



Monday, August 3rd

Gratitude Circle
Flower Craft
Exercise Class
Coloring Club

Tuesday, August 4th

Current Events
Let’s Play Bingo
Sunshine and Smiles
Puzzle Corner

Wednesday, August 5th

Morning Affirmations
Dice and delight
Exercise Class
Hand Massages

Thursday, August 6th

Gratitude Circle
Let’s Play Bingo
Exercise Class
Calming Music

Friday, August 7th

Morning Movement
Painting in the Pub
Exercise Class
Coloring Club

Saturday, August 8th /Sunday, August 9th

Mindful Breathing	Church Stream
Sunshine and Smiles	Music & Movement
Let’s Go to the Movies	Walk and talk
Puzzle Corner	Tea and Togetherness

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*



Monday, August 10th



Morning Stretch
Crafts & Coloring
Exercise
Calming Music

Tuesday, August 11th



Current Events
Let’s Play Bingo
Devotions
Coloring Club

Wednesday, August 12th



Mindful Breathing
Let’s Go Fishing
Exercise Class
Aromatherapy

Thursday, August 13th



Morning Motivation
Let’s Play Bingo
Lemonade And Laughs
Puzzle Club

Friday, August 14th



Current Events
Manicures
Smoothie Bar
Relaxing Music

Saturday, August 15th /Sunday, August 16th



Blessing Circle	Church Streaming
Walk and talk	Music and Movement
Patio Pals	Shakes and Smiles
Puzzles and Friends	Hand massages

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*



Monday, August 17th

Morning Meditation
Mason Jars Craft
Patio Party
Relaxing Music

Tuesday, August 18th

Gratitude Circle
Let’s Play Bingo
Devotions with a special Guest
Coloring Corner

Wednesday, August 19th

Current Events
Dice and delight
Exercise Class
Relaxing Music

Thursday, August 20th

Morning Meditation
Let’s Play Bingo
Sunshine and Smiles
Aromatherapy

Friday, August 21st

Blessings Circle
Manicures
Exercise Class
Relaxing Music

Saturday, August 22nd/Sunday, August 23rd

Mindful Breathing	Rise and Praise
Dice Duel Off	Go Fish Crew
Walk and talk	Smiles and Sunshine
Movie Time	Coloring Crew

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*



Monday, August 24th

Morning Meditation
Coaster Crafting Crew
Patio Party
Relaxing Music

Tuesday, August 25th

Gratitude Circle
Let’s Play Bingo
Devotions with a special Guest
Coloring Corner

Wednesday, August 26th

Current Events
Dice and delight
Exercise Class
Relaxing Music

Thursday, August 27th

Morning Meditation
Let’s Play Bingo
Sunshine and Smiles
Aromatherapy

Friday, August 28th

Blessings Circle
Dice Duel Off
Exercise Class
Relaxing Music

Saturday, August 29th/Sunday, August 30th

Mindful Breathing	Rise and Praise
Story Time	Go Fish Crew
Walk and talk	Smiles and Sunshine
Movie Time	Coloring Crew

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*