








August 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
10:00 am 10:30 am 11:00 am 01:00 pm	OUTDOOR ACTIVITIES ARE SUBJECT TO CHANGE WEATHER PERMITTING	1 Stretch you body Ring Toss Hang Man Beach Ball Trivia	2 Yoga Zumba Golf/Darts Jeopardy Deal or no Deal	3 Golden Zumba Poetry Club Creative Club Karaoke	4 Chair Exercises Tell a Joke Hang Man Glamour Time/ Table Games	
10:00 am 10:30 am 11:00 am 01:00 pm	7 PURPLE HEART DAY Fitness Classes Bean Bag Toss Bingo  Arts & Crafts	8 Core Exercises Pictionary Pokeno Glamour Time	9 BOOK LOVERS DAY Move your Body Wheel of Fortune Musical Trivia Hang Massages	10 Strengthen Muscles Horse Race Sing your heart out Beach Ball Trivia	11 Daily Burn Gospel Time Creative Club Scramble	
10:00 am 10:30 am 11:00 am 01:00 pm	14 Keep in Shape Science Experiment Pokeno Guess what is in the bag	15 RELAXATION DAY Yoga Chair Spa Corner Bingo Bible Study	16 Dance Workout Family Feud Name the Tune Watermelon Social	17 Keep in Shape Chess Contest True of False Karaoke	18 FAJITA DAY Get Moving Where am I? Culinary Club Gospel Music	
10:00 am 10:30 am 11:00 am 01:00 pm	21 Jump Around Word Games Learn about a Country	22 Physical Fitness Who am I? Family Feud	23 Dance workout Trivia Game Bingo Table Games	24 Chair Aerobics Walking Club Wheel of Fortune Sing your heart out	25 Golden Zumba Jeopardy Pokeno Manicure	
10:00 am 10:30 am 11:00 am 01:00 pm	28 Stretch your Body Walking Time Painting on Canvas Culinary Club	29 CLOSED	30 Pool Noodles exercises Town Hall Meeting Pictionary Guess who am I?	31 Core Exercises Bean Bag Toss Trivia Bingo	ACTIVITIES ARE SUBJECT TO CHANGE	