



AUGUST 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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|--|--|--|--|---|--|--|--|---|--|--|---|--|--|--|--|--|--|---|---|--|--|---|--|--|--|---|--|
| <p>01</p> <p>10:00a Coffee and chats LBR 10:30a Reach for the sky LR 02:00p yahtzee GAT</p> | <p>02</p> <p>10:00a Happy Feet-Exercise AR 01:00p Trivia AR 02:00p Ice cream Social and Jeopardy BO</p> | <p>03</p> <p>09:00a Wheels in motion- make an appointment LR 10:00a chair yoga GAT 02:00p Country Store CS 02:30p Bible study GAT</p> | <p>04</p> <p>10:00a Craft corner AR 01:00p Nails- make an appointment AR 02:00p Busy Feet-Walking club LR 02:00p Shopping Trip LR</p> | <p>05</p> <p>09:30a Country Store-make an appointment CM 10:00a Wii bowling GAT 02:00p Scenic drive and ice cream GAT 05:45p Movie and popcorn GAT</p> | <p>06</p> <p>09:30a Mobile Country Store RA 10:00a Roll into movement AR 02:00p Gardening BO 03:00p Happy Hour and games BO</p> | <p>07</p> <p>12:00p Daily Chronicles and puzzle books RA 02:00p Bingo GAT</p> | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | <p>08</p> <p>10:00a Coffee and chats LBR 10:30a Reach for the sky LR 02:00p yahtzee GAT</p> | <p>09</p> <p>10:00a Happy Feet-Exercise AR 01:00p Trivia AR 02:00p Ice cream Social and family fued BO</p> | <p>10</p> <p>09:00a Wheels in motion- make an appointment LR 10:00a chair yoga GAT 02:00p Country Store CS 02:30p Bible study GAT</p> | <p>11</p> <p>10:00a Craft corner AR 01:00p Nails- make an appointment AR 02:00p Busy Feet-Walking club LR 02:00p Shopping Trip LR</p> | <p>12</p> <p>09:30a Country Store CM 10:00a Rhythm class in the park GAT 02:00p Resident committee GAT 05:45p Pizza Party and movie at dinner DR</p> | <p>13</p> <p>09:30a Mobile Country Store RA 10:00a Roll into movement AR 02:00p Gardening BO 03:00p Happy Hour and games BO</p> | <p>14</p> <p>12:00p Daily Chronicles and puzzle books RA 02:00p Bingo GAT</p> | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | <p>15</p> <p>10:00a Coffee and chats LBR 10:30a Reach for the sky LR 02:00p yahtzee GAT</p> | <p>16</p> <p>10:00a Happy Feet-Exercise AR 01:00p Trivia AR 02:00p Ice cream Social and name that tune BO</p> | <p>17</p> <p>09:00a Wheels in motion- make an appointment LR 10:00a chair yoga GAT 02:00p Country Store CS 02:30p Bible study GAT</p> | <p>18</p> <p>10:00a Craft corner AR 01:00p Nails- make an appointment AR 02:00p Busy Feet-Walking club LR 02:00p Shopping Trip LR</p> | <p>19</p> <p>09:30a Country Store-make an appointment CM 10:00a Discovery Series with Therapy GAT 01:00p Zoo trip GAT 05:45p Movie and popcorn GAT</p> | <p>20</p> <p>09:30a Mobile Store RA 10:00a Roll into movement AR 11:00a Men's lunch LR 02:00p Healthy Cooking class with Gabbi AR 03:00p Happy Hour and Auction BO</p> | <p>21</p> <p>12:00p Daily Chronicles and puzzle books RA 02:00p Bingo GAT</p> | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | <p>22</p> <p>10:00a Coffee and chats LBR 10:30a Reach for the sky LR 02:00p yahtzee GAT</p> | <p>23</p> <p>10:00a Happy Feet-Exercise AR 01:00p Trivia AR 02:00p Ice cream Social and bunco BO</p> | <p>24</p> <p>09:00a Wheels in motion- make an appointment LR 10:00a chair yoga GAT 02:00p Country Store CS 02:30p Bible study GAT</p> | <p>25</p> <p>10:00a Craft corner AR 01:00p Nails- make an appointment AR 02:00p Busy Feet-Walking club LR 02:00p Shopping Trip LR</p> | <p>26</p> <p>09:30a Country Store-make an appointment CM 10:00a Brunch with Brit GAT 02:00p Nature Walk in the park LR 05:45p Movie and popcorn GAT</p> | <p>27</p> <p>09:30a Mobile Country Store RA 10:00a Roll into movement AR 11:00a Ladies lunch LR 02:00p Gardening BO 03:00p Happy Hour and games BO</p> | <p>28</p> <p>12:00p Daily Chronicles and puzzle books RA 02:00p Bingo GAT</p> |
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Dimensions of Wellness

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

Meeting Places

- GAT** Gathering Place
- DR** Dining Room
- AR** Activity Room
- LR** Front living room
- CM** Country Market

*Monthly Wellness checks will be the 2nd Tuesday of every month starting at 10:00 am in the clinic.*Please RSVP at the front desk for any Tuesday transportation appointments.*If you would like an activity/ service not reflected on the calendar, please see RSC/ Administrator.

RSVP for any outings.