

August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Morning Stretch 1 10:30 Shopping: Bi-Mart 2:00 Chain Painting 4:00 Memoir & Reminiscing	9:30 Essential Exercise 2 10:30 About: Mae West 11:00 Sing Along 6:00 Evening Movie	National Watermelon Day! 3 9:30 Exercise 10:15 Morning Walk 11:00 Movie Outing: Top Gun: Maverick 11:00 Quiddler 2:00 Charades 3:30 DIY Ocean in a Bottle	9:30 Essential Exercise 4 10:30 Garden Gurus 1:30 DIY Nail Spa 4:00 Story Telling 4:30 Tiki Happy Half Hour w/ Hawaiian Fun Facts! 6:00 House (S1E1)	9:30 News & Chat w/Clint 5 10:30 Exercise 11:15 This Day in History 1:00 Horse Racing 2:00 Candy Bar Bingo	National Root Beer Float Day 6 Self-Led Activities* 11:00 Spiritual Services on YouTube 2:00 Movie & Root Beer Float in Lounge
9:30 Essential Exercise 7 10:30 Painting 2:00 Phase 10 4:00 Yoga Ball Drumming 6:00 Weekly Documentary	9:30 Morning Stretch 8 10:15 Shopping: St. Vinnies on 11th 2:00 Hanging Art Pennant 4:00 Memoir & Reminiscing	National Fried Chicken & Waffles Day! 9 9:30 Essential Exercise 10:30 About: U.S. Coast Guard 11:00 Sing Along 6:00 Evening Movie: Finding Ohana	9:30 Exercise w/Clint 10 10:15 Morning Walk 11:00 Outing: Picnic at Hendricks Bridge Park 11:00 Hangman 1:00 Corn Hole 2:00 High Cards	9:30 Essential Exercise 11 10:30 Hot Topics & Hot Cocoa 1:30 James Garcia on Guitar 3:30 Peanut Auction 4:30 Tiki Happy Half Hour w/Luau Fun Facts! 6:00 House (S1E2)	9:30 Armchair Travel to Hawaii 12 10:30 Exercise 11:15 Battle of the Dice 1:00 Horse Racing 2:00 Blackjack	Self-Led Activities* 13 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn
9:30 Essential Exercise 14 10:30 Outing: Scandinavian Festival in Junction City 6:00 Weekly Documentary – Chasing Coral Mabel's Birthday Beryl's Birthday	9:30 Morning Stretch 15 10:30 Shopping: Market of Choice 2:00 Paint Pour Art 4:00 Memoir & Reminiscing	9:30 Essential Exercise 16 10:30 About: Louis Armstrong 11:00 Sing Along 6:00 Evening Movie: Princess Kaiulani Tell a Joke Day	9:30 Essential Exercise 17 10:15 Morning Walk 11:00 Farkle 1:30 Pictionary 3:15 Paper Plane Build and Race	9:30 Essential Exercise 18 10:30 Garden Gurus 1:30 Timothy Patrick 4:00 Story Telling 4:30 Tiki Happy Half Hour w/History of the Hula Dance 6:00 House (S1E3)	10:00 AT HOME Chair Exercises for SENIORS or BEGINNERS on YouTube (by Improved Health) 19 2:00 Friday Matinee: After the Fox	Self-Led Activities* 20 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn
9:30 Essential Exercise 21 10:30 Quiddler 2:00 Tiny Tiki Masks 4:00 Drum Circle 6:00 Weekly Documentary	9:30 Morning Stretch 22 10:30 Shopping: Trader Joe's 2:00 Treasure Hunt 4:00 Memoir & Reminiscing	9:30 Essential Exercise 23 10:30 About: Don Ho 11:00 Sing Along 6:00 Evening Movie – Blue Hawaii	9:30 Exercise w/Clint 24 10:15 Morning Walk 11:00 Trivia Time 1:00 Outing: Thistledown Farm 1:00 Horse Racing 2:00 High Cards	9:30 Essential Exercise 25 10:30 Mixed Media Collage 1:30-Make a Flower Leis 4:30 Happy Half Hour 4:30-5:30 – Hawaiian Music by Paul Prince 5:00 Family & Friends Luau Wear Something Hawaiian Day	9:30 News & Chat w/Clint 26 11:15 Exercise 1:00 Plinko 2:00 Aloha Bingo	Self-Led Activities* 27 11:00 Spiritual Services on YouTube 2:00 Movie & Popcorn
9:30 Essential Exercise 28 10:30 Basket Weaving w/Paper 2:00 Afternoon Tea 4:00 F.E.T.C.H. Therapy Dog Visit 6:00 Weekly Documentary	9:30 Morning Stretch 29 10:30 Shopping: Safeway 1:00 Resident Council 2:30 August Birthdays Celebration 4:00 Memoir & Reminiscing	9:30 Essential Exercise 30 10:30 About: Mother Theresa 11:00 Sing Along 1:00 Food Council 6:00 Evening Movie	9:30 Exercise w/Clint 31 10:15 Morning Walk 11:00 Battle of the Dice 11:30 Monthly Lunch Outing 1:00 Corn Hole 2: 00 Blackjack			

Please remember, all bus outings require sign-up in advance!
Activities are hosted in the lounge unless otherwise indicated.
 Every effort is made to fulfill all calendar events; however, activities could be subject to change.
 *Packets can be found on the activity table.

Doctor transport: Tuesday afternoons noon to 4pm
 Thursday mornings 8am to noon

Movie titles and descriptions will be listed on the daily schedule posted at front desk.