

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  August 2026 Sierra Del Sol The Lodge						
9:30 Gentle Stretch & Shine 10:00 Virtual Sunday Church Service 10:30 Snack & Hydration 11:00 Helping Hands: Folding Hand Towels 11:45 Namaste- Aromatherapy 1:00 Vintage America Show 2:00 Musical Sing Along w/ Linda 3:00 Sunday Smoothie Shake-Up 4:00 Sunday Evening Movie: The Sheep Detectives	9:30 Morning Stretch & Music 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Water Coloring 11:30 Namaste- Aromatherapy 1:30 Bean Bag Twister 2:30 Yoga & Meditation w/ Loree 3:00 Popping Popcorn & Netflix Remake Little House on The Prairie E1	9:30 Morning Stretch 10:00 Refreshment Cart & Music 10:30 Growing Our Chia Pets 11:00 Balloon Noodle Ball 11:45 Namaste- Aromatherapy 1:30 Pokeno 2:00 Snack & Hydration 3:00 Lucky Number Challenge 4:00 Concert: The Highway Men 6:00 Picture Books in the Activity Room	9:30 Music & Morning Stretch 10:00 Coffee, Chat & Flower Arranging 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from AAFC 1:15 August Trivia 2:30 Live Music w/ Littlest Big Band 4:00 America Test Kitchen E1 6:00 Coloring in the Activity Room	9:00 Ribbon Dancing w/ Loree 9:30 Daily Chronicles 10:00 Snack & Hydration 10:30 Scenic Bus Ride 11:45 Hand & Scalp Massages 11:30 Namaste- Aromatherapy 1:30 Shuffleboard Showdown 2:30 Baking Brownies 4:00 Classic Movie: Singing in the Rain 6:00 Puzzles in the Activity Room	9:00 Zen Stretch w/ Loree 10:00 Snack & Hydration 10:30 Roll, Count & Guess 11:00 Creating Abstract Art 11:45 Namaste- Aromatherapy 1:30 Sing Along w/ Maryanne 3:00 Resistance Training w/ Myrlene From AAFC 3:30 Happy Friday w/ Wine & Cheese 4:00 Music in the Lodge	9:00 Morning Stretch 9:30 Snack, Hydration & Chronicles 10:30 Watering Our Chia Pets 11:00 Namaste- Aromatherapy Hand Massage 1:30 Bunco 2:30 Afternoon Snack 3:00 Join Us for Family Bingo! 4:00 Favorite Sing Along 6:00 Word Search in the Enclave
9:30 Gentle Stretch & Shine 10:00 Virtual Sunday Church Service 10:30 Snack & Hydration 11:00 Helping Hands: Napkin Folding 11:45 Namaste- Aromatherapy 1:00 Vintage America Show 2:00 Church Service w/ Faith Community Church 3:00 Sundae Funday 4:00 Sunday Evening Movie: Love & Mercy	9:30 Morning Exercise & Music 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Reading Group: Reminiscing Magazine 11:30 Namaste- Aromatherapy 1:30 Craft w/ Loree: Jar Suncatchers 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & Netflix Remake Little House on The Prairie E2	9:30 Morning Stretch 10:00 Refreshment Cart & Music 10:30 Watering Our Chia Pets 11:00 Balloon Noodle Ball 11:45 Namaste- Aromatherapy 1:30 Word Hunt Showdown 2:00 Snack & Hydration 3:00 UNO! 4:00 Concert: Olivia Newton John 6:00 Picture Books in the Activity Room	9:30 Music & Morning Stretch 10:00 Coffee, Chat & Flower Arranging 11:00 Pet Therapy Visit 11:30 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from AAFC 1:15 Scrapbooking 2:30 Sing Along w/Linda Updike 4:00 America Test Kitchen E2 6:00 Coloring in the Activity Room	9:00 Ribbon Dancing w/ Loree 9:30 Daily Chronicles 10:00 Snack & Hydration 10:30 Scenic Bus Ride 11:00 Hand & Scalp Massages 11:45 Namaste- Aromatherapy 1:30 Indoor Bowling 2:30 Baking Blueberry Muffins 4:00 Classic Movie: West Side Story 6:00 Puzzles in the Activity Room	9:00 Zen Stretch w/ Loree 10:00 Snack & Hydration 10:30 Roll, Count & Guess 11:00 Reading w/ Lee 11:45 Namaste- Aromatherapy 1:30 Shuffleboard w/ Rosanda 3:00 Resistance Training w/ Myrlene From AAFC 3:30 Happy Friday w/ Strawberry Milkshakes 4:00 Music in the Lodge	9:00 Morning Stretch 9:30 Snack, Hydration & Chronicles 10:30 Watering Our Chia Pets 11:00 Namaste- Aromatherapy Hand Massage 1:30 Bunco 2:30 Afternoon Snack 3:00 Join Us for Family Bingo! 4:00 Favorite Sing Along 6:00 Word Search in the Enclave
9:30 Gentle Stretch & Shine 10:00 Virtual Sunday Church Service 10:30 Snack & Hydration 11:00 Helping Hands: Sorting Pom Poms 11:45 Namaste- Aromatherapy 1:00 Vintage America Show 1:30 Hymns Sing Along 3:00 Sunday Smoothie Shake-Up 4:00 Sunday Evening Movie: The Coal Miners Daughter	9:30 Morning Stretch & Music 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Coloring 11:30 Namaste- Aromatherapy 1:30 Bean Bag Twister 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & Netflix Remake Little House on The Prairie E3	9:30 Morning Stretch 10:00 Refreshment Cart & Music 10:30 Watering Our Chia Pets 11:00 Balloon Noodle Ball 11:45 Namaste- Aromatherapy 1:30 Armchair Traveling: New Zealand 2:00 Snack & Hydration 3:00 Lucky Number Challenge 4:00 Concert: Tom Jones 6:00 Picture Books in the Activity Room	9:30 Music & Morning Stretch 10:00 Coffee, Chat & Flower Arranging 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from AAFC 1:15 Desk Detectives 2:30 Tapping Toes w/ Manny Herrerra 4:00 America Test Kitchen E3 6:00 Coloring in the Activity Room	9:00 Ribbon Dancing w/ Loree 9:30 Daily Chronicles 10:00 Snack & Hydration 10:30 Scenic Bus Ride 11:00 Hand & Scalp Massages 11:45 Namaste- Aromatherapy 1:30 Craft w/ Char: Jellyfish Creations 2:30 Resident Birthday Party! 4:00 Classic Movie: Cinderella 6:00 Puzzles in the Activity Room	9:00 Zen Stretch w/ Loree 10:00 Snack & Hydration 10:30 Roll, Count & Guess 11:00 Creating Abstract Art 11:45 Namaste- Aromatherapy 1:30 Toe Tapping Tunes w/ Banjo Doug 3:00 Resistance Training w/ Myrlene From AAFC 3:30 Cheers to You! Happy Senior Citizens Day! 4:00 Music in the Lodge	9:00 Morning Stretch 9:30 Snack, Hydration & Chronicles 10:30 Watering Our Chia Pets 11:00 Namaste- Aromatherapy Hand Massage 1:30 Bunco 2:30 Afternoon Snack 3:00 Join Us for Family Bingo! 4:00 Favorite Sing Along 6:00 Word Search in the Enclave
9:30 Gentle Stretch & Shine 10:00 Virtual Sunday Church Service 10:30 Snack & Hydration 11:00 Helping Hands: Kindness Cards 11:45 Namaste- Aromatherapy 1:00 Vintage America Show 1:30 Hymns Sing Along 3:00 Sunday Smoothie Shake-Up 4:00 Sunday Evening Movie: Bad News Bears	9:30 Morning Stretch & Music 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Reading Group: Reminiscing Magazine 11:30 Namaste- Aromatherapy 1:30 Craft w/ Loree: Birdhouse 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & Netflix Remake Little House on The Prairie E4:	9:30 Morning Stretch 10:00 Refreshment Cart & Music 10:30 Watering Our Chia Pets 11:00 Balloon Noodle Ball 11:45 Namaste- Aromatherapy 1:30 Armchair Traveling: Hawaii Island Escape 2:00 Snack & Hydration 3:00 UNO! 4:00 Concert: Jimmy Buffet 6:00 Picture Books in the Activity Room	9:30 Music & Morning Stretch 10:00 Coffee, Chat & Flower Arranging 11:00 Pet Therapy Visit 11:00 Namaste- Aromatherapy Hand Massages 1:15 Scrapbooking 2:30 Decades Trivia Name that Tune 4:00 America Test Kitchen E4 6:00 Coloring in the Activity Room	9:00 Ribbon Dancing w/ Loree 9:30 Daily Chronicles 10:00 Snack & Hydration 10:30 Scenic Bus Ride 11:00 Hand & Scalp Massages 11:45 Namaste- Aromatherapy 1:30 Shuffleboard Showdown 2:30 Baking Chocolate Chip Cookies 4:00 Sierra Del Sol Luau 5:00 Siva Maia Polynesian Dancers 6:00 Puzzles in the Activity Room	9:00 Zen Stretch w/ Loree 10:00 Snack & Hydration 10:30 Roll, Count & Guess 11:00 Reading w/ Lee 11:45 Namaste- Aromatherapy 1:30 Shuffleboard w/ Rosanda: 3:00 Resistance Training 3:30 Happy Friday w/ Dirty Sodas 4:00 Music in the Lodge	9:00 Morning Stretch 9:30 Snack, Hydration & Chronicles 10:30 Watering Our Chia Pets 11:00 Namaste- Aromatherapy Hand Massage 1:30 Bunco 2:30 Afternoon Snack 3:00 Join Us for Family Bingo! 4:00 Favorite Sing Along 6:00 Word Search in the Enclave
9:30 Gentle Stretch & Shine 10:00 Virtual Sunday Church Service 10:30 Snack & Hydration 11:00 Helping Hands: Folding Calendars & Newsletters 11:45 Namaste- Aromatherapy 1:00 Vintage America Show 2:00 Church Service w/ Faith Community Church 3:00 Sundae Funday 4:00 Sunday Evening Movie: Mama Mia	9:30 Morning Stretch & Music 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Water Coloring w/ Loree 11:30 Namaste- Aromatherapy 1:30 Bean Bag Twister 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & Netflix Remake Little House on The Prairie E5	 Sunshine fills the day with warmth and the heart with joy! 				

Schedule is Subject to change. For the most updated information please see Activity Daily. Sierra Del Sol Senior Living 8151 E Speedway Tucson AZ 85710