August 2025

Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Sit & Be Fit Bingo Lawn Darts MTV Memories Adult Coloring Pages **Watermelon Wedges**	2
3 	4 Morning Stretch August Facts & Fun Basketball Manicures Board Games Walking Club **Chocolate Chip Baking**	5 Chair Exercise Casino Games Slots Ball Remembering Bing Crosby Dominoes **Snow Cone Making**	6 ***Lunch Trip to Perkins*** Stretch & Relaxation Phillies Game (12:35pm) Golf Game Crafter's Corner The Comedy of Lucille Ball	7 Movement to Music Pokeno Cornhole **Beach Bash with Freyda & Frank (1:30 pm)** Finishing Lines **Berry Treats**	8 Chair Yoga Bingo Elvis Presley Sing a Long Big Dice Games Current Events Adult Coloring Pages Crochet Group	9 Stephanie Malloy Activities Director smalloy@sarahpa.com 215-999-1200 Ext. 112
10 **Daily AM Activities** 7:00-8:00 Meet & Greet 8:00-9:00 Coffee & News 8:30-10:00 Breakfast 10:00-10:30 Morning Stretch 10:30-11:00 Daily Chronicles 11:00-11:30 Daily Themed Activity 11:30-12:00 Active Games	11 ***Lunch in the Garden*** Chair Dancing Crochet Group Volleyball Board Games Summer Song Sing a Long	12 ***Lunch Trip to Chick-fil-A*** Seated Workout Bingo Bowling Summer Crafts Dominoes Travel Club- Puerto Rico	13 Meditation Celebrating Southpaw Day Cards Games Baseball Toss Game **Canvas Painting** Remembering Alfred Hitchcock **Snow Cone Making**	14 Chair Aerobics Manicures Ring Toss Puzzles Walking Club **Special Snack-Creamsicles**	15 Sit & Be Fit Bingo Lawn Darts Famous August Birthdays Adult Coloring Pages The Music of Woodstock	16
17 **Daily PM Activities** 12:00-1:00 Lunch 1:00-1:30 Cognitive Game 1:30-2:30 Afternoon Activity 2:30-3:00 Snack 3:00-3:30 Afternoon Stretch 3:30-4:30 Late Afternoon Activity 4:30- 5:30 Independent Activities	18 **Take Out Lunch-Hoagies** Morning Stretch August Jeopardy **Tropical Bracelet Jewelry Making** Basketball	19 Chair Exercise Crochet Group Slots Ball **Luau Party with Bruce Copp (1:30pm)** Dominoes **Pineapple Treats**	20 Stretch & Relaxation Armchair Travel to Hawaii Card Games Walking Club **Golf** **Phillies Game (1:05pm)** **Soft Pretzel Snack**	21 ***Lunch in the Garden*** Movement to Music Pokeno **Wine Glass Painting** Cornhole **Snow Cone Making**	22 ***Shopping Trip to Dollar Tree*** Chair Yoga **Hawaiian Bingo** Creative Arts Adult Coloring Pages **Ice Cream Sandwiches**	23 ***Calendar Subject to Change***
24 	25 Chair Dancing Arts & Crafts Category Game Volleyball Board Games **Banana Split Social**	26 Seated Workout Bingo You Be the Judge Bowling Dominoes Unscramble the Words	27 Meditation Participant Council Cards Games Name that Tune Baseball Toss Game Word Mining	28 Chair Aerobics Family Feud Ring Toss Cranium Crunches Puzzles **Fresh Fruit Salad Making**	29 Sit & Be Fit Bingo Lawn Darts Crochet Group Adult Coloring Pages **Snow Cone Making**	30
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