

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Let's Get Moving! <b>1</b> 10:30 Hydration 11:00 Brain Teasers 12:00 Hand Care/Lunch 1:45 Noodle Ball! 3:00 Snack Break 5:00 Dinner	Decade Day! Celebrate the 50's! <b>2</b> 9:30 Dance Exercise Class 10:30 Hydration 11:00 Back in the 50's.. 12:00 Hand Care/Lunch 1:45 Garden Group! 3:00 Fruit Smoothies 5:00 Dinner	9:30 Morning Walk <b>3</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Popsicle Pass 3:00 Let's Play Some Music 5:00 Dinner	National Chocolate Chip <b>4</b> Cookie Day! 9:30 Relaxation Music 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 2:00 Cookie Treats! 3:00 Afternoon Stretch 5:00 Dinner	9:30 Coffee and Chit <b>5</b> Chat 10:30 Morning Trivia 11:00 Hydration 12:00 Hand Care/Lunch 1:45 White Board Games 3:00 Bean Bag Toss 5:00 Dinner	9:30 Daily Chronicles <b>6</b> 10:00 Hydration 11:00 Favorite Songs 12:00 Hand Care/Lunch 2:00 I Love Lucy 3:30 Exercise Class 5:00 Dinner
9:30 Sit & Be Fit! <b>7</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Question & Answer 3:00 Movie Matinee 5:00 Dinner	9:30 Seated Yoga Class <b>8</b> 10:30 Hydration 11:00 Where Did You Grow Up? 12:00 Hand Care/Lunch 1:45 The Letter Game 3:00 Juice Pass 5:00 Dinner	Decade Day! Celebrate the 60's! <b>9</b> 9:30 Morning Movement 10:30 Hydration 11:00 60's hits! 12:00 Hand Care/Lunch 1:45 Garden Group! 3:00 Fresh Watermelon Snack 5:00 Dinner	9:30 Exercise Class <b>10</b> 10:30 Hydration 11:00 Good News! 12:00 Hand Care/Lunch 1:45 Bingo! 3:00 Ring Toss 5:00 Dinner	9:30 Musical Favorites <b>11</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 2:00 Sit & Be Fit! 3:00 Popcorn & a Movie 5:00 Dinner	9:30 Bringing Back <b>12</b> Memories 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Drink Pass 3:00 Bowling Tournament 5:00 Dinner	9:30 Sinatra Hits <b>13</b> 10:00 Hydration 11:00 Exercise Video 12:00 Hand Care/Lunch 2:00 The Andy Griffith Show 3:30 Trivia Questions 5:00 Dinner
9:30 Morning Hydration <b>14</b> 10:30 Current Events 11:00 Remember When.. 12:00 Hand Care/Lunch 1:45 Bean Bag Toss 3:00 Music and Dance Party! 5:00 Dinner	9:30 Chair Tai Chi <b>15</b> Video 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Noodle Ball! 3:00 Finish the Phrase 5:00 Dinner	Decade Day! Celebrate the 70's! <b>16</b> 9:30 Disco Dance Exercise! 10:30 Hydration 11:00 What Was Popular in the 70's ? 12:00 Hand Care/Lunch 1:45 Garden Group! 3:00 Short Stories 5:00 Dinner	<b>9:30 Guitar Music with David!</b> 10:30 Sing a Long Favorites 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Baking Class 3:00 Whiteboard Games 5:00 Dinner	9:30 Rock n Roll Music <b>18</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch <b>2:00 Yoga with Natalie!</b> 3:00 Fresh Watermelon Snack 5:00 Dinner	9:30 Morning Exercise <b>19</b> 10:30 Hydration 11:00 Good News! 12:00 Hand Care/Lunch 1:45 Let's Dance! 3:00 Dominos Game 5:00 Dinner	9:30 Funniest Home Video <b>20</b> 10:00 Seated Yoga Video 11:00 Hydration 12:00 Hand Care/Lunch 2:00 Dean Martin Variety Show 3:30 Snack Break! 5:00 Dinner
9:30 Let's Get Moving! <b>21</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 The Letter Game 3:00 Sunday Funday! With Entertainment by Marc Ursin Jazz Duo! 5:00 Dinner	9:30 Seated Yoga Class <b>22</b> 10:30 Hydration 11:00 Favorite Animal Videos 12:00 Hand Care/Lunch 1:45 Bingo! 3:00 Name that Tune 5:00 Dinner	Decade Day! Celebrate the 80's! <b>23</b> 9:30 80's Aerobics Class! 10:30 Hydration 11:00 80's Trivia 12:00 Hand Care/Lunch 1:45 Garden Group! 3:30 Fruit Smoothies 5:00 Dinner	9:30 Sit & Be Fit <b>24</b> 10:30 Hydration 11:00 Reminiscing Questions 12:00 Hand Care/Lunch 1:45 Noodle Ball! 3:00 Drinks & Trivia 5:00 Dinner	9:30 I Dream of Jeannie <b>25</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 2:00 Arts & Crafts 3:30 Popsicle Pass 5:00 Dinner	9:30 Morning Movement <b>26</b> 10:30 Hydration 11:00 Trivia Game 12:00 Hand Care/Lunch 1:30 Ice Cream Outing! 3:30 Bean Bag Toss Competition 5:00 Dinner	9:30 Big Band Music <b>27</b> 10:00 Seated Exercise Video 11:00 Hydration 12:00 Hand Care/Lunch 1:45 Ice Cream Treat! 2:45 Popcorn & a Movie 5:00 Dinner
9:30 Sit & Be Fit! <b>28</b> 10:30 Hydration 11:00 Good News! 12:00 Hand Care/Lunch 1:45 Patio Time 3:00 Sunday Funday! With Entertainment by Joy! 5:00 Dinner	9:30 Let's Dance! <b>29</b> 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 1:45 Lets Make Some Music! 3:00 Colorful Drawings 5:00 Dinner	Decade Day! Celebrate the 90's! <b>30</b> 9:30 Morning Movement 10:30 Hydration 11:00 What Was Popular in the 90's ? 12:00 Hand Care/Lunch 1:45 Garden Group! 3:00 Root Beer Floats! 5:00 Dinner	9:30 Seated Tai Chi <b>31</b> Video 10:30 Hydration 11:00 12:00 Hand Care/Lunch 1:45 Bowling Game 3:00 Get to Know Me Game 5:00 Dinner	<h1>August 2022</h1> <p>Inspirations Activity Calendar</p>		