activities are subject to change | <p>1</p> 9:30 Stretch and Breathe 10:30 Refresh me please 1:30 Art for our soul 2:30 Roll the dice and say it twice! 3:30 Serving our friends a snack 4:00 Food Discussions 6:00 Aroma and soft music | <p>2</p> 9:30 Chair yoga 10:30 Let's Hydrate 1:30 Let's discuss our desired activities 2:30 Spotlighting our professions 3:30 Afternoon stretches 4:00 Refresh me 6:00 Relaxing touch | <p>3</p> 9:30 Wake and shake 10:30 Ball toss and Talk 11:00 Refresh me please 1:30 Creative people 2:00 Jammin with Jim 3:30 Household chores 6:00 Sights and sounds | <p>4</p> 9:30 Sittercize 10:30 Hot potato 11:00 A cool drink 1:30 We are all chefs 3:30 What do we bring to the beach? 6:00 Music for our soul | <p>5</p> 9:30 Stretch and breathe 10:30 Ring toss among friends 11:00 Refreshment and compliments to each other 1:30 What makes you happy? 3:30 First Friday celebration 6:00 Compassionate touch | <p>6</p> 9:30 Stretch and Breathe 10:30 Keep the ball on the table 11:00 A refreshing drink 1:30 Chat amongst friends 3:30 Sorting it out 6:00 Sights and sounds |
| <p>7</p> 9:30 Chair exercise 10:30 Spiritual hymns 11:00 A cool drink 1:30 Color my world 3:00 Virtual spiritual service 6:00 Relaxing music | <p>8</p> 9:30 Kick it out 10:30 Let's Hydrate 1:30 Music sing a long 2:30 Ceramic creations with Deb 4:00 What did you create? 6:00 Let's watch a comedy | <p>9</p> 9:30 Stretch and breathe 10:30 Ball toss and talk 11:00 Refresh me please 1:30 Patriotic theme songs 3:00 Bingo with Angie 4:00 Flower arranging 6:00 Sights and sounds | <p>10</p> 9:30 Climb the mountain 10:30 How many mountains can you name? 11:00 A refreshing drink 1:30 Artwork of mountain landscapes 2:30 Word games 6:00 Relaxing music | <p>11</p> 9:30 Join us on our Mystery Ride 11:00 Cool me off with a drink 1:30 What are you willing to teach us? 2:30 What will we cook today? 6:00 Time to relax and enjoy some music | <p>12</p> 9:30 Sittercize 10:30 Pictionary 11:00 Refresh me 1:30 Committee- Planning our special event 2:30 Learn the Chicken dance 6:00 Relax with smooth jazz | <p>13</p> 9:30 Kick and shout 10:30 Breathe in and out 11:00 Refreshing drink 1:30 Friendly social 3:30 Color my world 6:00 Relax with me |
| <p>14</p> 9:30 Stretch it out 10:30 Spiritual hymns 11:00 Let's Hydrate 1:30 Sorting colors 3:00 Virtual spiritual service 6:00 Relax with me | <p>15</p> 9:30 Chair exercise 10:30 I spy.... 11:00 A refreshing drink 1:30 Origin of your name 2:30 Ice cream social - who will assist? 4:00 Household chores 6:00 Relax for the evening | <p>16</p> 9:30 Sittercize 10:30 Keep moving with ball toss 11:00 Let's Hydrate 1:30 Tell us about your hometown 3:00 Take me out to the ballgame! 4:00 Do you think it is fact or fiction? 6:00 Sights and sounds | <p>17</p> 9:30 Stretch and breathe 10:30 Beach ball toss and talk 11:00 A cook drink 2:00 Jammin with Jim 4:00 Committee- Community involvement opportunities 6:00 Chill out with R&B | <p>18</p> 9:30 Kick and shout 10:30 The name game! 11:00 Refresh me 2:00 Chair Travels 3:30 Where would you like to travel to next? 6:00 Sights and sounds | <p>19</p> 9:30 Chair yoga 10:30 Breathe in and out 11:00 A cool drink 1:30 Let's chat 3:00 August Birthday Party hosted by Trish, Deb and Angie 6:00 Relax with Music | <p>20</p> 9:30 Stretch and breathe 10:30 Kick it out 11:00 Refresh me 2:00 Movie time 6:00 Relax with music |
| <p>21</p> 9:30 Move it 10:30 Spiritual hymns 11:00 Let's Hydrate 1:30 Color my world 3:00 Virtual spiritual service 6:00 Wind down with easy listening music | <p>22</p> 9:30 Stretch it high 10:30 Tic tac toe 11:00 A refreshing drink 1:30 Bill shares his hunting stories 2:30 Basketball hoopers 3:30 Pick a snack 6:00 Cool down for the evening | <p>23</p> 9:30 Chair yoga 10:30 Art for the soul 11:00 Chicken soup stories 1:30 Hot dog days of summer 2:30 Dance moves 3:30 A snack for you and me 6:00 Relax with friends | <p>24</p> 9:30 Arm movements to music 10:30 Digging for treasure 11:00 Let's Hydrate 1:30 Sharing within our community 3:00 Bingo with Angie 6:00 Scents and sounds | <p>25</p> 9:30 Join us on our Mystery Ride 10:30 Folk songs we love 11:00 Refresh me 1:30 David McAbee strolling guitar for our spirit 3:00 Snacks are always welcome 6:00 Chill out with jazz | <p>26</p> 9:30 Chair exercise 10:30 Share a story 11:00 Let's Hydrate 1:30 Tic tac toe 3:00 Friday Surprise bingo 6:00 Sights and sounds | <p>27</p> 9:30 Stretch and breathe 10:30 Kick those feet 11:00 A cool drink 2:00 Saturday Mattinee 6:00 Relax with me |
| <p>28</p> 9:30 Stretch and breathe 10:30 Spiritual hymns 11:00 A cool drink please 3:00 Virtual spiritual service 6:00 Relax for the evening | <p>29</p> 9:30 Chair yoga 10:30 The name game 11:00 Refresh me 1:30 Household chores 2:30 Building sandcastles 4:00 snack and refreshment 6:00 Scents and sounds | <p>30</p> 9:30 Stretch it out 10:30 Kick it 11:00 Let's Hydrate 1:30 Roll the dice and say it twice 3:00 Baking for our friends 6:00 Relax with soft music | <p>31</p> 9:30 Moving to music 10:30 Poetry for the soul 11:00 Refresh me 1:30 Ice cream is always welcome 3:00 Beach ball throw 6:00 Relaxing music |  | | |