

AUGUST 2022



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 SO 9:30 Morning Meeting 10:00 Move and Groove 11:00 Let's Hydrate 1:30 Chair Fitness 3:00 Bingo 5:00 Front Porch Reminisce 7:00 Book Club	2 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Music Therapy 1:30 Crafty Tuesday 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	3 SO 9:30 Morning Meeting 10:00 Chair Fitness 11:00 Lemonade & Laughter 1:00 Bible Study 3:30 Bingo 5:00 Front Porch Reminisce 6:00 Snack & Chat	4 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Music Therapy 1:30 Crafty Creations 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	5 SO 9:30 Morning Meeting 10:00 Chair Fitness 12:30 Shopping Trip 2:00 Sensory Boxes 5:00 Meditation & Reflection 6:00 Board Game Of Choice	6 SO 9:30 Morning Meeting 10:00 Walking Club 1:00 Hand Massage 2:00 Ice Cream Social 5:30 Sit And Stretch 7:00 Jigsaw Puzzles
7 SO 9:30 Morning Meeting 10:00 Church Service 11:00 Sunday Stepper Walking Club 2:00 Bible Study 3:30 Chair Fitness 5:30 Front Porch Reminisce	8 SO 9:30 Morning Meeting 10:30 Create An Impression-Donnamarie McCarthy 1:30 Bingo 3:00 Baking Of Choice 5:00 Front Porch Reminisce 6:00 Chair Fitness	9 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Music Therapy 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	10 SO 9:30 Morning Meeting 10:00 Move and Groove 1:30 Bingo 3:00 Baking Of Choice 5:00 Front Porch Reminisce 7:00 Book Club	11 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Music Therapy 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	12 SO 9:30 Morning Meeting 10:00 Chair Fitness 12:30 Shopping Trip 2:00 Sensory Boxes 5:00 Meditation & Reflection 6:00 Board Game Of Choice	13 SO 9:30 Morning Meeting 10:00 Walking Club 1:00 Hand Massage 2:00 Ice Cream Social 5:30 Sit And Stretch 7:00 Jigsaw Puzzles
14 SO 9:30 Morning Meeting 10:00 Church Service 11:00 Sunday Stepper Walking Club 2:00 Bible Study 3:30 Chair Fitness 5:30 Front Porch Reminisce	15 SO 9:30 Morning Meeting 10:00 Move and Groove 5:00 Front Porch Reminisce 7:00 Book Club	16 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Music Therapy 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	17 SO 9:30 Morning Meeting 10:00 Move and Groove 5:00 Front Porch Reminisce 7:00 Book Club	18 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Music Therapy 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	19 SO 9:30 Morning Meeting 10:00 Chair Fitness 12:30 Shopping Trip 2:00 Sensory Boxes 5:00 Meditation & Reflection 6:00 Board Game Of Choice	20 SO 9:30 Morning Meeting 10:00 Walking Club 1:00 Hand Massage 2:00 Ice Cream Social 5:30 Sit And Stretch 7:00 Jigsaw Puzzles
21 Senior Citizen's Day SO 9:30 Morning Meeting 10:00 Church Service 11:00 Sunday Stepper Walking Club 2:00 Bible Study 3:30 Chair Fitness 5:30 Front Porch Reminisce	22 SO 9:30 Morning Meeting 10:30 Create An Impression-DonnaMarie 1:00 Lemonade and Laughter 3:30 Move and Groove 5:00 Front Porch Reminisce 7:00 Book Club	23 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Music Therapy 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	24 SO 9:30 Morning Meeting 10:00 Move and Groove 5:00 Front Porch Reminisce 7:00 Book Club	25 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Music Therapy 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	26 SO 9:30 Morning Meeting 10:00 Chair Fitness 12:30 Shopping Trip 2:00 Sensory Boxes 5:00 Meditation & Reflection 6:00 Board Game Of Choice	27 SO 9:30 Morning Meeting 10:00 Walking Club 1:00 Hand Massage 2:00 Ice Cream Social 5:30 Sit And Stretch 7:00 Jigsaw Puzzles
28 SO 9:30 Morning Meeting 10:00 Church Service 11:00 Sunday Stepper Walking Club 2:00 Bible Study 3:30 Chair Fitness 5:30 Front Porch Reminisce	29 SO 9:30 Morning Meeting 10:00 Move and Groove 5:00 Front Porch Reminisce 7:00 Book Club	30 SO 9:30 Morning Meeting 10:30 Take A Walk Outside 11:00 Music Therapy 3:00 Happy Hour 6:00 Sit And Stretch 7:00 Musical Memories	31 SO 9:30 Morning Meeting 10:00 Move and Groove 5:00 Front Porch Reminisce 7:00 Book Club			