

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Let's Get Moving! 1 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! 2 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 3 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 4 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 5 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 6 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! 7 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 8 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! 9 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 10 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 11 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 12 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 13 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 14 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 15 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! 16 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	9:30 Guitar Music with David! 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 18 10:30 Hydration 11:00 Daily Chronicles 12:00 Hand Care/Lunch 2:00 Yoga with Natalie! 3:00 Fresh Watermelon Snack 5:00 Dinner	9:30 Morning Exercise 19 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 20 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! 21 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 22 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! 23 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 24 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 25 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 26 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 27 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! 28 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! 29 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! 30 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 31 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>		