




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Bend & Stretch 9:30 Daily Chronicle 10:30 Welcome August 11:30 Educational: Brain Fitness 12:00 Lunch 1:30 Today in History 2:15 Hydration Station 2:30 Popsicle Party– Court Yard 3:30 Name that Instrument 4:50 Music and Lemon Hands 5:00 Dinner 6:30 TV: I love Lucy 7:00 Evening Wind Down	2 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Muscle Club 10:30 Praying the Rosary 11:30 Manicures & Music 12:00 Lunch: Men's Club 1:30 Look Who's Dancing 2:15 Hydration Station 2:30 Baking Nut Bread 3:30 Color Me Calm 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Good News 7:00 Evening Wind Down	3 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News & History 9:30 Exercise: Stretch & Breathe 10:30 St Eleanor: Communion 11:30 Walking Club / Pub 12:00 Lunch 1:30 Outing: Summer Bus Ride 2:15 Hydration Station 2:30 Dog Trivia / Slide Show 3:30 Puzzles / Word Searches 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Gun Smoke 7:00 Evening Wind Down	4 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & Devotions 9:30 Exercise: Sit and be Fit 10:30 Ladder Ball 11:00 Paint with Confidence - Sea Shells 12:00 Lunch 1:00 What's in a Word 2:15 Hydration Station 2:30 Tell the Truth Day 3:30 Court Yard & Popsicles 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Back to The Future 7:00 Evening Wind Down	5 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle, & News 9:30 Exercise: Balance & Strength 10:30 August Painting / Canvas 11:30 Painting with a Twist 12:00 Lunch 1:30 Bingo & Candy 2:15 Hydration Station 2:30 Ball Toss & Music 3:30 Court Yard Sit & Chat & Sip 4:50 Music and Lemon Hands 5:00 Dinner 6:30 TV Bob Ross 7:00 Evening Wind Down
6 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Sit & Be Fit 10:30 Catholic Mass Live 11:30 Matching Game 12:00 Lunch 1:30 Ladder Toss 2:15 Hydration Station 2:30 Chaplain: Sunday Service 3:30 Travelogue: New York City 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Golden Age Films 7:00 Evening Wind Down	7 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Stretch & Breathe 10:30 Word Searches & Music 11:30 Ladder Ball 12:00 Lunch 1:30 Walking Club 2:15 Hydration Station 2:30 What's in a Word 3:30 Nail Care & Polish 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Bonanza 7:00 Evening Wind Down	8 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicles & Exercises 9:30 August Poetry 10:30 Court Yard & Ice Tea 11:30 Educational: Brain Fitness 12:00 Lunch 1:30 Today in History 2:15 Hydration Station 2:30 Popsicle Party– Court Yard 3:30 Name that Instrument 4:50 Music and Lemon Hands 5:00 Dinner 6:30 TV: Evening Good News 7:00 Evening Wind Down	9 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Muscle Club 10:30 Praying the Rosary 11:30 How Well Can You Rhyme 12:00 Lunch: Men's Club / Pizza 1:30 Look Who's Dancing 2:15 Hydration Station 2:30 Making Macaroni Salad 3:30 Color with Confidence 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: The Walton's 7:00 Evening Wind Down	10 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News & History 9:30 Exercise: Stretch & Breathe 10:30 St Eleanor: Communion 11:30 Walking Club / Library 12:00 Lunch 1:30 Outing: Bus Trip Milkshakes 2:15 Hydration Station 2:30 Name That Tune 3:30 Puzzles / Word Searches 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Annie 7:00 Evening Wind Down	11 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & Devotions 9:30 Exercise: Sit and be Fit 10:30 Travel To Alaska 11:00 Paint with Confidence on Canvas 12:00 Lunch 1:00 What's in a Word 2:15 Hydration Station 2:30 Tell the Truth Day 3:30 Court Yard & Popsicles 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: The Great Race 7:00 Evening Wind Down	12 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle, & News 9:30 Exercise: Balance & Strength 10:30 Balloon Toss Up 11:30 Painting with a Twist 12:00 Lunch 1:30 Bingo & Candy 2:15 Hydration Station 2:30 Ball Toss & Music 3:30 Court Yard Chats 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Airplane –1980 7:00 Evening Wind Down

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">13</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Sit & Be Fit 10:30 Catholic Mass Live 11:30 Current Events & News 12:00 Lunch 1:30 Ladder Toss 2:15 Hydration Station 2:30 Chaplain: Sunday Service 3:30 Travelogue to Spain 4:50 Music and Lemon Hands 5:00 Dinner 6:30 TV: Bewitched 7:00 Evening Wind Down</p>	<p style="text-align: right;">14</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Stretch & Breathe 10:30 Word Searches & Tea 11:30 Ball Toss & Reminisce 12:00 Lunch 1:30 Walking Club / Patio 2:15 Hydration Station 2:30 What's in a Word 3:30 Nail Care & Polish & Music 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Good News & Discussions 7:00 Evening Wind Down</p>	<p style="text-align: right;">15</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Exercise & Be Fit 9:30 Daily Chronicle & News 10:30 Golden Sneaker / Teresa 11:30 Educational: Brain Fitness 12:00 Lunch 1:30 Today in History 2:15 Hydration Station 2:30 Popsicle Party– Court Yard 3:30 Name that Instrument 4:50 Music and Lemon Hands 5:00 Dinner 6:30 TV: James Bond Films 7:00 Evening Wind Down</p>	<p style="text-align: right;">16</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Muscle Club 10:30 Praying the Rosary 11:30 Court Yard Chats & Tea 12:00 Lunch: Men's Club 1:30 Look Who's Dancing 2:15 Hydration Station 2:30 Making Pizza Pockets 3:00 St. Eleanor Mass 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Good News 7:00 Evening Wind Down</p>	<p style="text-align: right;">17</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News & History 9:30 Exercise: Stretch & Breathe 10:30 St Eleanor: Communion 11:30 Walking Club 12:00 Lunch 1:30 Outing: Scenic Bus Ride 2:15 Hydration Station 2:30 Frog Trivia 3:30 Puzzles / Word Searches 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Annie 7:00 Evening Wind Down</p>	<p style="text-align: right;">18</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & Devotions 9:30 Exercise: Sit and be Fit 10:30 All about Atlantic City 11:00 Paint with Confidence - Sea Shells 12:00 Lunch 1:00 What's in a Word 2:15 Hydration Station 2:30 Tell the Truth Day 3:30 Court Yard & Popsicles 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Back to The Future 7:00 Evening Wind Down</p>	<p style="text-align: right;">19</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle, Welcome July 9:30 Exercise: Balance & Strength 10:30 All about July Flowers 11:30 Painting with a Twist 12:00 Lunch 1:30 Bingo & Candy 2:15 Hydration Station 2:30 Ball Toss & Music 3:30 Court Yard Reminiscing 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: The Old Man at Sea 7:00 Evening Wind Down</p>
<p style="text-align: right;">20</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Sit & Be Fit 10:30 Catholic Mass Live 11:30 Lama Trivia / Fun Facts 12:00 Lunch 1:30 Ladder Toss 2:15 Hydration Station 2:30 Chaplain: Sunday Service 3:30 Travelogue: Barbados 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Golden Age Films 7:00 Evening Wind Down</p>	<p style="text-align: right;">21</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Stretch & Breathe 10:30 Word Searches & Tea 11:30 Ball Toss & Reminisce 12:00 Lunch 1:30 Walking Club 2:15 Hydration Station 2:30 What's in a Word 3:30 Nail Care & Polish 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Rocky 7:00 Evening Wind Down</p>	<p style="text-align: right;">22</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Sit & Be Fit 9:30 Daily Chronicle & News Events 10:30 Golden Sneaker / Teresa 11:30 Educational: Brain Fitness 12:00 Lunch 1:30 Today in History 2:15 Hydration Station 2:30 Who Wants to be A Millionaire 3:30 Name that Instrument 4:50 Music and Lemon Hands 5:00 Dinner 6:30 TV: Carol Burnette Show 7:00 Evening Wind Down</p>	<p style="text-align: right;">23</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Muscle Club 10:30 Praying the Rosary 11:30 Court Yard Chats & Tea 12:00 Lunch: Men's Club (AL) Lunch 1:30 Look Who's Dancing 2:15 Hydration Station 2:30 Making Egg Salad 3:30 Word Searches / Puzzles 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Good News 7:00 Evening Wind Down</p>	<p style="text-align: right;">24</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News & History 9:30 Exercise: Stretch & Breathe 10:30 St Eleanor: Communion 11:30 Walking Club 12:00 Lunch 1:30 Outing: Scenic Bus Ride 2:15 Hydration Station 2:30 What Did It Costs 3:30 Puzzles / Word Searches 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Jeopardy Game Show 7:00 Evening Wind Down</p>	<p style="text-align: right;">25</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & Devotions 9:30 Exercise: Sit and be Fit 10:30 All about Argentina 11:00 Paint with Confidence 12:00 Lunch 1:00 What's in a Word 2:15 Hydration Station 2:30 Tell the Truth Day 3:30 Friday Sing Along & Soda 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: The King And I 7:00 Evening Wind Down</p>	<p style="text-align: right;">26</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle, & Current Events 9:30 Exercise: Balance & Strength 10:30 Court Yard Sips 11:30 Painting with a Twist 12:00 Lunch 1:30 Bingo & Candy 2:15 Hydration Station 2:30 Ball Toss & Music 3:30 Name That Tune 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: The Old Man at Sea 7:00 Evening Wind Down</p>
<p style="text-align: right;">27</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Sit & Be Fit 10:30 Catholic Mass Live 11:30 Out Door Strolls 12:00 Lunch 1:30 Ladder Ball Toss 2:15 Hydration Station 2:30 Chaplain: Sunday Service 3:30 Travelogue: Florida 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Annie Hall 7:00 Evening Wind Down</p>	<p style="text-align: right;">28</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Stretch & Breathe 10:30 Word Searches & Tea 11:30 Balloon Volley Ball 12:00 Lunch 1:30 Walking Club 2:15 Hydration Station 2:30 What's in a Word 3:30 Nail Care & Polish 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: All That Jazz 7:00 Evening Wind Down</p>	<p style="text-align: right;">29</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Muscle Fitness & Stretches 9:30 Fun Facts of The Day & News 10:30 Golden Sneaker / Teresa 11:30 Educational: Brain Fitness 12:00 Lunch 1:30 Today in History 2:15 Hydration Station 2:30 Sing Along Tuesday 3:30 Name that Instrument 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie ; On Golden Pond 7:00 Evening Wind Down</p>	<p style="text-align: right;">30</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Muscle Club 10:30 Praying the Rosary 11:30 Court Yard Chats & Tea 12:00 Lunch: Men's Club 1:30 Look Who's Dancing 2:15 Hydration Station 2:30 Hymn Sing 3:30 Color Me Calm 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Good News 7:00 Evening Wind Down</p>	<p style="text-align: right;">31</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News & History 9:30 Exercise: Stretch & Breathe 10:30 St Eleanor: Communion 11:30 Walking Club 12:00 Lunch 1:30 Outing: Scenic Bus Ride & Slushies 2:15 Hydration Station 2:30 Animal Trivia & Slide Shows 3:30 Puzzles / Word Searches 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Chariots of Fire 7:00 Evening Wind Down</p>	<h1>CONNECTIONS</h1>  <h1>AUGUST 2023</h1>	