August 2017 Cottages Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The month of August is American Adventures Month American Artists Appreciation Month Black Business Month Cataract Awareness Month Family Meal Month Fantasy Football Month Happiness Happens Month Keeping Cool Month	Learn Japanese Month National Eat Dessert First Month National Fair Month National Goat Cheese Month National Parks Month National Sandwich Month National Win with Civility Month Summer Fun Month Water Quality Month Wild Blueberry Month	**1** Beauty Salon 10:00 Cardio Work Out 11:30 Touch Therapy & Relaxation 12:30 Fancy Nails 3:00 Sing Along 6:00 Uno!	**2** 10:00 Balance Exercise 11:30 Bingo! 1:30 Nurturing Soul: Parenting Hour 2:30 Walking Club 3:30 Karaoke 6:00 Movie Night	**3** 10:00 Nature Walk 11:30 "100" Words Game 1:00 Art Class w/Yolly 2:30 Ring Toss Game 3:30 "Oldies but Goodies" 6:00 News	**4** 10:30 Mind Crunch w/Mary 11:30 Bingo! 1:00 Craft's Corner 3:30 Fruit & Berries Social 6:00 Comedy Night	**5** 9:30 Saddleback Church Services 10:00 Balance Exercise 1:00 Piano Concert w/Dallas 2:30 Indoor/Outdoor Walk 3:30 Sing Along 6:00 Evening News
6 9:00 Catholic Mass 10:00 Healthy Joints w/ Cesar 11:30 Sing Along 1:00 Violin Concert w/Yasha 2:30 Bingo! 3:30 Sing Along 6:00 News	**7** 10:00 Yoga w/Marlyne 11:30 "100" Words Game 1:30 Memory Brain Fitness w/Mary 3:00 Nature Walk 4:00 Sing Along 6:00 Comedy Night	**8** Beauty Salon 10:00 Balance Exercise 11:30 Miracle Touch & Aromatherapy 1:00 Pampered Nails 2:30 Walking Club 3:30 Sing Along 6:00 Movie Night	**9** 10:00 Cardiocise 11:30 Bingo! 1:30 Nurturing Soul: Parenting Hour 2:30 Hand in hand walking 3:30 Oldies But Goodies 6:00 News	**10** 9:30 Sit & Be Fit 10:30 Music Appreciation w/ Rose Marie 1:00 Art Class w/Yolly 2:30 Afternoon Walk 3:30 Sing Along 6:00 Self-Reading Club	**11** 10:30 Mind Crunch w/Mary 11:30 Bingo! 1:00 Craft's Corner 3:30 Ice Coffee Social & Discussion 6:00 LA News	**12** 9:00 Saddleback Church Services 10:00 Cardio Work Out 1:00 Guitar Concert w/Stan 2:30 Afternoon Walk 6:00 Uno
13 9:00 Catholic Mass 10:00 Healthy Joints w/ Cesar 1:00 Concert w/Julia 2:30 Bingo! 3:30 Sing Along 6:00 CNN	**14** 10:00 Yoga w/Marlyne 10:30 Word Searches 1:30 Memory Brain Fitness w/Mary 2:30 Walking Club 3:30 Sing Along 6:00 Movie	**15** Beauty Salon 10:00 Ball Exercise 11:30 Relaxation & Hand Massage 1:00 Nails by Yolly 2:30 Indoor/Outdoor Walk 3:30 Karaoke 6:00 Evening News	**16** 10:00 Chairobic 11:30 Bingo! 1:30 Nurturing Soul: Parenting Hour 1:30 Outdoor/Indoor Walk 2:30 Sing Along 6:00 Movie	**17** 10:00 Morning Stroll 11:30 You Be the Judge! 12:30 Resident Birthday Celebration 1:00 Painting w/Yolly 2:30 Bowling Game 3:30 Sing Along 6:00 Classical Movie Night	**18** 10:30 Mind Crunch w/Mary 11:30 Bingo! 1:00 Craft's Corner 2:30 Ice Cream Social 6:00 Reading Club	**19** 9:00 Saddleback Church Services 11:30 Theraband Exercise 1:00 Concert w/Ronnie 2:30 Banana Grams 6:00 News
20 9:00 Catholic Mass 10:00 Healthy Joints w/ Cesar 1:00 Concert w/Irby 2:30 Bingo! 3:30 Karaoke 6:00 LA News	**21** 10:00 Yoga w/Marlyne 11:30 Banana Grams 1:30 Memory Brain Fitness w/Mary 2:30 Indoor/Out 3:30 Sing Along 6:00 Cards Game	**22** Beauty Salon 10:00 Cardio Work Out 11:30 Touch Therapy 1:00 Pampered Nails 2:30 Afternoon Stroll 3:30 Oldies but Goodies 6:00 Comedy Night	**23** 10:00 Move w/Music 11:30 Bingo! 1:30 Nurturing Soul: Parenting Hour 1:30 Walking Club 2:30 Sing Along 6:00 News	**24** 10:00 Walking Club 11:30 Article Review 1:00 Resident/Family Council Meeting 2:30 Music Around the World 6:00 Evening News	**25** 10:30 Mind Crunch w/Mary 11:30 Bingo! 1:00 Craft's Corner 2:30 Sound Healing w/Jahrazhen 6:00 News	**26** 9:00 Saddleback Church Services 11:30 Sit & Be Fit 1:00 Concert w/Yolly 2:30 Gardening Therapy 3:30 Karaoke 6:00 Movie
27 9:00 Catholic Mass 10:00 Healthy Joints w/ Cesar 1:00 Concert w/Mete Tasin & Larysa 2:30 Bingo! 3:30 Sing Along 6:00 LA News	**28** 10:00 Yoga w/Marlyne 11:30 August IQ 1:30 Memory Brain Fitness w/Mary 3:30 Karaoke 6:00 Movie	**29** Beauty Salon 10:00 Sit & Be Fit 11:30 Aromatherapy & Massage 1:00 Fancy Nails 2:30 Walking Club 3:30 Sing Along 6:00 CNN	**30** 10:00 Morning Exercise 11:30 Bingo! 1:30 Nurturing Soul: Parenting Hour 1:30 Nature Walk 2:30 Sing Along 6:00 Movie Night!	**31** 9:30 Walking Club 10:30 Discussion Group 1:00 Art Class w/Yolly 2:30 Parachute Game 3:30 Sing Along 6:00 Movie		

Month of August

Birthstone: Sardonyx (Married Happiness)
Flowers:
Gladiolus (Alt. Poppy)
Colors:
Orange and Red

SNACKS

After every scheduled activity and at 8:00 p.m. for those who wish it

This calendar is subject to change.