August 2025 EnrichedLIFE Assist	ed Living					created with COCOU
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 Sunday Mass on TV 10:00 Fit & Tone Exercise 10:30 Fit & Tone Exercise 11:00 Word Peck 11:30 Toppan's Corner Store 1:30 Ted Talk & Talk 2:00 DuoLingo- Learn a Language! 2:30 Documentary- In the Wake of Titanic 3:30 BINGO! 6:30 Movie Night- Zero Dark Thirty	Ornerstone AT HAMPTON A SENIOR LIVING RESIDENCE (SLR)	298 Exeter Rd Hampton, NH 03842 (603) 929-6300	Clubs/Games Cognitive Discovery Learning Emotional & Expressive Arts Entertainment Grab Your Passport Outing Physical Social Spiritual	ENRICHED LIFE AN ASSISTED LIVING LIFESTYLE	10:00 Fit & Tone Exercise	10:00 Fit & Tone Exercise 10:30 Fit & Tone Exercise 11:00 Brain Games! 1:15 Clay with Chris 2:30 Matinee- Straw 3:30 Pub Poker 6:00 Après Supper Club 6:30 Movie Night- Cheaper by the Dozen
	10:30 Fit & Tone Exercise 11:00 Weekly Horoscopes 11:15 Out to Lunch at BG's Boathouse 1:00 Documentary- Yintah 2:30 Music & Movement	10:00 Chairobics with Jocelyn  10:30 Chairobics with Jocelyn  11:00 NYT Word Games  11:30 Toppan's Corner Store  1:30 Music with Brian Corcoran  2:30 Catholic Services  3:30 Resident Council Meeting  6:00 Après Supper Club  6:30 Movie Night- Burlesque	9:30 Coffee & Donuts with the Chiefs!  10:30 Fit & Tone Exercise  11:00 Match Game  1:15 Culinary Club- Chocolate Chip Cookies  2:30 Star Awards Ceremony  3:30 Wine Down Wednesday!  6:30 Movie Night- Inception		10:00 Fit & Tone Exercise 10:30 Fit & Tone Exercise 11:00 Jeopardy! 12:45 Trip to the Dollar Store 1:00 Documentary- Paddle for the North 2:30 Horse Racing Game 3:30 Painting Lessons with Chris 6:30 Movie Night- Grey Gardens	10:00 Fit & Tone Exercise 10:30 Fit & Tone Exercise 11:00 Brain Games! 1:30 Clay with Chris 2:30 Matinee- A Little White Lie 3:30 Pub Poker 6:00 Après Supper Club 6:30 Movie Night- Invictus
9:15 Sunday Mass on TV 10:00 Fit & Tone Exercise 10:30 Fit & Tone Exercise 11:00 Word Peck 11:30 Toppan's Corner Store 1:30 Canada Travelogue with Steve Farrar 2:30 Ted Talk & Talk 3:30 BINGO! 6:30 Movie Night- Something the Lord Made	10:00 Fit & Tone Exercise 10:30 Fit & Tone Exercise 10:30 Lane Library at CAH 11:00 Weekly Horoscopes 11:30 Out to Lunch at the 99 1:00 Documentary-Ocean with David Attenborough 2:30 Chair Yoga 3:30 BINGO! 6:30 Movie Night- Pitch Perfect 2	10:00 Chairobics with Jocelyn 10:30 Chairobics with Jocelyn 11:00 NYT Word Games 11:30 Toppan's Corner Store 1:30 Tie Dye!! 3:30 Cornhole! 6:00 Après Supper Club 6:30 Movie Night- In Time	10:00 Fit & Tone Exercise 10:30 Fit & Tone Exercise 11:00 Match Game 1:15 Culinary Club- Saskatoon Berry Pie 2:30 Chair Yoga 3:30 Wine Down Wednesday! 6:30 Movie Night- Ghosts of Girlfriends Past	10:00 Fit & Tone Exercise 10:30 Fit & Tone Exercise 11:00 Jeopardy! 11:30 Summer BBQ 11:30 Country Blues with Tom Cook 2:30 Stay Sharp! 3:30 Knot Just Knitting 3:30 Pub Poker 6:00 Après Supper Club 6:30 Movie Night- Silver Linings Playbook	10:30 Fit & Tone Exercise	10:00 Fit & Tone Exercise 10:30 Fit & Tone Exercise 11:00 Brain Games! 1:00 Preseason Patriots vs Vikings 1:30 Music with Chris Torrey 2:30 Matinee- Here 2:30 Smoothies! 3:30 Pub Poker 6:00 Après Supper Club 6:30 Movie Night- Mirror Mirror
9:15 Sunday Mass on TV 10:00 Fit & Tone Exercise 10:30 Fit & Tone Exercise 11:00 Word Peck 11:30 Toppan's Corner Store 1:15 Ted Talk & Talk 2:00 Michelle Cloultier Duo 3:00 Documentary- Wonders of Canada 3:30 BINGO! 6:30 Movie Night- Matrix	10:00 Fit & Tone Exercise 10:30 Book Club 10:30 Fit & Tone Exercise 11:00 Weekly Horoscopes 12:45 Trip to Market Basket 1:00 Documentary- Under the Willow Tree 2:30 Chair Yoga 3:00 Cornerstone Cares ALZ Support Group 3:30 BINGO! 6:30 Movie Night- The Birdcage	10:00 Chairobics with Jocelyn 10:30 Chairobics with Jocelyn 11:00 NYT Word Games 11:30 Toppan's Corner Store 1:00 Canadian Wood Burning 2:30 Catholic Services 3:30 Lifetime Achievement Award: Will it be You!? 6:00 Après Supper Club 6:30 Movie Night- Uncharted	10:00 Fit & Tone Exercise 10:30 Fit & Tone Exercise 11:00 Match Game 1:15 Culinary Club- Canadian Nanaimo Bars 2:30 Chair Yoga 3:30 Wine Down Wednesday! 6:30 Movie Night- Meet the Parents	10:00 Shake it into Shape w/ Ramon!  11:00 Jeopardy  11:30 Summer BBQ  11:30 Toppan's Corner Store  1:30 Knot Just Knitting  1:30 Pub Poker  2:30 Expedition Eve- The Canadian Rockies Part 1  6:00 Après Supper Club  6:30 Movie Night- Salt  8:00 Preseason Patriots vs Giants	10:00 Fit & Tone Exercise 10:30 Fit & Tone Exercise 11:00 Jeopardy! 1:00 Documentary- The Wealthy Families that Own Canada 1:15 Jewelry Making 2:30 Chair Yoga 3:30 Painting Lessons with Chris 6:30 Movie Night- The Lovely Bones	10:00 Fit & Tone Exercise  10:30 Fit & Tone Exercise  11:00 Brain Games!  1:30 Clay with Chris 2:30 Matinee- Unbroken  3:30 Pub Poker 6:00 Après Supper Club 6:30 Movie Night- Equals
9:15 Sunday Mass on TV 10:00 Fit & Tone Exercise 10:30 Fit & Tone Exercise 11:00 Word Peck 11:30 Toppan's Corner Store 1:30 Music with Billy Glynn 2:30 Ted Talk & Talk 3:30 BINGO! 6:30 Movie Night- Assassin Club	11:00	10:00 Chairobics with Jocelyn 10:30 Chairobics with Jocelyn	10:30 Fit & Tone Exercise			10:00 Fit & Tone Exercise 10:30 Fit & Tone Exercise 11:00 Brain Games! 1:15 Brain Healthy Cooking Club! 2:30 Matinee- The Circle 3:30 Pub Poker 6:00 Après Supper Club 6:30 Movie Night- Wall Street  Continued at top