

Monday	Tuesday	Wednesday	Thursday	Friday
Pet Therapy 3 10:00 Coffee Klatch 10:30 News and Discussion 11:00 <u>Love on the Leash</u> 11:45 Sit & Get Fit Exercise 12:00 Lunch and Social Hour D12:45 Ball Cup Grab H12:45 Cup Racing Game 	Variety Tuesday 4 10:00 Coffee Klatch 10:30 News and Discussion D11:00 <u>Music w/Stephen Taylor</u> H11:00 Drumming Exercise 11:45 Stretch and Restore Exercise 12:00 Lunch and Social Hour D12:45 Slot Ball H12:45 Arts & Craft Social 	Worry Free Wednesday 5 10:00 Coffee Klatch 10:30 News and Discussion D11:00 Zumba Class H11:00 Active Game 11:45 Stretch and Restore Exercise 12:00 Lunch and Social Hour D12:45 Golf Challenge H12:45 Which Came 1st? 	Lucille Ball's Birthday 6 10:00 Coffee Klatch 10:30 <u>Rock Art w/ Boss Ladies</u> 11:00 News and Discussion 11:45 Sit & Get Fit Exercise 12:00 Lunch and Social Hour 12:45 <u>Lucille Ball's Birthday Party</u> 12:45 Alt: Dominos 	Raspberry Cream Day 7 10:00 Coffee Klatch 10:30 News and Discussion 11:00 <u>August Trivia/ Active Game</u> 11:45 Move & Groove Exercise 12:00 Lunch and Social Hour D12:45 Uno Dice Game H12:45 August Patio Social 
Magic Monday 10 10:00 Coffee Klatch 10:30 News and Discussion D11:00 Active Game H11:00 Balloon Swat 11:45 Move & Groove Exercise 12:00 Lunch and Social Hour 12:45 <u>Magic Show W/ Brian Barry</u> 	Pet Therapy 11 10:00 Coffee Klatch 10:30 News and Discussion 11:00 <u>Love on the Leash</u> 11:00 Alt: Yoga w/ Beth & Paola 11:45 Sit & Get Fit Exercise 12:00 Lunch and Social Hour D12:45 Bean Bag Challenge H12:45 Paper Racing Game 	Elvis Presley Week 12 10:00 Coffee Klatch 10:30 News and Discussion D11:00 Cup Pong Ring Challenge H11:00 Elvis Bingo 11:45 Stretch and Restore Exercise 12:00 Lunch and Social Hour 12:45 <u>Elvis Dance & Sing Party</u> 12:45 Alt: Table Games 	Back to School Month 13 10:00 Coffee Klatch 10:30 News and Discussion D11:00 <u>Baking w/ Erinn</u> H11:00 Bean Bag Cup Toss 11:45 Music and Movement 12:00 Lunch and Social Hour D12:45 School Day Reminiscing w/ Jo H12:45 Ring Tower Challenge 	Creamsicle Day 14 10:00 Coffee Klatch 10:30 News and Discussion 11:00 Active Game/ Trivia 11:00 <u>Creative Crew w/ Lori</u> 11:45 Sit & Get Fit Exercise 12:00 Lunch and Social Hour D12:45 Music Circle H12:45 Classical Movie Clips/ Trivia 
Monday Movement 17 10:00 Coffee Klatch 10:30 News and Discussion D11:00 Table Cup Ball Drop H11:00 Table Pickle Ball 11:45 Sit & Get Fit Exercise 12:00 Lunch and Social Hour D12:45 Zumba Class H12:45 True or False Trivia 	Hawaiian Shirt Day 18 10:00 Coffee Klatch 10:30 News and Discussion 11:00 <u>Mini Horse Visit</u> 11:45 Music and Movement 12:00 Lunch and Social Hour 12:45 <u>Hawaiian Luau Dance Party</u> 12:45 Alt: Table Games 	Pet Therapy 19 10:00 Coffee Klatch 10:30 News and Discussion 11:00 <u>Love on the Leash</u> 11:00 Alt: Craft Crew w/ Paola 11:45 Stretch and Restore Exercise 12:00 Lunch and Social Hour D12:45 Lane Kick Ball H12:45 All about Robert Redford 	Lemonade Day 20 10:00 Coffee Klatch 10:30 News and Discussion D11:00 Ball Catch Game H11:00 <u>Lemon Stamp Art</u> 11:45 Sit & Get Fit Exercise 12:00 Lunch and Social Hour 12:45 <u>Lemonade Social / Trivia</u> 12:45 Alt: Crafts w/Jo 	Lighthouse Day 21 10:00 Coffee Klatch 10:30 News and Discussion 11:00 <u>Lighthouse Facts & Trivia</u> 11:00 <u>Creative Crew w/ Lori</u> 11:45 Move & Groove Exercise 12:00 Lunch and Social Hour D12:45 Active Game H12:45 Bean Bag Fishing 
Peach Pie Day 24 10:00 Coffee Klatch 10:30 News and Discussion D11:00 Number Grab H11:00 <u>Baking w/ Jo</u> 11:45 Move & Groove Exercise 12:00 Lunch and Social Hour D12:45 Monster Truck Race H12:45 Air Hockey 	Daffodil Day 25 10:00 Coffee Klatch 10:30 News and Discussion D11:00 Flower Art H11:00 Active Game 11:45 Sit & Get Fit Exercise 12:00 Lunch and Social Hour 12:45 <u>Planting Day</u> 12:45 Alt: Painting Club w/ Jo 	Show-n-Tell (Travel Edition) 26 10:00 Coffee Klatch 10:30 News and Discussion D11:00 Bingo Bash H11:00 Sensory Game Challenge 11:45 Stretch and Restore Exercise 12:00 Lunch and Social Hour 12:45 <u>Show-n-Tell: Bring a travel souvenir or a picture from your travels.</u> 	Travel Thursday 27 10:00 Coffee Klatch 10:30 News and Discussion D11:00 Stack Cup Challenge H11:00 <u>Virtual Travel to Georgia</u> 11:45 Music and Movement 12:00 Lunch and Social Hour D12:45 <u>Art Project</u> H12:45 Basket Toss 	Thoughtful Day 28 10:00 Coffee Klatch 10:30 News and Discussion D11:00 Core Class w/ Paola H11:00 Chair Yoga 11:45 Sit & Get Fit Exercise 12:00 Lunch and Social Hour D12:45 Bingo Bash H12:45 Paper Chain Affirmation Craft 
Trial Mix Day 31 10:00 Coffee Klatch 10:30 News and Discussion D11:00 Drumming Circle H11:00 <u>Trial Mix Making Social</u> 11:45 Sit & Get Fit Exercise 12:00 Lunch and Social Hour D12:45 <u>Arts & Crafts</u> H12:45 Slot Ball 	Happy August Birthdays: 8-6 Shamim S. 8-7 Nina H. 8-22 Meri 8-25 Aileen C.  			

Note: If an activity is only schedule for **Discovery** group, you will see it noted with the letter **D** and **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.