



**TWIN RIVERS**  
A GRACE MGMT COMMUNITY

# AUGUST 2021

Twin Rivers Memory care Calendar



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Richardson, Texas 75081  
804-323-3800 | License: 146797  
www.twinriversassistedliving.com



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	<p><b>E</b> 10:00 Hymns Sing Along <b>SP</b> 11:00 Christ United <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 DrumFit <b>SO</b> 3:00 Snack &amp; Chat <b>SO</b> 4:00 Classic Movie <b>SO</b> 7:00 Wind Down with Classical Music</p>	2	<p><b>PY</b> 10:30 Bean Bag Toss <b>SE</b> 11:00 Hydration Restoration <b>SO</b> 2:00 Trivia <b>SO</b> 3:00 Snack &amp; Chat <b>SP</b> 3:30 Bible Study <b>SO</b> 7:00 Wind Down with Classical Music</p>	3	<p><b>PY</b> 10:30 DrumFit <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 Parachute <b>SO</b> 3:00 Snack &amp; Chat <b>SP</b> 3:30 Sing Along with Beth Williams <b>SO</b> 7:00 Wind Down with Classical Music</p>	4	<p><b>PY</b> 10:30 Chair Exercise <b>SE</b> 11:00 Hydration Restoration <b>CO</b> 2:00 Bingo <b>CO</b> 3:00 Snack &amp; Chat <b>PY</b> 3:30 Walk it Out <b>SO</b> 7:00 Wind Down with Classical Music</p>	5	<p><b>SO</b> 10:30 Patio Bird Watching <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 Picture Painting <b>SO</b> 3:00 Snack &amp; Chat <b>SP</b> 3:30 Parachute <b>SO</b> 7:00 Wind Down with Classical Music</p>	6	<p><b>PY</b> 10:30 Chair Exercise <b>SE</b> 11:00 Hydration Restoration <b>CO</b> 2:00 Dominos <b>SO</b> 3:00 Snack &amp; Chat <b>SO</b> 3:30 Game Of Choice <b>SO</b> 7:00 Wind Down with Classical Music</p>	7	<p><b>SO</b> 10:30 Coffee &amp; Donuts <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 Afternoon Stretch <b>SO</b> 3:00 Snack &amp; Chat <b>CO</b> 3:30 Puzzle &amp; Coloring <b>SO</b> 6:00 Movie Matinee <b>SO</b> 7:00 Wind Down with Classical Music</p>
8	<p><b>E</b> 10:00 Hymns Sing Along <b>SP</b> 11:00 Christ United <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 DrumFit <b>SO</b> 3:00 Snack &amp; Chat <b>SO</b> 4:00 Classic Movie <b>SO</b> 7:00 Wind Down with Classical Music</p>	9	<p><b>PY</b> 10:30 Bean Bag Toss <b>SE</b> 11:00 Hydration Restoration <b>SO</b> 2:00 Trivia <b>SO</b> 3:00 Snack &amp; Chat <b>SP</b> 3:30 Bible Study <b>SO</b> 7:00 Wind Down with Classical Music</p>	10	<p><b>PY</b> 10:30 DrumFit <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 Picture Painting <b>SO</b> 3:00 Snack &amp; Chat <b>SP</b> 3:30 Sing Along with Beth Williams <b>SO</b> 7:00 Wind Down with Classical Music</p>	11	<p><b>PY</b> 10:30 Chair Exercise <b>SE</b> 11:00 Hydration Restoration <b>CO</b> 2:00 Bingo <b>SO</b> 3:00 Snack &amp; Chat <b>PY</b> 3:30 Walk it Out <b>SO</b> 7:00 Wind Down with Classical Music</p>	12	<p><b>SO</b> 10:30 Patio Bird Watching <b>SO</b> 10:30 Music Therapy Ivory <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 Picture Painting <b>SO</b> 3:00 Snack &amp; Chat <b>SP</b> 3:30 Parachute <b>SO</b> 7:00 Wind Down with Classical Music</p>	13	<p><b>PY</b> 10:30 Chair Exercise <b>SE</b> 11:00 Hydration Restoration <b>CO</b> 2:00 Dominos <b>SO</b> 3:00 Snack &amp; Chat <b>SO</b> 3:30 Game Of Choice <b>SO</b> 7:00 Wind Down with Classical Music</p>	14	<p><b>SO</b> 10:30 Coffee &amp; Donuts <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 Afternoon Stretch <b>SO</b> 3:00 Snack &amp; Chat <b>CO</b> 3:30 Puzzle &amp; Coloring <b>SO</b> 6:00 Movie Matinee <b>SO</b> 7:00 Wind Down with Classical Music</p>
15	<p><b>E</b> 10:00 Hymns Sing Along <b>SP</b> 11:00 Christ United <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 DrumFit <b>SO</b> 3:00 Snack &amp; Chat <b>SO</b> 4:00 Classic Movie <b>SO</b> 7:00 Wind Down with Classical Music</p>	16	<p><b>PY</b> 10:30 Bean Bag Toss <b>SE</b> 11:00 Hydration Restoration <b>SO</b> 2:00 Trivia <b>SO</b> 3:00 Snack &amp; Chat <b>SP</b> 3:30 Bible Study <b>SO</b> 7:00 Wind Down with Classical Music</p>	17	<p><b>PY</b> 10:30 DrumFit <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 Picture Painting <b>SO</b> 3:00 Snack &amp; Chat <b>SP</b> 3:30 Sing Along with Beth Williams <b>SO</b> 7:00 Wind Down with Classical Music</p>	18	<p><b>PY</b> 10:30 Chair Exercise <b>SE</b> 11:00 Hydration Restoration <b>CO</b> 2:00 Bingo <b>SO</b> 3:00 Snack &amp; Chat <b>PY</b> 3:30 Walk it Out <b>SO</b> 7:00 Wind Down with Classical Music</p>	19	<p><b>SO</b> 10:30 Patio Bird Watching <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 Picture Painting <b>SO</b> 3:00 Snack &amp; Chat <b>SP</b> 3:30 Parachute <b>SO</b> 7:00 Wind Down with Classical Music</p>	20	<p><b>PY</b> 10:30 Chair Exercise <b>SE</b> 11:00 Hydration Restoration <b>SO</b> 3:00 Snack &amp; Chat <b>SO</b> 3:30 Game Of Choice <b>SO</b> 7:00 Wind Down with Classical Music</p>	21 <b>Senior Citizen's Day</b>	
22	<p><b>E</b> 10:00 Hymns Sing Along <b>SP</b> 11:00 Christ United <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 DrumFit <b>SO</b> 3:00 Snack &amp; Chat <b>SO</b> 4:00 Classic Movie <b>SO</b> 7:00 Wind Down with Classical Music</p>	23	<p><b>PY</b> 10:30 Bean Bag Toss <b>SE</b> 11:00 Hydration Restoration <b>SO</b> 2:00 Trivia <b>SO</b> 3:00 Snack &amp; Chat <b>SP</b> 3:30 Bible Study <b>SO</b> 7:00 Wind Down with Classical Music</p>	24	<p><b>PY</b> 10:30 DrumFit <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 Picture Painting <b>SO</b> 3:00 Snack &amp; Chat <b>SP</b> 3:30 Sing Along with Beth Williams <b>SO</b> 7:00 Wind Down with Classical Music</p>	25	<p><b>PY</b> 10:30 Chair Exercise <b>SE</b> 11:00 Hydration Restoration <b>CO</b> 2:00 Bingo <b>SO</b> 3:00 Snack &amp; Chat <b>PY</b> 3:30 Walk it Out <b>SO</b> 7:00 Wind Down with Classical Music</p>	26	<p><b>SO</b> 10:30 Patio Bird Watching <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 Picture Painting <b>SO</b> 3:00 Snack &amp; Chat <b>SP</b> 3:30 Parachute <b>SO</b> 7:00 Wind Down with Classical Music</p>	27	<p><b>PY</b> 10:30 Chair Exercise <b>SE</b> 11:00 Hydration Restoration <b>SO</b> 3:00 Snack &amp; Chat <b>SO</b> 3:30 Game Of Choice <b>SO</b> 7:00 Wind Down with Classical Music</p>	28	<p><b>SO</b> 10:30 Coffee &amp; Donuts <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 Afternoon Stretch <b>SO</b> 3:00 Snack &amp; Chat <b>CO</b> 3:30 Puzzle &amp; Coloring <b>SO</b> 6:00 Movie Matinee <b>SO</b> 7:00 Wind Down with Classical Music</p>
29	<p><b>E</b> 10:00 Hymns Sing Along <b>SP</b> 11:00 Christ United <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 DrumFit <b>SO</b> 3:00 Snack &amp; Chat <b>SO</b> 4:00 Classic Movie <b>SO</b> 7:00 Wind Down with Classical Music</p>	30	<p><b>PY</b> 10:30 Bean Bag Toss <b>SE</b> 11:00 Hydration Restoration <b>SO</b> 2:00 Trivia <b>SO</b> 3:00 Snack &amp; Chat <b>SP</b> 3:30 Bible Study <b>SO</b> 7:00 Wind Down with Classical Music</p>	31	<p><b>PY</b> 10:30 DrumFit <b>SE</b> 11:00 Hydration Restoration <b>PY</b> 2:00 Picture Painting <b>SO</b> 3:00 Snack &amp; Chat <b>SP</b> 3:30 Sing Along with Beth Williams <b>SO</b> 7:00 Wind Down with Classical Music</p>	<p>Chris Henger..Executive Director Sheila Ricketts....Sale/Marketing Helen Kassaye.....BOD Selma Demsew..AL Coordinator</p>		<p>Chef Nach.....Culinary Director Mario Luna.....Maintenance Diane Martinez.....LED Syndi Sphabmixay.....MC VP Coordinator</p>		<p><b>Birthdays</b> 8/30 - THOMAS BALDWIN</p>			

Events are Subject to Change.

**CO** - Cognitive  
**E** - Emotional  
**PY** - Physical  
**SE** - Sensory  
**SO** - Social  
**SP** - Spiritual