



AUGUST 2025

MON

TUE

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THU

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				10AM: Stretch &weights 11AM: Music 1PM: Walking/Cycling 3PM: Game Time 1 Trivia or Movie Night! 6PM:	10AM: Seated Strength 11AM: Play Skat Cards 1PM:Walking/Cycling 3PM: Game Time! 2 6PM:Drama Movie!	10AM: Seated Strength 11AM: Karaoke Sunday 1PM:Move your Body! 3PM:Play Scramble 3 6PM: Romance/Drama Movie
10AM: Yoga with Adriene 11AM:Music 1PM: Table Bowling 3PM:Bingo! 4 6PM: Movie and Popcorn	10AM: Stretch & weights 11 AM: Music 1PM: Walking/Cycling 3PM: Play Srabble 5 6PM: Resident choice Movie!	10AM: Seated strength 11AM: Music 1PM:Activity with DAWN 3PM: Play Bingo! 6 6PM: Classic Movie	10AM: Yoga with Adriene 11AM: Color or Paint 1PM: Balloon Toss 3PM: Play Bingo! 7 6:00PM: Romance/Drama Movie	10AM: Stretch &weights 11AM: Music 1PM: Table Bowling 3PM: Happy Hour! 8 Trivia or Movie Night! 6PM:	10AM: Seated Strength 11AM: Play Skat Cards 1PM:Walking/Cycling 3PM: Game Time! 9 6PM:Drama Movie!	10AM: Seated Strength 11AM: Karaoke Sunday 1PM:Move your Body! 3PM:Play Scramble 10 6PM: Romance/Drama Movie
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