





August 2024 Your Adventure				Monthly Activities											
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
<div><p>WWW.SENIORLIFESTYLE.COM</p><p>Activities are subject to change</p></div>		<div><p>your <i>life</i>, your <i>style</i></p></div>		<div><p>Resident Birthdays</p><p>John H. 8/5</p><p>Margaret B. 8/12</p></div>		<p>“Fairest of the months! Ripe summer's queen The hey-day of the year With robes that gleam with sunny sheen Sweet August doth appear.”</p> <p>— R. Combe Miller</p>		<p>Nail Care and Manicures</p> <p>National Pinball Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ❤️ Games Games Games!!</p> <p>5:00 ● Dinner</p>		<p>National Ice Cream Sandwich Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 🚌 POSSIBLE Bus Ride with Valley</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>4:00 ● Color Therapy</p> <p>4:00 🚩 Spark-Creativity- Bookmarks "The Emperor's New Suit" – Hans Christian Anderson"</p> <p>5:00 ● Dinner</p>		<p>National Watermelon Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:00 ● Trivia- Residents Topic Choice</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ● Puzzle Time</p> <p>5:00 ● Dinner</p> <p>5:30 ● After Dinner Movie</p>			
<div><p>your <i>life</i>, your <i>style</i></p></div>		<p>U.S. Coast Guard Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:00 ● Game Show Trivia</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 ● Bible Study on the iN2L</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ❤️ Music Memories and Dancing</p> <p>5:00 ● Dinner</p> <p>5:30 ● After Dinner Music</p>		<p>National Oyster Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 🚌 Fun Bus Ride</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 🚩 Spark Stress- Sensible Sensations</p> <p>5:00 ● Dinner</p>		<p>National Fresh Breath Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:00 🌸 Essence Aroma Therapy</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ● Let's Play Golf</p> <p>4:00 ● iN2L Travel Around the World- Favorite Vacation Destination</p> <p>5:00 ● Dinner</p>		<p>National Purple Heart Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:30 🏛️ Thank You's For Our Wounded Soldiers</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 🚩 Spark Cognitive- Create a Collage</p> <p>4:00 ● Music Melody</p> <p>5:00 ● Dinner</p>		<p>Happiness Happens Day</p> <p>Nail Care and Manicures</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ❤️ Games Games Games!!</p> <p>5:00 ● Dinner</p>		<p>National Kool-Aid Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 🚌 POSSIBLE Bus Ride with Valley</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>4:00 ● Color Therapy</p> <p>4:00 🚩 Spark-Creativity- Bookmarks "The Emperor's New Suit" – Hans Christian Anderson"</p> <p>5:00 ● Dinner</p>		<p>National Smores Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:00 ● Trivia- Residents Topic Choice</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ● Puzzle Time</p> <p>5:00 ● Dinner</p> <p>5:30 ● After Dinner Movie</p>	
<p>👥 *Diversity Event</p> <p>🌿 *ESSENCE</p> <p>🚌 *Outing</p> <p>❤️ *SNAPSHOTS</p> <p>🎓 *SPARK</p> <p>🚰 *THYMELESS</p> <p>🔵 _CONNECT</p> <p>🟦 _CONTRIBUTE</p> <p>🟠 _FEEL</p> <p>🟡 _GROW</p> <p>🟢 _MOVE</p> <p>🟣 _REFLECT</p>		<p>Summer Olympics Closing Ceremony</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:00 ● Game Show Trivia</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 ● Bible Study on the iN2L</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ❤️ Music Memories and Dancing</p> <p>5:00 ● Dinner</p> <p>5:30 ● After Dinner Music</p>		<p>National Vinyl Record Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 🚌 Fun Bus Ride</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 🚩 Spark Stress- Sensible Sensations</p> <p>5:00 ● Dinner</p>		<p>National Left Hander's Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:00 After Lunch Stroll</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ● Let's Play Golf</p> <p>4:00 ● iN2L Travel Around the World- Favorite Vacation Destination</p> <p>5:00 ● Dinner</p>		<p>National Creamsicle Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 ● Afternoon Walk</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 🚩 Spark Cognitive- Create a Collage</p> <p>4:00 ● Music Melody</p> <p>5:00 ● Dinner</p>		<p>Nail Care and Manicures</p> <p>National Relaxation Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ❤️ Games Games Games!!</p> <p>5:00 ● Dinner</p>		<p>National Tell A Joke Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 🚌 POSSIBLE Bus Ride with Valley</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>4:00 ● Color Therapy</p> <p>4:00 🚩 Spark-Creativity- Bookmarks "The Emperor's New Suit" – Hans Christian Anderson"</p> <p>5:00 ● Dinner</p>		<p>National Thriftshop Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:00 ● Trivia- Residents Topic Choice</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ● Puzzle Time</p> <p>5:00 ● Dinner</p> <p>5:30 ● After Dinner Movie</p>	
<p>National Fajita Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:00 ● Game Show Trivia</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 ● Bible Study on the iN2L</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ❤️ Music Memories and Dancing</p> <p>5:00 ● Dinner</p> <p>5:30 ● After Dinner Music</p>		<p>National Potato Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 🚌 Fun Bus Ride</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 🚩 Spark Stress- Sensible Sensations</p> <p>5:00 ● Dinner</p>		<p>National Radio Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ● Let's Play Golf</p> <p>4:00 ● iN2L Travel Around the World- Favorite Vacation Destination</p> <p>5:00 ● Dinner</p>		<p>National Poets Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 ● Afternoon Walk</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 🚩 Spark Cognitive- Create a Collage</p> <p>4:00 ● Music Melody</p> <p>5:00 ● Dinner</p>		<p>Be An Angel Day</p> <p>Nail Care and Manicures</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ❤️ Games Games Games!!</p> <p>5:00 ● Dinner</p>		<p>National Ride The Wind Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 🚌 POSSIBLE Bus Ride with Valley</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ● Monthly Birthday Celebration</p> <p>4:00 ● Color Therapy</p> <p>4:00 🚩 Spark-Creativity- Bookmarks "The Emperor's New Suit" – Hans Christian Anderson"</p> <p>5:00 ● Dinner</p>		<p>National Waffle Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:00 ● Trivia- Residents Topic Choice</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ● Puzzle Time</p> <p>5:00 ● Dinner</p> <p>5:30 ● After Dinner Movie</p>			
<p>National Banana Split Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:00 ● Game Show Trivia</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 ● Bible Study on the iN2L</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ❤️ Music Memories and Dancing</p> <p>5:00 ● Dinner</p> <p>5:30 ● After Dinner Music</p>		<p>National Dog Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 🚌 Fun Bus Ride</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 🚩 Spark Stress- Sensible Sensations</p> <p>5:00 ● Dinner</p>		<p>National Just Because Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ● Let's Play Golf</p> <p>4:00 ● iN2L Travel Around the World- Favorite Vacation Destination</p> <p>5:00 ● Dinner</p>		<p>World Daffodil Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 ● Afternoon Walk</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 🚩 Spark Cognitive- Create a Collage</p> <p>4:00 ● Music Melody</p> <p>5:00 ● Dinner</p>		<p>Nail Care and Manicures</p> <p>National More Herbs, Less Salt Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ❤️ Games Games Games!!</p> <p>5:00 ● Dinner</p>		<p>National toasted Marshmallow Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:00 🚌 POSSIBLE Bus Ride with Valley</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>4:00 ● Color Therapy</p> <p>4:00 🚩 Spark-Creativity- Bookmarks "The Emperor's New Suit" – Hans Christian Anderson"</p> <p>5:00 ● Dinner</p>		<p>International Bacon Day</p> <p>8:00 ● Breakfast</p> <p>9:30 ● Morning Stretch</p> <p>10:00 ● Morning Lap Around The Building</p> <p>10:30 🚰 Thymeless Hydration Station Morning Snack</p> <p>11:00 ● Trivia- Residents Topic Choice</p> <p>11:30 ● Daily Devotions</p> <p>12:00 ● Lunch</p> <p>1:30 🚰 Thymeless Gardening</p> <p>2:30 🚰 Thymeless Happy Hour Afternoon Snack</p> <p>3:00 ● Puzzle Time</p> <p>5:00 ● Dinner</p> <p>5:30 ● After Dinner Movie</p>			