








Discovery and Harmony Activity Calendar

August 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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|  | |  | <p>Note: If an activity is only scheduled for Discovery group, you will see it noted with the letter D or H for Harmony. All other activities will be done in both groups. Your loved one is also welcome to join the other group if they prefer doing that activity instead of what their group is doing.</p> | <p>1 Colorado Day</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Art Class w/ Jess</u> H11:00 Table Bowling 11:40 Fitness Friday 12:00 Lunch and Social Hour 12:45 <u>Virtual Trip to Colorado</u> 12:45 <u>Nail Care w/ Jess & Harlene</u> 12:45 Music Memories w/ Jo</p> |  |
| <p>4 Pet Therapy</p> <p>10:00 Coffee Klatch & New Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:00 <u>Alternate: Create Joy w/ Frankie</u> 11:40 Sittercises 12:00 Lunch and Social Hour D12:45 Game Time! H12:45 Skee Ball Fun Celebrate Shamim's Birthday!</p> | <p>5 Trivia Tuesday</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Connor Performs: Piano</u> 11:00 <u>Abstract Art w/ Jess</u> 11:40 <u>Chair Dancing Workout</u> 12:00 Lunch and Social Hour 12:45 All about August & Trivia</p> | <p>6 Lucille Ball's B-day</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Tigran Performs: Piano</u> 11:45 Noodle & Ball Exercises 12:00 Lunch and Social Hour 12:45 <u>The Best of Lucile Ball Tribute</u> 12:45 Active Game & Laughter Videos Celebrate Jim's Birthday!</p> | <p>7 National Peach Month</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Sweet Treats w/ Jess</u> H11:00 Music & Movement 11:45 Sit and Get Fit Exercises 12:00 Lunch and Social Hour D12:45 Bingo Bash! H12:45 <u>Arts & Crafts</u></p> | <p>8 Back to School Month</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 Cat Day- All about Cats A-Z H11:00 School Days Reminisce 11:40 Fitness Friday 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 <u>Art w/ Jess</u></p> |  |
| <p>11 Mountain Day</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Mountains: Top Ten & Trivia</u> 11:40 <u>Climb a Mountain: Chair Exercise</u> 12:00 Lunch and Social Hour 12:45 <u>Uken w/ Ese</u> 12:45 Alternate: Table Games</p> | <p>12 Mini Horse & Music Therapy</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Romeo & Ziggy Visit</u> 11:45 Move and Groove Exercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 <u>Book Club w/ Jo</u></p> | <p>13 Day</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 Balloon Tennis H11:00 Ring Toss Game 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 Sing Along w/ Paola 12:45 <u>Painting Club w/ Jo</u></p> | <p>14 National Creamsicle Day</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Art w/ Paola</u> H11:00 Self Care Time 11:45 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 12:45 <u>Hawaiian Party w/ Jen & Barbara</u> 12:45 Alternate: Dominos</p> | <p>15 Hawaiian Shirt Day</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 Word Game & Trivia 11:00 <u>Creative Crew w/ Lori</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour 12:45 <u>Hawaiian Luau Fun</u> Celebrate Syed & Deane's B-day!</p> |  |
| <p>18 National Peach Month</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 Ball Grab Game H11:00 Corn Hole Bean Bag Toss 11:40 Sittercises 12:00 Lunch and Social Hour 12:45 <u>Virtual Trip to Georgia</u> 12:45 Alternate: Music Memories</p> | <p>19 World Photo Day Bring a photo/photos to share with the group</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Photos Show n Tell</u> 11:40 Noodle & Ball Exercises 12:00 Lunch and Social Hour D12:45 <u>Bio- Robert Redford</u> H12:45 Balloon Tennis</p> | <p>20 Musical Wednesday</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>The Golden Pipers</u> 11:00 <u>Alternate: Art w/ Jess</u> 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 Alternate: To be determined</p> | <p>21 Kenny Rogers B-day</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 Word Game & Trivia H11:00 Balloon Basketball 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 <u>Music Tribute: Kenny Rogers</u> 12:45 <u>School Days w/ Jo</u></p> | <p>22 Folklore Day</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Folk Music Sing along & Trivia</u> 11:00 <u>Spa day w/ Jess & Harlene</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour 12:45 <u>John Monday Performs: Piano</u> 12:45 Alternate: To be Determined Celebrate Meribeth's Birthday!</p> |  |
| <p>25 Back to School Month</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 Name That Celebrity & Trivia H11:00 Reminisce: School Days 11:40 Sittercises 12:00 Lunch and Social Hour D12:45 Bowling Time! H12:45 Active Game</p> | <p>26 Dog Day</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Core Class w/ Jess & Word Game</u> H11:00 <u>Baking w/ Jo & Dog Trivia</u> 11:40 Noodle & Ball Exercises 12:00 Lunch and Social Hour D12:45 Doggone Funny Videos & Trivia H12:45 Patio Social & Games</p> | <p>27 National Banana Lovers Day</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 <u>Art Class w/ Jess</u> H11:00 Picture Match Game 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 <u>The Ukulele Strummers & Singers</u> 12:45 Alternate: To be determined</p> | <p>28 Phil Performs</p> <p>10:00 Coffee Klatch 10:30 News & Discussion D11:00 Jeopardy Challenge! H11:00 Ping Pong Game 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 <u>Creative Writing w/ Jo</u></p> | <p>29 National Lemon Juice Day</p> <p>10:00 Coffee Klatch 10:30 News & Discussion 11:00 Group Karaoke 11:00 <u>Creative Crew w/ Lori</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour 12:45 <u>Lemonade Social w/ Jo</u> 12:45 Alternate: Laughter videos</p> |  <p>8-6 Shamim & Jim S. 8/17 Syed & Deane 8/22 Meribeth</p> |