

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026 South Shore Memory Care						1 9:30 Morning Meditation 10:30 Morning Exercise 2:00 Tim Plays Guitar and Sings 3:30 Sensory Stories: Dance in A Field of Wildflowers 6:00 Balloon Ball
2 9:30 Coffee and Conversation 10:30 Strength Fitness Video 11:00 Power Walking Club 1:30 Sunday Bingo 4:00 Evening Gather 6:00 Sunday Night Movie with Popcorn	3 9:30 Monday Morning Mochas 10:00 Cardio Drumming with Paz 10:30 Wacky Wordies 1:30 Painting Class: Beach Day 3:00 Chair Chi with Chris 6:00 Cornhole	4 9:30 Daily Chronicle 10:00 Cardio Drumming with Paz 10:30 Baking Chocolate Chip Cookies 2:00 Tuesday Matinee in the Dorian Theater 3:45 Kickboxing with Chris 6:00 Bowling	5 9:30 Bible Study 10:45 Yoga with Chris 11:00 Power Walking Club 1:30 Scenic Drive 3:00 Strength Training with Chris 4:00 Evening Gather 6:00 Ring Toss	6 9:30 Daily Chronicle 10:00 Sit & Stretch with Paz 1:30 Kim's Book Nook 2:30 Thirsty Thursday with Tasty Treats 3:45 Chair Chi with Chris 6:00 Cornhole	7 9:30 Daily Chronicle & Coffee 9:45 Chair Yoga with Chris 1:45 Louis Faro Plays Piano 3:00 Mindful Meditation with Chris 3:30 Puzzle Club 6:00 Rhythm, Music, Dance	8 9:30 Morning Meditation 10:30 Morning Exercise 2:00 Scenic Drive 3:00 Make your own Scented Lotion 4:00 Evening Gather 6:00 Balloon Ball
9 9:30 Coffee and Conversation 10:30 Strength Fitness Video 11:00 Power Walking Club 1:30 Sunday Bingo 4:00 Evening Gather 6:00 Sunday Night Movie with Popcorn	10 9:30 Monday Morning Mochas 10:00 Cardio Drumming with Paz 11:00 Concentration Puzzles 1:30 Painting Class: Jar of Fireflies 3:00 Chair Chi with Chris 6:00 Cornhole	11 9:30 Daily Chronicle 10:00 Cardio Drumming with Paz 11:00 Turmeric Sun Prints 2:00 Gus Russel Plays Piano 3:45 Kickboxing with Chris 6:00 Bowling	12 9:30 Bible Study 10:45 Yoga with Chris 11:00 Power Walking Club 1:30 Scenic Drive 3:00 Strength Training with Chris 4:00 Evening Gather 6:00 Ring Toss	13 9:30 Daily Chronicle 10:00 Sit & Stretch with Paz 1:30 Kim's Book Nook 2:30 Thirsty Thursday with Tasty Treats 3:45 Chair Chi with Chris 6:00 Cornhole	14 9:30 Daily Chronicle & Coffee 10:00 Entertainment with the "Timeless Treasures" 1:30 Noodle Balloon ball 2:00 Word Puzzle Games 3:00 Mindful Meditation with Chris 6:00 Rhythm, Music, Dance	15 9:30 Morning Meditation 10:30 Morning Exercise 2:00 Tim Plays Guitar and Sings 3:30 Sensory Stories: Walk Down a Forest Trail 4:00 Evening Gather 6:00 Balloon Ball
16 9:30 Coffee and Conversation 10:30 Strength Fitness Video 11:00 Power Walking Club 1:30 Family Bingo! 4:00 Evening Gather 6:00 Sunday Night Movie with Popcorn	17 9:30 Monday Morning Mochas 10:00 Cardio Drumming with Paz 11:00 Tabletop Detective 2:00 Timothy Patrick Performs 3:00 Chair Chi with Chris 4:00 Evening Gather 6:00 Cornhole	18 9:30 Daily Chronicle 10:00 Cardio Drumming with Paz 10:30 Smoothie Social 1:30 Tuesday Matinee in the Dorian Theater 3:45 Kickboxing with Chris 6:00 Bowling	19 9:30 Bible Study 10:45 Yoga with Chris 11:00 Power Walking Club 1:30 Scenic Drive 3:00 Strength Training with Chris 4:00 Evening Gather 6:00 Ring Toss	20 9:30 Daily Chronicle 10:00 Sit & Stretch with Paz 1:30 Kim's Book Nook 2:00 Sara Scofield Sings 3:45 Chair Chi with Chris 6:00 Cornhole	21 9:30 Daily Chronicle & Coffee 9:45 Chair Yoga with Chris 1:30 Orange Crush Floats & Play Bingo 3:00 Mindful Meditation with Chris 6:00 Rhythm, Music, Dance	22 9:30 Morning Meditation 10:30 Morning Exercise 11:00 Name that Tune 2:00 Scenic Drive 3:30 Aromatherapy Matching Game 4:00 Evening Gather 6:00 Balloon Ball
23 9:30 Coffee and Conversation 10:30 Strength Fitness Video 11:00 Power Walking Club 1:30 Sunday Bingo 4:00 Evening Gather 6:00 Sunday Night Movie with Popcorn	24 9:30 Monday Morning Mochas 10:00 Cardio Drumming with Paz 11:00 Colored Pencil Blending 2:00 Make Aromatherapy Necklace Pendants 3:00 Chair Chi with Chris 4:00 Evening Gather 6:00 Cornhole	25 9:30 Daily Chronicle 10:00 Cardio Drumming with Paz 2:00 Tuesday Matinee in the Dorian Theater 3:45 Kickboxing with Chris 6:00 Bowling	26 9:30 Bible Study 10:45 Yoga with Chris 11:00 Power Walking Club 1:30 Scenic Drive 3:00 Strength Training with Chris 4:00 Evening Gather 6:00 Ring Toss	27 9:30 Daily Chronicle 10:00 Sit & Stretch with Paz 1:30 Kim's Book Nook 2:30 Thirsty Thursday with Tasty Treats 3:45 Chair Chi with Chris 6:00 Cornhole	28 9:30 Daily Chronicle & Coffee 9:45 Chair Yoga with Chris 1:30 Noodle Balloon Ball 3:00 Mindful Meditation with Chris 6:00 Rhythm, Music, Dance	29 9:30 Morning Meditation 10:30 Morning Exercise 2:00 Tim Plays Guitar and Sings 3:30 Sensory Stories: Trip To the Orchard 4:00 Evening Gather 6:00 Balloon Ball
30 9:30 Coffee and Conversation 10:30 Strength Fitness Video 11:00 Power Walking Club 1:30 Sunday Bingo 4:00 Evening Gather 6:00 Sunday Night Movie with Popcorn	31 9:30 Monday Morning Mochas 10:00 Cardio Drumming with August 10:30 Aromatherapy Matching Game 2:00 Tim and Kay Biggs Sing 3:00 Chair Chi with Chris 4:00 Evening Gather 6:00 Cornhole	Amidst the ripening grain, And adds her voice to sell the song, That August's here again." - Helen Winslow 				

Please Note: Thurs.-Sun. Only 1 Life Enrichment Associate on duty-activities will rotate between Shores. All activities Subject to Change.

