

August 2019 Cottages Activities Calendar

lic: 197607149/197607155



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SNACKS</p> <p>Snacks are available after 8:00 p.m. for those who wish it</p> <p>This calendar is subject to change.</p>	<p>August Days to Note...</p> <p>01 National Girlfriends Day 01 Respect for Parents Day 01 Earth Overshoot Day 03 National Watermelon Day 04 American Family Day 05 Work Like A Dog Day 06 Roof Beer Float Day 08 Happiness Happens Day 09 Book Lovers Day</p> <p>10 Lazy Day 11 Son's and Daughter's Day 13 Left-Handers Day 15 National Relaxation Day 16 Tell a Joke Day 17 National Thrift Shop Day 21 National Senior Citizens Day 25 Banana Split Day 27 National Just Because Day</p>	<p>Month of August</p> <p><i>Birthstone:</i> Peridot (Strength) and Sardonyx <i>Flowers:</i> Gladiolus and Poppy (Love, Character, Family) <i>Colors:</i> Orange and Red</p>	<p>Beauty Salon 1</p> <p>9:30 Muscle Workout 10:00 Trivia 10:30 Snack 11:00 Focus Stretch 11:30 Nursery Rhyme Challenge 1:00 - 4:30 Individualized Activity 6:00 Docuseries <i>The Seventies</i></p>	<p>2</p> <p>9:30 Lower Body Workout 10:00 Brain Fitness 10:30 Snack 11:00 Food Trivia 11:30 Low Leg Stretch 1:00 - 4:30 Individualized Activity 6:00 Friday Night Classic <i>Cat on a Hot Tin Roof</i></p>	<p>3</p> <p>9:30 Cardio Blast 10:00 Saddleback Church Services 11:00 Hangman 11:30 Kickball 1:00 Jazz w/Marc Bosserman 2:00 - 4:30 Individualized Activity 6:00 Netflix Docuseries <i>The World's Most Extraordinary Homes</i></p>	
<p>9:30 Catholic Mass 4 10:00 Chair Aerobics 11:00 Whiteboard Quiz 11:30 Move to the Music 1:00 Daily Chronicle 1:30 Pet Therapy w/Limor Ness 2:30 - 4:30 Individualized Activity 6:00 Men's Movie Night <i>Unlocked</i></p>	<p>9:30 Chair Exercise 5 10:00 The Longest Word 10:30 Snack 11:00 Compound Words 11:30 Bubble Tennis 1:00 - 4:30 Individualized Activity 6:00 Netflix Series <i>Good Witch</i></p>	<p>Beauty & Nail Salon 6</p> <p>9:30 Chair Exercise 10:00 Word Scramble 11:00 True or False Word Game 11:30 Plastic Darts 1:00 - 4:30 Individualized Activity 6:00 Ladies Movie Night <i>Mary Poppins Returns</i></p>	<p>9:30 Chair Exercise 7 10:00 Trivia 10:30 Snack 11:30 Stretching Time 11:00 Darts Challenge 1:00 - 4:30 Individualized Activity 6:00 Netflix Series <i>Nailed It!</i></p>	<p>Beauty Salon 8</p> <p>9:30 Muscle Sculpting 10:00 Jeopardy! 10:30 Snack 11:00 Shack that Shaker 11:30 Words of Wisdom 1:00 - 4:30 Individualized Activity 6:00 Docuseries <i>The Seventies</i></p>	<p>9:30 Stretch Circuit 9 10:00 Brain Fitness 10:30 Snack 11:00 Name the Body Parts 11:30 Balloon Toss 1:00 - 4:30 Individualized Activity 6:00 Friday Night Classic <i>The Bishops Wife</i></p>	<p>9:30 Chair Stretch Circuit 10 10:00 Saddleback Church Services 11:00 Wacky Wordies 11:30 Hot Potato 1:00 R&B w/Danni Shannan 2:00 - 4:30 Individualized Activity 6:00 Netflix Docuseries <i>The World's Most Extraordinary Homes</i></p>
<p>9:30 Catholic Mass 11 10:00 Chair Dance w/Dawn 10:30 Snack 11:00 The Price is Right 11:30 Mindful Wellness: Hands and Feet 1:00 - 4:30 Individualized Activity 6:00 Men's Movie Night <i>The American</i></p>	<p>9:30 Chair Yoga 12 10:00 Rhyme Time 10:30 Snack 11:00 Brain Workout 11:30 Pre-Lunch Pump Up 1:00 - 4:30 Individualized Activity 6:00 Netflix Series <i>Good Witch</i></p>	<p>Beauty & Nail Salon 13</p> <p>9:30 Morning Exercise 10:00 Fun Trivia 11:00 Sing Along 1:00 - 4:30 Individualized Activity 6:00 Ladies Movie Night <i>The One Hundred Foot Journey</i></p>	<p>9:30 Healthy Joints Club 14 10:00 Trivia 10:30 Snack 11:00 Bingo 11:30 Ring Toss 1:00 Violin w/Yasha 2:00 - 4:30 Individualized Activity 6:00 Netflix Series <i>Nailed It!</i></p>	<p>Beauty Salon 15</p> <p>9:30 Lower Leg Blast 10:00 Charades 10:30 Snack 11:00 Finish the Proverb 11:30 Basketball 1:00 - 4:30 Individualized Activity 6:00 Docuseries <i>The Seventies</i></p>	<p>9:30 Chair Simon Says 16 10:00 Brain Fitness 10:30 Snack 11:00 Finish the Lyrics 11:30 Ring Toss 1:00 - 4:30 Individualized Activity 6:00 Friday Night Classic <i>Bonnie and Clyde</i></p>	<p>9:30 Flexibility Exercise 17 10:00 Saddleback Church Services 11:00 The Longest Word 11:30 Energizing Stretch 1:00 Rock & Roll w/Greg 2:00 - 4:30 Individualized Activity 6:00 Netflix Docuseries <i>The World's Most Extraordinary Homes</i></p>
<p>9:30 Catholic Mass 18 10:00 Morning Exercise 10:30 Snack 11:00 Sing Along 1:00 Daily Chronicle 1:30 Pet Therapy w/Limor Ness 2:30 - 4:30 Individualized Activity 6:00 Men's Movie Night <i>Big Kill</i></p>	<p>9:30 Core Exercises 19 10:00 Hangman 10:30 Snack 11:00 Scattergories 11:30 Bocce Ball 1:00 Tapping to the Oldies 1:30 Drums 2 Learn w/Richard 1:00 - 4:30 Individualized Activity 6:00 Netflix Series <i>Good Witch</i></p>	<p>Beauty & Nail Salon 20</p> <p>9:30 Morning Exercise 10:00 Wacky Wordies 10:30 Snack 11:00 What Am I? 11:30 Beach Ball Volleyball 1:00 - 4:30 Individualized Activity 6:00 Ladies Movie Night <i>I Am Mother</i></p>	<p>9:30 Healthy Joints Club 21 10:00 Rhyme Time 10:30 Snack 11:00 Whiteboard Challenge 11:30 Purposeful Movement 1:00 - 4:30 Individualized Activity 6:00 Netflix Series <i>Nailed It!</i></p>	<p>Beauty Salon 22</p> <p>9:30 Low Impact Aerobics 10:00 Name That Place 10:30 Snack 11:00 Basketball 11:30 Name That Tune 1:00 - 4:30 Individualized Activity 6:00 Docuseries <i>The Seventies</i></p>	<p>9:30 Cardio Workout 23 10:00 Brain Fitness 10:30 Snack 11:00 Random Trivia 11:30 Balloon Tennis 1:00 - 4:30 Individualized Activity 6:00 Friday Night Classic <i>Strangers on a Train</i></p>	<p>9:30 Chair Yoga 24 10:00 Saddleback Church Services 11:00 Famous Faces 11:30 Focus Stretch 1:00 Swing Era w/Rex Perry 2:00 - 4:30 Individualized Activity 6:00 Netflix Docuseries <i>The World's Most Extraordinary Homes</i></p>
<p>9:30 Catholic Mass 25 10:00 Chair Dance w/Dawn 10:30 Snack 11:00 Jeopardy! 11:30 Ball Toss 1:00 - 4:30 Individualized Activity 6:00 Men's Movie Night <i>Erased</i></p>	<p>9:30 Balance Exercises 26 10:00 True or False Quiz 10:30 Snack 11:00 Down Memory Lane 11:30 Noodle Ball 1:00 - 4:30 Individualized Activity 6:00 Netflix Series <i>Good Witch</i></p>	<p>Beauty & Nail Salon 27</p> <p>9:30 Stretch Circuit 10:00 Word Scramble 10:30 Snack 11:00 Memory Match 11:30 Parachute Ball 1:00 Resident Auction 2:00 - 4:30 Individualized Activity 6:00 Ladies Movie Night <i>Running For Grace</i></p>	<p>9:30 Healthy Joints Club 28 10:00 Word Scramble 10:30 Snack 11:00 Football Target Practice 11:30 Floral Arranging 1:00 - 4:30 Individualized Activity 6:00 Netflix Series <i>Nailed It!</i></p>	<p>Beauty Salon 29</p> <p>9:30 Morning Exercise 10:00 Name That Place 10:30 Snack 11:00 Finish the Proverb 11:30 Balloon Volleyball 1:00 - 4:30 Individualized Activity 6:00 Docuseries <i>The Seventies</i></p>	<p>9:30 Chair Aerobics 30 10:00 Brain Fitness 10:30 Snack 11:00 Trivia 11:30 Plastic Darts 1:00 - 4:30 Individualized Activity 6:00 Friday Night Classic <i>Who's Afraid of Virginia Woolf</i></p>	<p>9:30 Chair Zumba 31 10:00 Saddleback Church Services 11:00 Compound Words 11:30 Energized Stretching 1:00 Hawaiian Luau Party 2:00 - 4:30 Individualized Activity 6:00 Netflix Docuseries <i>The World's Most Extraordinary Homes</i></p>