

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2020

ASSISTED LIVING & MEMORY CARE

							10:00 MC Nail Salon 1 2:00 AL Brain Fitness					
10:00 MC Hymn Sing MC/AL Non-Denominational Services are broadcast on channel 50 throughout the day	2	Word puzzles, jigsaw puzzles, playing cards & reading materials available in the library	3	9:00 MC Upper Body Exercise 10:00 AL Upper Body Exercise 1:30 MC Brain Fitness	4	9:30 AL Discuss & Recall: Suffragette 11:00 MC Core Exercise 2:00 AL/MC Popcorn Cart	5	10:00 MC Lower Body Exercise 11:00 AL Lower Body Exercise 2:30 AL Bingo	6	9:00 AL Upper Body Exercise 9:45 MC Upper Body Exercise 2:00 MC/AL Farmer's Market Cart	7	10:00 MC Nail Salon 8 2:00 AL Brain Fitness
10:00 MC Hymn Sing MC/AL Non-Denominational Services are broadcast on channel 50 throughout the day	9	Word puzzles, jigsaw puzzles, playing cards & reading materials available in the library	10	9:00 MC Upper Body Exercise 10:00 AL Upper Body Exercise 1:30 MC Bingo	11	9:30 AL Brain Fitness 11:00 MC Picture This Discussion: Yard Sales 2:00 AL/MC Popcorn Cart	12	10:00 MC Lower Body Exercise 11:00 AL Lower Body Exercise 2:30 AL Bingo	13	9:00 AL Upper Body Exercise 9:45 MC Upper Body Exercise 2:00 MC/AL Ice Cream Cart	14	10:00 MC Nail Salon 2:00 AL Brain Fitness
10:00 MC Hymn Sing MC/AL Non-Denominational Services are broadcast on channel 50 throughout the day	16	Word puzzles, jigsaw puzzles, playing cards & reading materials available in the library	17	9:00 MC Upper Body Exercise 10:00 AL Upper Body Exercise 1:30 MC Brain Fitness	18	9:30 AL Newspaper 11:00 MC Core Exercise 2:00 AL/MC Popcorn Cart	19	10:00 MC Lower Body Exercise 11:00 AL Lower Body Exercise 2:30 AL Resident Council	20	9:00 AL Upper Body Exercise 9:45 MC Upper Body Exercise 2:00 MC/AL Donut Day Fun	21	10:00 MC Nail Salon 2:00 AL Brain Fitness
10:00 MC Hymn Sing MC/AL Non-Denominational Services are broadcast on channel 50 throughout the day	23	Word puzzles, jigsaw puzzles, playing cards & reading materials available in the library	24	9:00 MC Upper Body Exercise 10:00 AL Upper Body Exercise 1:30 MC Bingo	25	9:30 AL Newspaper 11:00 MC Wheel of Fortune 2:00 AL/MC Popcorn Cart	26	10:00 MC Lower Body Exercise 11:00 AL Lower Body Exercise 2:30 AL Bingo	27	9:00 AL Upper Body Exercise 9:45 MC Upper Body Exercise 2:00 MC/AL Happy Hour Cart	28	10:00 MC Nail Salon 2:00 AL Brain Fitness
10:00 MC Hymn Sing MC/AL Non-Denominational Services are broadcast on channel 50 throughout the day	30	Word puzzles, jigsaw puzzles, playing cards & reading materials available in the library	31	<p>All activities and locations are subject to change. Please see Ann in Activities to schedule a window or Facetime visit.</p>								