

calendar & activities  
**AUG 2019**

# Southern Plantation - Reflect

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## LOCATIONS

Social Room - *SR*  
Dining Hall - *DH*  
Family Room - *FR*  
Court Yard - *CY*

## BIRTHDAYS of the MONTH

SENIOR LIFESTYLE  
*Come grow with us!*

## EMBRACE

"When memories fade, it's  
the moments that matter"

Southern Plantation  
a Senior Lifestyle  
Community

WWW.SENIORLIFESTYLE.COM  
Activities are subject to change

					<p>8:30 ● Breakfast AM ● Sit &amp; Be Fit AM ● <b>Thymeless</b> AM ● Family and Friends Devotion AM ● Rhyme Time 12:30 ● Lunch PM ● Who Am I PM ● Bookmarks PM ● Balloon Volleyball 5:00 Dinner</p>	<p><b>1</b></p> <p>National Ice Cream Sandwich Day 8:30 ● Breakfast AM ● Morning Stretches AM ● <b>Thymeless</b> AM ● Fun Facts &amp; Today in History AM ● Bible Trivia AM ● <b>Essence</b> 12:30 ● Lunch PM ● Afternoon Fitness PM ● Mandela Arts &amp; Crafts 5:00 Dinner 6:00 ● Travel Time - Australia PM ● Famous Birthdays - Celeb Conversation's</p>	<p><b>2</b></p> <p>Watermelon Day 8:30 ● Breakfast AM ● Morning Cardio Workout AM ● <b>Thymeless</b> AM ● <b>Bookmarks</b> AM ● Reminiscence - Tell me about! 12:30 ● Lunch PM ● Games &amp; Gadgets PM ● Brain Teasers PM ● 50's Music &amp; Dancing 5:00 Dinner PM ● Rocking Chair Riddles</p>
	<p><b>4</b></p> <p>National Sister's Day 8:30 ● Breakfast AM ● Morning Stretches AM ● <b>Thymeless</b> 10:15 ● <b>Donnie &amp; Donnie's Guitar</b> AM ● Morning Inspiration 12:30 ● Lunch PM ● Decor - Art's and Crafts PM ● Sunday Sundae's PM ● Family Bingo - Win or Lose! PM ● Get to know your Neighbor - Did You Know PM ● Famous Proverbs 5:00 Dinner PM ● The Best I Ever Had - Food</p>	<p><b>5</b></p> <p>8:30 ● Breakfast AM ● Morning Chair Yoga AM ● <b>Thymeless</b> AM ● Karaoke W/ Dawn &amp; Greta AM ● <b>Essence</b> 10:30 ● <b>Pet Therapy w/ Suzie &amp; Brodie</b> 12:30 ● Lunch PM ● Name It! "Name 10 things that..." 2:00 ● Positively Club PM ● Do You Remember PM ● Vocabulary - Word games 5:00 Dinner PM ● Court Yard - Conversations</p>	<p><b>6</b></p> <p>National Root Beer Float Day 8:30 ● Breakfast AM ● Sunshine Fitness AM ● <b>Thymeless</b> 10:30 ● <b>Devotion w/ Pastor Don</b> AM ● Name It! - Geography AM ● <b>Essence</b> 12:30 ● Lunch PM ● Bulletin Board Committee PM ● Hang Man 2:30 Birthday Bash with Lisa Roby PM ● Balloon Volleyball PM ● World Geography Trivia 4:00 ● Synonyms &amp; Definitions 5:00 Dinner PM ● Magnify Memories PM ● On This Day</p>	<p><b>7</b></p> <p>Purple Heart Medal 1782 8:30 ● Breakfast 9:30 ● Morning Stretches AM ● <b>Thymeless</b> AM ● Family and Friends Devotion AM ● Word Blurt - 10 things begins w/ letter 12:30 ● Lunch PM ● Puzzle Power PM ● Bowling w/ Friends PM ● Decor - Art's &amp; Crafts 5:00 Dinner PM ● <b>Bookmarks</b></p>	<p><b>8</b></p> <p>8:30 ● Breakfast AM ● Sit &amp; Be Fit AM ● <b>Thymeless</b> AM ● Family and Friends Devotion AM ● Word Blurt - 10 things begins w/ letter 12:30 ● Lunch 2:30 ● Hula Hoop Contest PM ● Bookmarks PM ● Balloon Volleyball PM ● Rhyme Time 5:00 Dinner PM ● Name It! "Name 10 things that..."</p>	<p><b>9</b></p> <p>Smokey the Bear 75th Birthday 8:30 ● Breakfast AM ● Morning Stretches AM ● <b>Thymeless</b> AM ● Fun Facts &amp; Today in History AM ● <b>Essence</b> 12:30 ● Lunch PM ● Afternoon Fitness PM ● Famous Proverbs PM ● Mandela Arts &amp; Crafts 5:00 Dinner PM ● Beverly Hillbillies PM ● Famous Birthdays - Celeb Conversation's</p>	<p><b>10</b></p> <p>"Smile" You're on Candid Camera show! (1948) 8:30 ● Breakfast AM ● Morning Cardio Workout AM ● <b>Thymeless</b> AM ● <b>Bookmarks</b> AM ● Reminiscence - Tell me about! 11:30 ● Brain Teaser's 12:30 ● Lunch PM ● Brain Teasers 3:00 ● Open Arms Ministry PM ● 50's Music &amp; Dancing 5:00 Dinner PM ● Rocking Chair Riddles</p>
	<p><b>11</b></p> <p>8:30 ● Breakfast AM ● Morning Stretches AM ● <b>Thymeless</b> 10:15 ● <b>Donnie &amp; Donnie's Guitar</b> AM ● Morning Inspiration 12:30 ● Lunch PM ● Decor - Art's and Crafts PM ● Sunday Sundae's 3:00 ● Heaven Saints Ministry Sings PM ● Family Bingo - Win or Lose! 4:00 ● Bulletin Board Trivia PM ● Famous Proverbs 5:00 Dinner PM ● The Best I Ever Had - Food</p>	<p><b>12</b></p> <p>8:30 ● Breakfast AM ● Morning Chair Yoga AM ● <b>Thymeless</b> AM ● Karaoke W/ Dawn &amp; Greta AM ● <b>Essence</b> 10:30 ● <b>Pet Therapy w/ Suzie &amp; Brodie</b> 12:30 ● Lunch PM ● Positively Club PM ● Vocabulary - Word games 5:00 Dinner PM ● Court Yard - Conversations</p>	<p><b>13</b></p> <p>8:30 ● Breakfast AM ● Sunshine Fitness AM ● <b>Thymeless</b> 10:30 ● <b>Devotion w/ Pastor Don</b> AM ● <b>Essence</b> 12:30 ● Lunch PM ● Hang Man PM ● Balloon Volleyball PM ● Hang Man 4:00 ● Synonyms &amp; Definitions 5:00 Dinner PM ● Magnify Memories</p>	<p><b>14</b></p> <p>8:30 ● Breakfast 9:30 ● Morning Stretches AM ● <b>Thymeless</b> AM ● <b>Essence</b> 10:30 ● Music with Ellen 12:30 ● Lunch PM ● Did You Know...Fun Facts PM ● Decor - Art's &amp; Crafts 5:00 Dinner PM ● <b>Bookmarks</b></p>	<p><b>15</b></p> <p>8:30 ● Breakfast AM ● Sit &amp; Be Fit AM ● <b>Thymeless</b> AM ● Family and Friends Devotion 10:30 ● Country Ride 12:30 ● Lunch PM ● Bookmarks PM ● Balloon Volleyball 5:00 Dinner</p>	<p><b>16</b></p> <p>8:30 ● Breakfast AM ● Morning Stretches AM ● <b>Thymeless</b> AM ● Fun Facts &amp; Today in History 10:30 ● Dennis Goodwin - Musical Memories AM ● <b>Essence</b> 12:30 ● Lunch PM ● Afternoon Fitness PM ● Mandela Arts &amp; Crafts 5:00 Dinner PM ● Famous Birthdays - Celeb Conversation's</p>	<p><b>17</b></p> <p>8:30 ● Breakfast AM ● Morning Cardio Workout AM ● <b>Thymeless</b> AM ● <b>Bookmarks</b> AM ● Reminiscence - Tell me about! 12:30 ● Lunch PM ● Brain Teasers PM ● 50's Music &amp; Dancing PM ● Time to Travel 5:00 Dinner PM ● Rocking Chair Riddles</p>
	<p><b>18</b></p> <p>8:30 ● Breakfast AM ● Morning Stretches AM ● <b>Thymeless</b> 10:15 ● <b>Donnie &amp; Donnie's Guitar</b> AM ● Morning Inspiration 12:30 ● Lunch PM ● Decor - Art's and Crafts PM ● Sunday Sundae's 2:30 ● Victory Baptist PM ● Family Bingo - Win or Lose! PM ● Famous Proverbs 5:00 Dinner PM ● The Best I Ever Had - Food</p>	<p><b>19</b></p> <p>8:30 ● Breakfast AM ● Morning Chair Yoga AM ● <b>Thymeless</b> AM ● Karaoke W/ Dawn &amp; Greta AM ● <b>Essence</b> 10:30 ● <b>Pet Therapy w/ Suzie &amp; Brodie</b> 12:30 ● Lunch PM ● Positively Club PM ● Travel Time - Europe 2:30 ● Arts and Crafts with Ellen(Agape) and Root beer floats PM ● Vocabulary - Word games 5:00 Dinner PM ● Court Yard - Conversations</p>	<p><b>20</b></p> <p>National Radio Day 8:30 ● Breakfast AM ● Sunshine Fitness AM ● <b>Thymeless</b> 10:30 ● <b>Devotion w/ Pastor Don</b> AM ● Name It! - Geography AM ● <b>Essence</b> 12:30 ● Lunch PM ● Hang Man PM ● Balloon Volleyball PM ● Word Trivia PM ● Name It! 4:00 ● Synonyms &amp; Definitions 5:00 Dinner PM ● Magnify Memories</p>	<p><b>21</b></p> <p>Hawaii's Admission Day-1959 8:30 ● Breakfast 9:30 ● Morning Stretches AM ● <b>Thymeless</b> AM ● Family and Friends Devotion 10:30 ● <b>Music with Karen</b> 12:30 ● Lunch 1:00 ● Geography - Videos &amp; Fun Facts 1:30 ● Word Blurt - 10 things begins w/ letter PM ● Decor - Art's &amp; Crafts 5:00 Dinner PM ● <b>Bookmarks</b></p>	<p><b>22</b></p> <p>8:30 ● Breakfast AM ● Sit &amp; Be Fit AM ● <b>Thymeless</b> AM ● Family and Friends Devotion 12:30 ● Lunch PM ● <b>Essence (Afternoon Session)</b> PM ● Music Summer Party with Lawrence Langston PM ● Bookmarks PM ● Balloon Volleyball 5:00 Dinner PM ● Name It! "Name 10 things that..."</p>	<p><b>23</b></p> <p>8:30 ● Breakfast AM ● Morning Stretches AM ● <b>Thymeless</b> AM ● Fun Facts &amp; Today in History AM ● <b>Essence</b> 12:30 ● Lunch PM ● Afternoon Fitness PM ● Mandela Arts &amp; Crafts PM ● Today in History 5:00 Dinner PM ● Famous Birthdays - Celeb Conversation's</p>	<p><b>24</b></p> <p>8:30 ● Breakfast AM ● Morning Cardio Workout AM ● <b>Thymeless</b> AM ● <b>Bookmarks</b> AM ● Reminiscence - Tell me about! 12:30 ● Lunch PM ● Brain Teasers PM ● Rocking Chair Relaxation PM ● 50's Music &amp; Dancing 5:00 Dinner PM ● Rocking Chair Riddles</p>
	<p><b>25</b></p> <p>Anniversary of Wizard of OZ 1939 8:30 ● Breakfast AM ● Morning Stretches AM ● <b>Thymeless</b> 10:15 ● <b>Donnie &amp; Donnie's Guitar</b> AM ● Morning Inspiration 12:30 ● Lunch PM ● Decor - Art's and Crafts PM ● Sunday Sundae's PM ● Family Bingo - Win or Lose! PM ● Famous Proverbs 5:00 Dinner PM ● The Best I Ever Had - Food</p>	<p><b>26</b></p> <p>8:30 ● Breakfast AM ● Morning Chair Yoga AM ● <b>Thymeless</b> AM ● Karaoke W/ Dawn &amp; Greta AM ● <b>Essence</b> 10:30 ● <b>Pet Therapy w/ Suzie &amp; Brodie</b> 12:30 ● Lunch PM ● Guess Who 2:00 ● Positively Club PM ● Vocabulary - Word games 5:00 Dinner PM ● Court Yard - Conversations</p>	<p><b>27</b></p> <p>8:30 ● Breakfast AM ● Sunshine Fitness AM ● <b>Thymeless</b> 10:30 ● <b>Devotion w/ Pastor Don</b> AM ● <b>Essence</b> 12:30 ● Lunch PM ● Hang Man PM ● Balloon Volleyball PM ● Happy Hour 4:00 ● Synonyms &amp; Definitions 5:00 Dinner PM ● Magnify Memories</p>	<p><b>28</b></p> <p>8:30 ● Breakfast 9:30 ● Morning Stretches AM ● <b>Thymeless</b> AM ● <b>Essence</b> 10:30 ● Music with Ellen 12:30 ● Lunch PM ● Name that Celebrity! PM ● Decor - Art's &amp; Crafts 5:00 Dinner PM ● <b>Bookmarks</b></p>	<p><b>29</b></p> <p>Mary Poppins (1964) 8:30 ● Breakfast AM ● Sit &amp; Be Fit AM ● <b>Thymeless</b> AM ● Family and Friends Devotion 12:30 ● Lunch PM ● Bookmarks PM ● Balloon Volleyball 5:00 Dinner</p>	<p><b>30</b></p> <p>8:30 ● Breakfast AM ● Morning Stretches AM ● <b>Thymeless</b> AM ● Fun Facts &amp; Today in History AM ● <b>Essence</b> 12:30 ● Lunch PM ● Afternoon Fitness PM ● Afternoon Fitness PM ● Mandela Arts &amp; Crafts 5:00 Dinner PM ● Famous Birthdays - Celeb Conversation's</p>	<p><b>31</b></p> <p>8:30 ● Breakfast AM ● Morning Cardio Workout AM ● <b>Thymeless</b> AM ● <b>Bookmarks</b> AM ● Reminiscence - Tell me about! 12:30 ● Lunch PM ● Brain Teasers PM ● 50's Music &amp; Dancing 5:00 Dinner PM ● Rocking Chair Riddles</p>