

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Chair Exercise 10:30 Current Event 11:00 Courtyard Stroll 1:00 Balloon Swat 2:00 Christian Sing-along 3:00 Art & Craft/Snack 5:00 Mindful Meditation	10:00 Anytime Fitness 1 10:30 Current Event 11:00 Courtyard Stroll 1:00 Baking Fresh Cookies 2:00 Hydration Station/Snack 3:00 Checker/Card Games 5:00 UNO Time	10:00 Low impacted Chair2 10:30 Current Event 11:00 Courtyard Stroll 1:00 Painting Expression 2:00 Hydration Station/Snack 3:00 Connect Four 5:00 Popcorn Poppin/Grumpy old Men	10:00 Drum Exercise 3 10:30 Current Event 11:00 Courtyard Stroll 1:00 Senior Trivia 2:00 Hydration Station/Snack 3:00 Corn Hole 5:00 Picture Word/Evening walk in the courtyard	10:00 Chair Exercise 4 10:30 Current Event 11:00 Courtyard Stroll 1:00 Guess Who? 2:00 IN2L- Bible Study 3:00 Karaoke Time 5:00 Power Walk w/ladies	10:00 Courtyard stroll 5 10:30 Current Event 11:00 Courtyard Stroll 1:00 Words Puzzles 2:00 Lets make Milk Shake 3:00 Move & Grove KR 5:00 Golden Girls Show	10:00 Morning Stretch 6 10:30 Current Event 11:00 Courtyard Stroll 1:00 Bowling 2:00 hydration Station/Snack 3:00 Popcorn Poppin-Movies- 5:00 Mindful Meditation
10:00 Chair Exercise 7 10:30 Current Event 11:00 Courtyard Stroll 1:00 Guess Who? 2:00 IN2L- Bible Study/coffee/snacks 3:00 Checker/Card Games 5:00 Mindful Meditation	10:00 Chair Exercise 8 10:30 Current Event 11:00 Courtyard Stroll 1:00 Short Stories 2:00 Hydration Station/Snack 3:00 Musical Muse- Tony Bennett 5:00 Sort and Fold	10:00 Yoga Stretching 9 10:30 Current Event 11:00 Courtyard Stroll 1:00 Trip to Florida 2:00 Let make Orange-Sweet tart 3:00 Fact & Fiction 5:00 Evening Wine Down	10:00 Chair Zumba 10 10:30 Current Event 11:00 Courtyard Stroll 1:00 Pretty Nail/Music 2:00 Donut Day/Friends 3:00 Creative Painting 5:00 Share your pictures/stories	10:00 Chair Exercise 11 10:30 Current Event 11:00 Outside Sunshine 1:00 Parachute/music 2:00 Making Treat-Sweet & Sweet and Salty Trail Mix 3:00 Balloon Swat 5:00 Mindful Meditation/outside Stroll	10:00 Chair Exercise: 12 10:30 Current Event 11:00 Courtyard Stroll 1:00 Balloon Swat 2:00 Let's make Pizza 3:00 Pet Therapy 5:00 Movie- Pizza A love Story	10:00 Chair Exercise 13 10:30 Current Event 11:00 Courtyard Stroll 1:00 Sweet Treat Bingo 2:00 Move & Gove-MJ 2:30 Hydration Station/Snack 3:00 Baking Fresh Cookies 5:00 Mindful Meditation
10:00 Chair Exercise 14 10:30 Current Event 11:00 Courtyard Stroll 1:00 IN2L-Reminiscing 2:00 Ice Sandwich/Social 3:00 Art & Craft 5:00 Mindful Meditation	10:00 Chair Exercise 15 10:30 Current Event 11:00 Courtyard Stroll 1:00 Hand Art 2:00 Hydration Station/snack 3:00 Move & Grove-MJ 5:00 Guess that Smell	10:00 Move & Grove 16 10:30 Current Event 11:00 Courtyard Stroll 1:00 Flower Arrangement 2:00 Hydration Station/Snack 3:00 Singing w/Susie Q 5:00 Folding & Sorting	10:00 Chair Exercise 17 10:30 Current Event 11:00 Devotional Reading 1:00 Bean Bag Toss 2:00 Hydration Station/Snack 3:00 Outside Sunshine 5:00 Evening Music/Coffee	10:00 Chair Exercise 18 10:30 Current Event 11:00 Courtyard Stroll 1:00 Dress up 2:00 Hydration Station/Snack 3:00 Checker Time 5:00 Puzzles/Games	10:00 Chair Exercise 19 10:30 Current Event 11:00 Courtyard Stroll 1:00 Scenic Ride- Candy Store 2:00 Larry Guitar-Guy-Live 3:00 Inside Volleyball 5:00 Garden Tending	10:00 Chair Exercise 20 10:30 Current Event 11:00 Courtyard Stroll 1:00 IN2L-Traveling-animals 2:00 Hydration Station/snack 3:00 Courtyard/Pool/Music 5:00 Mindful Meditation/evening Stroll
10:00 Chair Exercise 21 10:30 Current Event 11:00 Courtyard Stroll 1:00 Charles Stanley 2:00 Balloon Swat/snacks 3:00 Art & Craft 5:00 Mindful Meditation	10:00 Chair Exercise 22 10:30 Current Event 11:00 Courtyard Stroll 1:00 Tea Time 2:00 Hydration Station/Snack 3:00 Creative Art/Teacup 5:00 Hymn Sing/Courtyard	10:00 Chair Exercise- 23 10:30 Current Event 11:00 Beach Party-Courtyard/pool and bring some sand 1:00 Reminiscing 2:00 Hydration Station/Snacks 3:00 Outside Stroll 5:00 Hymn Sing/games	10:00 Anytime Fitness 24 10:30 Current Event 11:00 Courtyard Stroll 1:00 This & That Trivia 2:00 Hydration Station/Snack 3:00 Bible Stories 5:00 Power Walk w/Friends/Art & Crafts	10:00 Chair Zumba 25 10:30 Current Event 11:00 Courtyard Stroll 1:00 Music Trivia Fun 2:00 Hydration Station/Snack 3:00 UNO Time 5:00 Mash-TV Show	10:00 Chair Exercise 26 10:30 Current Event 11:00 Courtyard Stroll 1:00 Scenic Ride-Park 2:00 Hydration Station/Snack 3:00 Corn Hole/Music 5:00 Evening Stroll	10:00 Chair Exercise 27 10:30 Current Event 11:00 Gardening Tending 1:00 2:00 Hydration Station/Snack 3:00 Pretty Nail/Music 5:00 Mindful Meditation/evening stroll
10:00 Chair Exercise 28 10:30 Current Event 11:00 Courtyard Stroll 1:00 Fact and Fiction 2:00 Anchor Faith -Live 3:00 Art & Craft 5:00 Mindful Meditation	10:00 Chair Exercise 29 10:30 Current Event 11:00 Courtyard Stroll 1:00 Surprise Bingo 2:00 Hydration Station/Snack 3:00 Guess Who Faces? 5:00 Folding and Sorting Napkins	10:00 Chair Exercise 30 10:30 Current Event 11:00 Courtyard Stroll 1:00 Wii Bowling 2:00 Hydration Station/Snack 3:00 Dominoes- 5:00 Popcorn Poppin/Movies	10:00 Chair Exercise 31 10:30 Current Event 11:00 Inside Volley Ball 1:00 Brain Teasers 2:00 Ice cream Social 3:00 Outside Stroll 5:00 Painting Expression/Music	<h1>August 2022</h1> <p>Kindness is always Beautiful. The Preserve at Silver Creek.</p>		