

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026



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Morning Stretch
Arts & Crafts
Volleyball
Travel Club- Washington DC
Tony Bennett Music Hour
Board Games
Ice Cream Sundae Social

3

Chair Exercise
August Facts & Fun
Carnival Toss Games
Cookie Baking
Entertainment with Calvin Pressley
Dominoes

4

Stretch & Relaxation
Famous August Birthdays
Tropical Mini Golf
Remembering American Bandstand
Canvas Painting
Card Games

5

Trip to Qdoba
Movement to Music
Pokeno
Tiki Bean Bag Toss
Comedy of Lucille Ball
Puzzles
Root Beer Float Making

6

Sit & Be Fit
Bingo
Walking Club
Ring the Bottle
August Jeopardy
Adult Coloring Pages
Strawberry & Blueberry Treats

7

Daily AM Activities

8

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

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Chair Dancing
Hollywood Squares
Virtual Museum Visit
Balloon Volleyball
Unscramble the Words
Board Games

10

Seated Workout
Bingo
Tribond
Carnival Toss Games
Wine Glass Painting
Dominoes
Snow Cone Making

11

Day at the Ballpark
Meditation
Home Run Bingo
Tropical Mini Golf
Phillies Game (2:15 pm)
Card Games
Soft Pretzel Snack

12

Chair Aerobics
Left Handers Day
Painter's Palette
Tiki Bean Bag Toss
Walking Club
Puzzles
Watermelon Wedges

13

Trip to Ritz Diner
Chair Yoga
Bingo
Ring the Bottle
Health & Wellness-
Relaxation Techniques
Adult Coloring Pages
Snack- Creamsicles

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Daily PM Activities

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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- 6:00 Independent Activities



Hawaiian Adventure Week Begins

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Morning Stretch
Volleyball
Baby Boomer Trivia
Luau Lunch
Hawaii Facts & Fun
Madonna Music Hour
Pineapple Treats

17

Trip to Panera
Chair Exercise
Crafter's Corner
Carnival Toss Games
Walking Club
Lei Making
Ice Cream Cone Social

18

Stretch & Relaxation
Hangman
Tropical Mini Golf
Summer Vibes Party with Vince Schneider
Ceramic Pineapple Painting

19

Lunch in the Garden
Movement to Music
Pokeno
Family Feud
Tiki Bean Bag Toss
Don Ho Music Hour
Lemonade Social

20

Hula Dancing
Hawaii Bingo
Name Five
Ring the Bottle
Kenny Rogers Music Hour
Adult Coloring Pages
Snow Cone Making

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Calendar Subject to Change

23

Lunch in the Garden
Chair Dancing
Jewelry Making
Balloon Volleyball
Category Game
Horse Racing
Board Games

24

Seated Workout
Guess in Ten
Bingo
The Music of Leonard Bernstein
Carnival Toss Games
Dominoes
Fruit Salad Making

25

Meditation
Participant Council
Creative Arts
Tropical Mini Golf
Walking Club
Phillies Game (4:10pm)
Card Games

26

Chair Aerobics
Casino Games
Summer Song Sing a Long
Word Mining
Tiki Bean Bag Toss
Puzzles
Popsicle Social

27

Chair Yoga
Bingo
Ring the Bottle
Wacky Words
Name that Tune
Summer Crafts
Adult Coloring Pages

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Trip to Dollar Tree
Morning Stretch
Brain Teasers
Volleyball
Board Games
Walking Club

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Adult Day Care Center