

AUGUST 2022

1041 Portside Drive
Myrtle Beach, South Carolina 29572
843-595-8150
www.portsidegrandedunes.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NATIONAL GIRLFRIEND'S DAY 9:30 Tai Chi 10:30 Tone Every Zone 12:30 National Girlfriend's Day Lunch Outing to Blue Berry Grill. Lady's Only! 2:00 Trivia	2 NATIONAL NIGHT OUT DAY 10:00 Aqua Fit 10:00 Grief Support Group 10:30 Gentle Yoga Level 1 11:45 Milkshakes at the Bar 1:00 BINGO 3:00 Netflix Series	3 NATIONAL WATERMELON DAY 10:30 Strength & Stretch 11:30 Catholic Communion Service with St. Andrews 11:45 Publix 1:00 Shuffleboard Tournament 3:30 Happy Hour	4 NATIONAL WHITE WINE DAY 10:30 Gentle Yoga Level 2 11:00 Billiards with Ray 11:00 Blood Pressure Checks: Sponsored by The Key 3:30 Scrabble-Resident Led 7:00 Movie Night	5 NATIONAL OYSTER DAY 8:30 Aqua Fit 8:30 St. Andrews Catholic Church 10:30 Zumba Gold 11:00 Activities Committee 1:00 BINGO	6 NATIONAL DISC GOLF DAY 10:30 Strength & Stretch 1:30 Rummikub-Resident Led 2:00 Matinee-Resident Choice
7 INTERNATIONAL ASSISTANCE DOG WEEK 10:15 United Methodist Church Bus Pickup 12:30 Sunday Brunch 2:30 Matinee-Resident Choice	8 INTERNATIONAL CAT WEEK 9:30 Tai Chi 10:30 Tone Every Zone 11:00 Mended Hearts Support Group 1:30 Caregiver Support Group 2:00 Trivia	9 NATIONAL BOOK LOVERS DAY 10:00 Aqua Fit 10:30 Gentle Yoga Level 1 11:45 Milkshakes at the Bar 11:45 Resident Council 1:00 BINGO 3:00 Netflix Series	10 NATIONAL SMORE'S DAY 10:30 Strength & Stretch 11:30 Catholic Communion Service with St. Andrews 11:45 Publix 11:45 Publix 1:00 Shuffleboard Tournament	11 NATIONAL FACE MASK DAY 10:30 Gentle Yoga Level 2 11:00 Billiards with Ray 11:00 Blood Pressure Checks: Sponsored by The Key 3:30 Scrabble-Resident Led 7:00 Movie Night	12 NATIONAL MIDDLE CHILD DAY 8:30 Aqua Fit 8:30 St. Andrews Catholic Church 10:30 Zumba Gold 1:00 BINGO 3:30 Happy Hour	13 NATIONAL BOWLING DAY 10:00 Eyeglass Doctor 10:30 Strength & Stretch 1:30 Rummikub-Resident Led 2:00 Matinee-Resident Choice
14 LOVE YOUR BOOKSHOP DAY 10:15 United Methodist Church Bus Pickup 12:30 Sunday Brunch 2:30 Matinee-Resident Choice	15 NATIONAL RELAXATION DAY 9:30 Tai Chi 10:30 Tone Every Zone 12:30 Shopping/Outing 2:00 Trivia 3:30 Happy Hour	16 NATIONAL ROLLER COASTER DAY 10:00 Aqua Fit 10:30 Gentle Yoga Level 1 11:45 Milkshakes at the Bar 1:00 BINGO 3:00 Netflix Series	17 NATIONAL I LOVE MY FEET DAY 10:30 Strength & Stretch 11:30 Catholic Communion Service with St. Andrews 11:45 Publix 1:00 Shuffleboard Tournament 3:30 Happy Hour	18 NATIONAL FAJITA DAY 10:30 Gentle Yoga Level 2 11:00 Billiards with Ray 11:00 Blood Pressure Checks: Sponsored by The Key 3:30 Scrabble-Resident Led 7:00 Movie Night	19 NATIONAL PHOTOGRAPHY DAY 8:30 Aqua Fit 8:30 St. Andrews Catholic Church 10:30 Zumba Gold 1:00 BINGO 3:30 Happy Hour	20 INTERNATIONAL HOMELESS ANIMAL DAY 10:30 Strength & Stretch 1:30 Rummikub-Resident Led 2:00 Matinee-Resident Choice
21 Senior Citizen's Day NATIONAL SENIOR CITIZENS DAY 10:15 United Methodist Church Bus Pickup 12:30 Sunday Brunch 2:30 Matinee-Resident Choice	22 NATIONAL HERO'S DAY 9:30 Tai Chi 12:30 Shopping/Outing 2:00 Trivia 3:30 Happy Hour	23 NATIONAL RIDE THE WIND DAY 10:00 Aqua Fit 10:30 Gentle Yoga Level 1 11:45 Milkshakes at the Bar 1:00 BINGO 3:00 Netflix Series	24 NATIONAL WAFFLE DAY 10:30 Strength & Stretch 11:30 Catholic Communion Service with St. Andrews 11:45 Publix 1:00 Shuffleboard Tournament 3:30 Happy Hour	25 NATIONAL BANANNA SPLIT DAY 10:30 Gentle Yoga Level 2 11:00 Billiards with Ray 11:00 Blood Pressure Checks: Sponsored by The Key 3:30 Scrabble-Resident Led 7:00 Movie Night	26 NATIONAL TOILET PAPER DAY 8:30 Aqua Fit 8:30 St. Andrews Catholic Church 9:00 Fitness Trainer for Gym Equipment 10:00 Mini Circuit Training in the	27 INTERNATIONAL LOTTERY DAY 10:30 Strength & Stretch 1:30 Rummikub-Resident Led 2:00 Palmetto Performers
28 NATIONAL RED WINE DAY 10:15 United Methodist Church Bus Pickup 12:30 Sunday Brunch 2:30 Matinee-Resident Choice	29 NATIONAL SPORTS DAY 9:30 Tai Chi 10:30 Tone Every Zone 12:00 AUCTION 12:30 Shopping/Outing 2:00 Trivia 3:30 Happy Hour	30 NATIONAL BEACH DAY 10:00 Aqua Fit 10:30 Gentle Yoga Level 1 11:45 Milkshakes at the Bar 1:00 BINGO 3:00 Netflix Series	31 NATIONAL EAT OUTSIDE DAY 10:30 Strength & Stretch 11:30 Catholic Communion Service with St. Andrews 11:45 Publix 1:00 Shuffleboard Tournament 3:30 Happy Hour			