

# AUGUST 2020



| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|---|--|--|---|---|--|--|
| To handle yourself, use your head; to handle others, use your heart. -- Eleanor Roosevelt   | Remember to hydrate!!! Water is our friend!  | Whether you think you can or you think you can't, you're right. -- Henry Ford  |   |   |  | <b>1</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>1:30</b> Art class<br><b>3:00</b> Brain power smoothies<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities                   |
| <b>2</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>1:00</b> Church with Janice<br><b>3:30</b> Zentangles<br><b>6:00</b> Evening walk<br><b>6:00</b> Book club<br><b>7:00</b> One on one Activities | <b>3</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:00</b> Tend the garden<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Manicures and Hand massages<br><b>3:00</b> menu meeting<br><b>4:00</b> Resident council meeting<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities | <b>4</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Baking club<br><b>3:00</b> riddle me this<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities    | <b>5</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:00</b> Tend the garden<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Favorite things<br><b>3:00</b> Arts and crafts<br><b>4:00</b> Brain power smoothies<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities  | <b>6</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Book club<br><b>3:00</b> Music circle<br><b>4:00</b> Rootbeer floats!<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities | <b>7</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:00</b> Tend the garden<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> brain power smoothies<br><b>3:00</b> Ladies group<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities | <b>8</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>1:30</b> Art class<br><b>2:00</b> book club<br><b>4:00</b> loacl history<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities  |
| <b>9</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>1:00</b> Church with Janice<br><b>3:30</b> Zentangles<br><b>6:00</b> Evening walk<br><b>6:00</b> Book club<br><b>7:00</b> One on one Activities | <b>10</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:00</b> Tend the garden<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:30</b> Manicures and Hand massages<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities  | <b>11</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Baking club<br><b>3:30</b> Tactile guessing<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities | <b>12</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:00</b> Tend the garden<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Favorite things<br><b>3:00</b> Arts and crafts<br><b>4:00</b> Brain power smoothies<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities | <b>13</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Book club<br><b>3:00</b> Music circle<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities                                | <b>14</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:00</b> Tend the garden<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Brain power smoothies<br><b>3:00</b> Men's club<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities  | <b>15</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>1:30</b> Art class<br><b>2:00</b> book club<br><b>4:00</b> loacl history<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities |

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| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|--|---|--|---|--|--|--|
| <b>16</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>1:00</b> Church with Janice<br><b>3:30</b> Zentangles<br><b>6:00</b> Evening walk<br><b>6:00</b> Book club<br><b>7:00</b> One on one Activities | <b>17</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:00</b> Tend the garden<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:30</b> Manicures and Hand massages<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities                                 | <b>18</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Baking club<br><b>3:00</b> riddle me this<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities   | <b>19</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:00</b> Tend the garden<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Favorite things<br><b>3:00</b> August Birthday party<br><b>4:00</b> Brain power smoothies<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities | <b>20</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Book club<br><b>3:00</b> Music circle<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities | <b>21</b> Senior Citizen's Day<br><b>8:30</b> Coffee and Reminicing<br><b>9:00</b> Tend the garden<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Brain power smoothies<br><b>3:00</b> Ladies group<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities | <b>22</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>1:30</b> Art class<br><b>2:00</b> book club<br><b>4:00</b> loacl history<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities |
| <b>23</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>1:00</b> Church with Janice<br><b>3:30</b> Zentangles<br><b>6:00</b> Evening walk<br><b>6:00</b> Book club<br><b>7:00</b> One on one Activities | <b>24</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:00</b> Tend the garden<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:30</b> Manicures and Hand massages<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities                                 | <b>25</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Baking club<br><b>3:30</b> Tactile guessing<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities | <b>26</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:00</b> Tend the garden<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Favorite things<br><b>3:00</b> Arts and crafts<br><b>4:00</b> Brain power smoothies<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities       | <b>27</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Book club<br><b>3:00</b> Music circle<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities | <b>28</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:00</b> Tend the garden<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> Brain power smoothies<br><b>3:00</b> Men's club<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities                        | <b>29</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>1:30</b> Art class<br><b>2:00</b> book club<br><b>4:00</b> loacl history<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities |
| <b>30</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>1:00</b> Church with Janice<br><b>3:30</b> Zentangles<br><b>6:00</b> Evening walk<br><b>6:00</b> Book club<br><b>7:00</b> One on one Activities | <b>31</b><br><b>8:30</b> Coffee and Reminicing<br><b>9:00</b> Tend the garden<br><b>9:45</b> Feed the Birds<br><b>11:00</b> Morning exercise<br><b>1:00</b> Circle of friends<br><b>2:00</b> making trail mix<br><b>3:30</b> Manicures and Hand massages<br><b>6:00</b> Evening walk<br><b>7:00</b> One on one Activities |  |   |  |  |  |