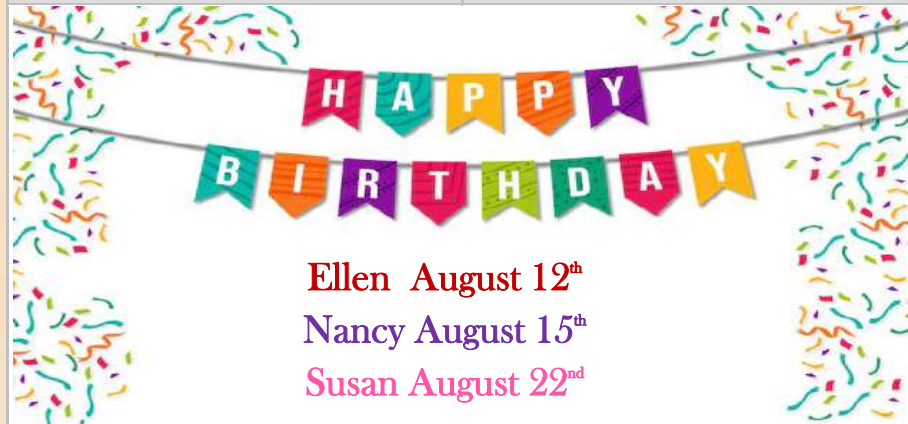


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Ellen August 12th Nancy August 15th Susan August 22nd		<u>Quote of the Month:</u> “To love a person is to learn the song in their heart and sing it to them when they have forgotten.”  - Arne Garborg				1 National Sunflower Day 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Sunflower Fun Facts And Trivia! 2:00 Art: Sunflower Silhouettes 3:30 Motion Magic! Beachball Banter ♥ 4:15 Fun Sing-Along!
2 National Ice Cream Sandwich Day 9:00 Catholic Sunday Mass 10:00 Seated Chair Exercise (LL) ♥ 10:30 Memory Magic 11:15 Sunday Morning Coffee, Lucky Dabbers BINGO 1:00 Travelogue! West England 2:00 Marker Art: Ice Cream 2:30 Ice Cream Sandwich Social 3:30 The Mindful Meanders Walking Club ♥ 4:15 Senior Sing-Along	3 National Watermelon Day 9:30 Good Morning Gathering & Therapeutic Aroma Scents 10:15 Morning Fitness w/ Brian ♥ 10:45 Wheel of Fortune  11:15 SingFit  1:00 Music with Kiemel 2:00 Creative Crafting: Stained Glass Watermelon 2:30 Watermelon & Melodies! 3:30 Motion Magic! Corn Hole ♥ 4:15 Fact Finders Club: Trivia	4 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Travelogue Tuesday: A Symphonic Journey 10:30 Exercise with Terri (Gym) ♥ 11:00 Catholic Communion (TH) 11:30 MH Helping Hands  1:30 Sensory Outings Co 2:30 Outing: Little Man Ice Cream 4:15 Cinema Silliness!	5 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Curious Dragonfly  11:30 Cognitive Calisthenics 1:00 Reminiscing Together 1:30 Documentary: Kittenhood 2:00 Baby Goats & Root Beer Floats  3:30 Monarch's Musical Hour 4:30 Senior Sing-Along 	6 9:30 Exercise with Terri (Gym) ♥ 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 White Board Games 1:00 Wheelchair/Walker Wash 1:00 Documentary: Days of Summer 2:30 Afternoon Word Games 3:45 Happy Hour in the Bistro! 4:00 Classic Music Videos	7 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics 11:00 Outing: Picnic at Cherry Creek Reservoir 1:00 Music & Movement DrumFit ♥ 2:00 Art: Watercolor Lighthouse 3:30 Tovertafel, & Puzzles! 3:30 Shabbat Services 4:15 Fact Finders Club: Trivia!	8 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics 1:00 Saturday Short Stories and Smiles  2:00 Creative Crafting: Coffee Filter Poppies 3:30 Hand Massages 3:30 Travelogue: Scandinavia 4:15 Sing-Along! 
9 9:00 Catholic Sunday Mass 10:00 Chair Yoga (LL) ♥ 10:30 Memory Magic 11:15 Sunday Morning Coffee, Lucky Dabbers BINGO 1:00 Travelogue! Australia 2:00 Carillon Singers Concert 3:00 Ice Cream Social (BIS) 3:30 The Mindful Meanders Walking Club ♥ 4:15 Sing-Along!	10 National S'mores Day 9:30 Good Morning Gathering & Therapeutic Aroma Scents 10:15 Morning Fitness w/ Brian ♥ 10:45 Wheel of Fortune & Bistro Bites (Snacks)! 11:15 SingFit  1:00 Music with Kiemel 2:00 Paper Crafting: S'Mores 3:30 Motion Magic! Indoor Bocce Ball ♥ 4:15 Fact Finders Club: Trivia	11 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Travelogue: West Ireland 10:30 Exercise with Terri (Gym) ♥ 11:00 Catholic Communion (TH) 11:30 MH Helping Hands 1:30 Tactile Time Sensory Games 3:00 Shall We Dance w/Melissa ♥ 3:30 Memory Magic 4:15 Cinema Silliness!	12 Happy Birthday Ellen!  9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 11:00 Story Time with Molly 1:00 Remember when? 1:30 Travelogue: A Royal Tour 2:00 Birthday Party for Ellen! 3:30 Monarch's Musical Hour 4:30 Senior Sing-Along	13 9:30 Exercise with Terri (Gym) ♥ 9:30 Sit & Stretch Exercise 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 White Board Games 1:00 Documentary: Bird Brain 1:00 Soothing Soles: Foot Soaks & Paint N Polish Manicures 2:30 Afternoon Word Games 3:45 Happy Hour in the Bistro! 4:00 Classic Music Videos	14 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics 11:30 MH Helping Hands 1:00 Music & Movement: Scarf Dancing ♥ 2:00 Curious Dragonfly 3:00 Tovertafel, Tabletop Games & Puzzle Palooza! 4:15 Fact Finders Club: Trivia!	15 Happy Birthday Nancy!  9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics 1:00 Saturday Short Stories and Smiles 2:00 Birthday Party for Nancy! 2:30 DIY Birthday Party Cards 3:00 Motion Magic: Balloon Volleyball ♥ 4:15 Sing-Along!

