

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

“Live in each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influence of the earth.”

— Henry David Thoreau

9:30 Chair Fitness on YouTube 1
10:30 Borrow a Book from the Library
11:00 Spiritual Services on YouTube
3:00 Resident Led Sing Along
6:00 Game: Residents' Choice

10:00 Exercise w/Rita 2
11:00 Creative Dandelion Art
2:00 No Talent Show Planning
4:00 Rummy 500
6:00 Documentary: *Fleetwood Mac – The Story of Fleetwood Mac* (AP)

9:30 Morning Stretch w/Kristy 3
10:00 Shopping: Bi-Mart
1:30 Walking Club
2:00 Activity Planning for September
4:00 Bingo
6:00 Game: Residents' Choice

10:00 Daily Chronicles w/Kristy 4
11:00 **Everfit Exercise with Paz**
1:00 Quiddler
2:15 **Dan on Piano**
4:00 Social Coloring
6:00 Movie: *I Am Woman* (NF)

9:30 Exercise w/Rita 5
10:30 Coffee Social
11:00 Discussion: Traditions
2:00 **Aging Café w/Chandra from Brighton Hospice**
4:00 Dealers Choice Poker
6:00 Resident Card Game

9:00 Self Led Walkabout 6
11:00 Resident Led Dominos
2:00 Get Your Float On!
4:00 Happy Hour
6:00 Series Night: *Star Trek: The Next Generation* (S1E8)(P+)
National Root Boor Float Day

10:00 Strength Training 7
11:00 **Everfit Music with Paz**
1:00 Hangman
2:30 Texas Hold 'Em
4:30 Socializing in the Lobby
6:00 TV Time, Caregivers Choice

9:30 Chair Fitness on YouTube 8
10:30 Walk Around the Building
11:00 Spiritual Services on YouTube
3:00 Resident Led Sing Along
6:00 Game: Residents' Choice

10:00 Exercise w/Rita 9
11:00 Scrabble
1:30 DIY Nail Spa
4:00 Test Your Knowledge: Cars of the World
6:00 Documentary: *Jim Thorpe: Lit by Lightning* (NF)

9:30 Morning Stretch w/Kristy 10
10:00 Shopping: Albertson's/Trader Joe's
1:30 Walking Club
2:00 Storytelling
4:00 Bingo
6:00 Game: Residents' Choice
Margaret's Birthday

10:00 Daily Chronicles w/Kristy 11
11:00 **Everfit Exercise with Paz**
1:00 Garden Tending
2:15 **Dan on Piano**
4:00 Social Coloring
6:00 Movie: *Ordinary Angels* (NF)

9:30 Exercise w/Rita 12
10:30 Coffee Social
11:00 Discussion: Health & Wellness
2:00 **Vocalist Sara Scofield**
4:00 Dealers Choice Poker
6:00 Resident Card Game

9:00 Self Led Walkabout 13
11:00 Resident Led Quiddler
2:00 No Talent Show Planning
4:00 Happy Hour
6:00 Series Night: *Star Trek: The Next Generation* (S1E9)(P+)

10:00 Strength Training 14
11:00 **Everfit Music with Paz**
1:00 World Religions
2:30 Texas Hold 'Em
4:30 Socializing in the Lobby
6:00 TV Time, Caregivers Choice

9:30 Chair Fitness on YouTube 15
10:30 Read a Book on the Patio
11:00 Spiritual Services on YouTube
3:00 Resident Led Sing Along
6:00 Game: Residents' Choice

10:00 Exercise w/Rita 16
11:00 Craft: Nature Weaving
2:00 New Game: Musical Statues
4:00 Dice Game 5000
6:00 Documentary: *The Evidence for Heaven* (AP)

9:30 Morning Stretch w/Kristy 17
9:45 Shopping: Walmart
1:30 Walking Club
2:00 No Talent Show Practice
4:00 Bingo
6:00 Game: Residents' Choice

10:00 Daily Chronicles w/Kristy 18
11:00 **Everfit Exercise with Paz**
1:00 Balloon Swat
2:15 **Dan on Piano**
4:00 Create a Vision Board
6:00 Movie: *La Bamba* (NF)

9:30 Exercise w/Rita 19
10:30 Coffee Social
11:00 Discussion: Defining Joy
12:50 **Outing: The Shedd for the Oregon Festival of American Music**
4:00 Garden Tending, Self-led
6:00 Resident Card Game

9:00 Self Led Walkabout 20
11:00 Resident Led Rummy
2:00 **Timothy Patrick on Guitar**
4:00 Happy Hour
6:00 Series Night: *Star Trek: The Next Generation* (S1E10)(P+)

10:00 Strength Training 21
11:00 **Everfit Music with Paz**
1:00 Craft: Bookmarks
2:30 Texas Hold 'Em
4:30 Socializing in the Lobby
6:00 TV Time, Caregivers Choice

9:30 Chair Fitness on YouTube 22
10:30 Start a Game of Cards
11:00 Spiritual Services on YouTube
3:00 Resident Led Sing Along
6:00 Game: Residents' Choice

10:00 Exercise w/Rita 23
11:00 Sunflower Painting
2:00 Croquet
4:00 No Talent Show Practice
6:00 Documentary: *Paul McCartney: Man on the Run* (AP)

9:30 Morning Stretch w/Kristy 24
10:45 **Outing: Picnic at the River**
1:30 Monday Matinee: *Harriet* (NF)
4:00 Bingo
6:00 Game: Residents' Choice

10:00 Daily Chronicles w/Kristy 25
11:00 **Everfit Exercise with Paz**
1:30 Resident Food Council
2:30 Garden Tending
4:00 Social Coloring
6:00 Movie: *Coda* (AP)

9:30 Exercise w/Rita 26
10:30 Coffee Social
11:00 Discussion: Stereotypes
2:00 **Resident Panel: Personal History**
4:00 Dealers Choice Poker
6:00 Resident Card Game

9:00 Self Led Walkabout 27
10:30 Resident Led Scrabble
1:30 Matinee: *Downton Abbey* (NF)
4:30 **Wine & Appetizers**
5:00 **Friends & Family Buffet**

10:00 Strength Training 28
11:00 **Everfit Music with Paz**
1:00 Rites of Passage
2:30 Texas Hold 'Em
4:30 Socializing in the Lobby
6:00 TV Time, Caregivers Choice

9:30 Chair Fitness on YouTube 29
10:30 Invite a Friend to Walk
11:00 Spiritual Services on YouTube
3:00 Resident Led Sing Along
6:00 Game: Residents' Choice

11:00 Exercise on YouTube 30
1:00 Matinee: *The Courtship* (AP)
4:00 Fetch Therapy Dogs
6:00 Documentary: *Sunday Best* (NF)

9:30 Exercise w/Kristy 31
10:00 Shopping: Safeway
1:30 Walking Club
2:00 Resident Council
3:30 August Birthdays Cake
6:00 Resident Card Game

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.

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