calendar & activities

## AUG 2020 SUNDAY MONDAY TUESDAY **THURSDAY FRIDAY** SATURDAY WEDNESDAY 9:30 • Sit and Stretch 9:30 • Morning Yoga August cont'd 10:00 • "The Australian" Performs 10:00 • Explore Performing Arts CONNECT AM . Name that State AM • Thymeless 9:30 Dance to the "Oldies" AM • Thymeless 11:00 Hydration Break AM • Fun Baby Video 1:00 • Hydration Break 11:30 • Lunch CONTRIBUTE AM • Thymeless PM • Feed the Turtles 11:00 • Hydration Break PM Feed the Turtles MEMORY CARE **SENIOR** PM • Games and Puzzles 11:30 • Lunch 1:00 Let the Games Begin! w/Kimmie PM Powerhouse Protein Snack PM • Feed the Turtles PM • Games and Puzzles LIFESTYLE 1:00 • Gaither Gospel Hour PM Powerhouse Protein Snack PM • Thymeless PM • Games and Puzzles GROW PM • Thymeless PM Art Appreciation your life, your style 2:30 Movie Monday w fresh popcorn PM • Fresh Snack PM • Thymeless PM • Fresh Snack PM • Bingo Before Dinner MOVE 3:00 Ice Cream Social PM Bingo Before Dinne 4:30 • Dinner 3:15 • Sunday Devotionals 4:30 • Dinner PM Relax & Breathe PM • Fresh Snack PM Relax & Breathe BY SENIOR LIFESTYLE REFLECT 6:00 • Karaoke Wind Down PM Bingo Before Dinner "Hold Me Over" Snack "Hold Me Over" Snack 4:30 • Dinner PM Relax & Rrea 9:30 • Morning Yoga 9:30 Dance to the "Oldies" 9:30 Sit and Stretch Grow & Flow w/ Nature 9:30 Move w/ Music 9:30 Sit & Be Fit 10:00 "The Australian" Performs 9:30 Dance & Move 0:00 • SCHOOL SUPPLY DRIVE AM Fun Baby Videos 10:00 • "The Australian" Performs 10:00 Courtyard Cruising 10:00 DISCO DANCE PART 10:00 • Explore Performing Arts AM • Name that State AM • Tea and Trivia AM • Thymeless AM • Finish the Phrase AM • Thymeless AM • Thymeless LOCATIONS AM • Thymeless 11:00 • Hydration Break AM • Thymeless 11:00 • Hydration Break 11:30 • Lunch 1:00 Hydration Breal 11:00 Hydration Break 11:00 • Hydration Breal 11:00 • Hydration Break 1:30 • Lunch 11:30 • Lunch PM • Feed the Turtles PM • Feed the Turtles 1:30 • Lunch 11:30 • Lunch 11:30 • Lunch 1:30 • Lunch PM • Feed the Turtles PM • Feed the Turtles 1:00 • Gaither Gospel Hou PM • Feed the Turtles PM • Feed the Turtles PM • Feed the Turtles 1:00 • Let the Games Begin! w/Kimmie PM • Games and Puzzles PM • Games and Puzzles 1:00 • Let the Games Begin! w/Kimmi 1:00 • Let the Games Begin! w/Kimm 1:00 • Let the Games Begin! w/Kimmi Living Room [LR] 1:00 • Let the Games Begin! w/Kimmi PM • Games and Puzzles PM Powerhouse Protein Snack PM Powerhouse Protein Snack PM • Games and Puzzles PM Powerhouse Protein Space PM • Powerhouse Protein Snack PM • Thymeless PM • Thymeless PM • Powerhouse Protein Snack PM • Powerhouse Protein Snack 1:30 • Legacy Live Well Class PM • Thymeless Music Room [MR] 3:00 • Ice Cream Social PM • Thymeless 2:00 Games, Art activities, Puzzles PM • Thymeless PM • Thymeless 2:30 Ocoking with Beena PM • Art Appreciation 3:15 • Sunday Devotionals 2:30 Movie Monday w fresh popcorn PM Powerhouse Protein Snack PM • Fresh Snack PM • Fresh Snack 2:30 • VAN RIDE & ICE CREAM PM • Fresh Snack Dining Room [DR] PM • Fresh Snack PM • Fresh Snack PM • Thymeless 3:30 Inspirational Stories PM Jokes on us! 3:00 • Essence PM Bingo Before Dinner PM Bingo Before Dinner PM Bingo Before Dinner PM Bingo Before Dinner PM • Fresh Snack PM Bingo Before Dinner PM • Fresh Snack 4:30 • Dinner PM Bingo Before Dinne PM Bingo Before Dinne Courtyard [CY] PM Relax & Breathe PM Relax & Breathe PM Relax & Breathe 4:30 • Dinner PM Relax & Breathe PM Relax & Breathe 4:00 • Fun Friday Happy Hour 6:00 • Karaoke Wind Down 6:00 • MEDITATION MENTORING PM Relax & Breathe 6:00 Find & Share Favorite Songs PM Blooming Flower Walk Magnificent Manicures 4:30 • Dinner "Hold Me Over" Snack PM • Relax & Breathe 9:30 Dance to the "Oldies" 9:30 • Sit and Stretch Grow & Flow w/ Nature 9:30 Move w/ Music 9:30 • Sit & Be Fit 9:30 Dance & Move 9:30 • Morning Yoga AM • Fun Baby Videos 0:00 • Courtyard Cruising SUMMER NIGHT PAINTING 10:00 🏮 "The Australian" Perform: 0:00 • SCHOOL SUPPLY DRIVE 10:00 • Explore Performing Arts AM • Thymeless AM . Name that State AM • Tea and Trivia CLASS AM • Thymeless AM • Thymeless **BIRTHDAYS** AM • Thymeless AM Finish the Phrase 11:00 • Hydration Break AM • Thymeless AM • Thymeless 10:30 • Time to Rhyme 1:00 Hydration Break 11:00 Hydration Break 11:00 • Hydration Break 11:30 • Lunch 11:00 • Hydration Break AM • Thymeless 11:00 • Hydration Breal 11:30 • Lunch THIS MONTH 11:30 • Lunch PM • Feed the Turtles 11:00 • Hydration Break PM • Feed the Turtles PM • Feed the Turtles 1:00 • Gaither Gospel Hou PM Feed the Turtles PM Feed the Turtles 11:30 • Lunch PM Feed the Turtles 1:00 Let the Games Begin! w/Kimmie 1:00 • Let the Games Begin! w/Kimmie PM • Games and Puzzles PM • Feed the Turtles PM • Games and Puzzles 1:00 • Let the Games Begin! w/Kimmie 1:00 • Let the Games Begin! w/Kimmi PM • Games and Puzzles 1:00 • Let the Games Begin! w/Kimmie PM Powerhouse Protein Snack PM • Powerhouse Protein Snack PM • Games and Puzzles PM • Powerhouse Protein Snack PM • Games and Puzzles PM • Games and Puzzles PM • Thymeless PM • Games and Puzzles PM • Powerhouse Protein Snack PM • Thymeless PM • Thymeless 1:30 • Legacy Live Well Class **GEORGIANNA**; 8/11 PM • Powerhouse Protein Snack 3:00 • Ice Cream Social PM • Thymeless 2:30 • Movie Monday w fresh popcorn 2:30 Ocoking with Beens 2:00 Games, Art activities, Puzzles PM • Thymeless PM • Art Appreciation PM • Thymeless PM Fresh Snack 3:15 • Sunday Devotionals PM • Powerhouse Protein Snack 3:00 • Essence PM • Fresh Snack **BETTY JO: 8/19** PM • Fresh Snack PM • Fresh Snack PM • Fresh Snack PM • Thymeless PM • Jokes on us! PM • Fresh Snack PM Bingo Before Dinner PM Bingo Before Dinner PM Bingo Before Dinne 2:30 • Eldergrow Class 3:30 Inspirational Stories PM Bingo Before Dinner PM Bingo Before Dinner 4:30 • Dinner PM Bingo Before Dinner 4:30 • Dinner 4:30 • Dinner PM Fresh Snack 4:30 • Dinner 4:00 Fun Friday Happy Hour PM • Relax & Breathe PM • Relax & Breathe PM Relax & Breathe PM Relax & Breathe PM Bingo Before Dinne 4:30 • Dinner 6:00 • Karaoke Wind Down Magnificent Manicures "Hold Me Over" Snack PM Relax & Breathe PM • Relax & Breathe PM "Hold Me Over" Snack "Hold Me Over" Snack PM Relax & Breathe 6:00 • Find & Share Favorite Songs "Hold Me Over" Snack PM "Hold Me Over" Snack 9:30 Dance to the "Oldies 9:30 • Sit and Stretch Grow & Flow w/ Nature 9:30 • Move w/ Music 9:30 • Sit & Be Fit 9:30 • Dance & Move 9:30 • Morning Yoga 0:00 • "The Australian" Performs 10:00 • "The Australian" Performs 0:00 SCHOOL SUPPLY DRIVE AM • Fun Baby Videos 10:00 • Courtyard Cruising 10:00 • WIND CHIMES 10:00 • Explore Performing Arts AM Name that State AM Finish the Phrase AM • Thymeless AM • Tea and Trivia AM • Thymeless AM • Thymeless AM • Thymeless 11:00 • Hydration Breal AM • Thymeless AM • Thymeless AM • Thymeless 10:30 • Time to Rhym 1:00 Hydration Brea 11:00 Hvdration Break 11:30 • Lunch 1:00 • Hydration Break 11:00 Hydration Break 11:00 Hydration Break 11:00 Hydration Break SENIOR LIFESTYLE 1:30 • Lunch PM • Feed the Turtles PM • Feed the Turtles 1:30 • Lunch 11:30 • Lunch 11:30 • Lunch 1:30 • Lunch PM • Feed the Turtles 1:00 • Gaither Gospel Hou PM • Feed the Turtles 1:00 • Let the Games Begin! w/Kimmie PM • Games and Puzzles Come grow with us! 1:00 • Let the Games Begin! w/Kimmie 1:00 • Let the Games Begin! w/Kimmie PM • Games and Puzzles PM • Games and Puzzles 1:00 • Let the Games Begin! w/Kimmie 1:00 • Let the Games Begin! w/Kimmi PM • Powerhouse Protein Snack PM Powerhouse Protein Snack PM • Games and Puzzles PM Powerhouse Protein Snack PM • Thymeless PM • Thymeless PM Powerhouse Protein Snack 1:30 • Legacy Live Well Class PM Powerhouse Protein Snack PM Powerhouse Protein Snack PM • Thymeless PM • Thymeless 3:00 • Ice Cream Social PM • Thymeless 2:00 Games, Art activities, Puzzles PM • Thymeless 2:30 Ocoking with Beens PM Art Appreciation 3:15 • Sunday Devotionals 2:30 Movie Monday w fresh popcorn PM Powerhouse Protein Snack PM • Fresh Snack PM • Fresh Snack 3:00 • Essence PM • Fresh Snack PM Fresh Snack PM Fresh Snack PM • Thymeless 3:30 Inspirational Stories PM .lokes on usl PM Fresh Snack PM • Bingo Before Dinner PM Bingo Before Dinner PM Bingo Before Dinne PM Bingo Before Dinner PM Bingo Before Dinne PM • Fresh Snack PM Bingo Before Dinner 4:30 • Dinner SENIOR LIFESTYLE 4:30 • Dinner PM Bingo Before Dinne 4:30 • Dinner 4:00 • Fun Friday Happy Hour PM Relax & Breathe 4:30 • Dinner 4:30 • Dinner 6:00 • Karaoke Wind Down PM Relax & Breathe 6:00 Find & Share Favorite Songs PM Blooming Flower Walk PM Relax & Breathe Unlimited options, Magnificent Manicures "Hold Me Over" Snack "Hold Me Over" Snack PM "Hold Me Over" Snack Unparalleled services 9:30 9:30 Sit and Stretch 9:30 Sit & Be Fit 9:30 Morning Yoga Dance to the "Oldies - Grow & Flow w/ Nature 9:30 Move w/ Music 9:30 Dance & Move 29 10:00 • Explore Performing Arts AM • Fun Baby Videos 0:00 • "The Australian" Performs 10:00 • Courtyard Cruising 0:00 • WOODSTOCK MUSIC 10:00 🔹 "The Australian" Performs 0:00 • SCHOOL SUPPLY DRIVE 26 **ZO** AM • Thymeless AM • Thymeless AM • Name that State AM • Tea and Trivia **FESTIVAL** AM • Thymeless AM • Thymeless AM Finish the Phrase 11:00 • Hydration Breal AM • Thymeless AM • Thymeless 10.30 Time to Rhyme 1.00 Mydration Break 1:00 Hvdration Break AM • Thymeless 1:00 • Hydration Break 11:00 Hvdration Break 11:30 • Lunch 11:00 Hvdration Break 11:30 • Lunch 11:30 • Lunch PM • Feed the Turtles 11:00 • Hydration Break 1:30 • Lunch 11:30 • Lunch PM • Feed the Turtles PM • Feed the Turtles 1:00 • Gaither Gospel Hou PM • Feed the Turtles PM • Feed the Turtles 11:30 • Lunch PM • Feed the Turtles 1:00 • Let the Games Begin! w/Kimmie PM • Games and Puzzles WWW.SENIORLIFESTYLE.COM 1:00 Let the Games Begin! w/Kimmie PM • Feed the Turtles 1:00 Let the Games Begin! w/Kimmie 1:00 Let the Games Begin! w/Kimmie PM Powerhouse Protein Snack PM Games and Puzzles PM Games and Puzzles PM • Games and Puzzles PM • Games and Puzzles 1:00 • Let the Games Begin! w/Kimmie PM • Games and Puzzles PM Powerhouse Protein Snac PM Powerhouse Protein Snack PM • Thymeless PM • Thymeless PM • Powerhouse Protein Snack 1:30 • Legacy Live Well Class PM • Games and Puzzles PM Powerhouse Protein Snac PM Art Appreciation PM Powerhouse Protein Snack 3:00 • Ice Cream Social PM • Thymeless 2:00 Games, Art activities, Puzzles PM • Thymeless 2:30 Ocoking with Beena PM • Fresh Snack PM • Thymeless 3:15 • Sunday Devotionals 2:30 Movie Monday w fresh popcorn PM • Fresh Snack PM Bingo Before Dinne PM Powerhouse Protein Snack 3:00 • Essence PM • Fresh Snack PM • Fresh Snack PM Fresh Snack PM • Thymeless PM • Jokes on us!! PM • Fresh Snack 4:30 • Dinner PM Bingo Before Dinner 3:30 • Inspirational Stories PM Bingo Before Dinner PM Relax & Breathe PM Bingo Before Dinne 2:30 • Eldergrow Class PM Bingo Before Dinne **Activities are subject to** PM Bingo Before Dinner 4:30 • Dinner 4:30 • Dinner PM Fresh Snack 4:30 • Dinner 4:00 • Fun Friday Happy Hour 6:00 • Karaoke Wind Down 4:30 • Dinner PM Relax & Breathe PM • Relax & Breathe PM Bingo Before Dinne PM Relax & Breathe 4:30 • Dinner "Hold Me Over" Snack change PM Relax & Breathe PM Blooming Flower Walk PM Relax & Breathe 6:00 Find & Share Favorite Songs "Hold Me Over" Snack PM Relax & Breath "Hold Me Over" Snack "Hold Me Over" Snack Continued at top