

AUGUST



2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	10:00 am- Stroll & Socialize 10:30 am- Chair Yoga 12:00 pm-Eating Together Monday-Thursday 12:00 pm Piano by Chris	10:30 Chair Yoga 11:00 am- Walmart Trip 3:00 pm Bridgerton & Tea	1:00-3:00 pm Food Delivery Sign up 3:00 pm- Puzzle Time	10:00 am- Stroll & Socialize 10:30 am- Tai Chi 1pm Ask a Nurse 2:30 pm Crocheting with Sue	10:00 am BUS TRIP Laurel	
9	10	11	12	13	14	15
	10:00 am- Stroll & Socialize 10:30 am- Chair Yoga 12:00 pm-Eating Together Monday- Thursday 2:00 pm- Food Bank Dist.	10:30 Chair Yoga 11:00 am- Walmart Trip 3:00 pm Bridgerton & Tea	1:00-3:00 pm Food Delivery Sign up 3:00 pm- Puzzle Time	10:00 am- Stroll & Socialize 10:30 am- Tai Chi 1pm Ask a Nurse 2:30 pm Crocheting with Sue	1:00 PM August Birthday Party	
16	17	18	19	20	21	22
	10:00 am- Stroll & Socialize 10:30 am- Chair Yoga 12:00 pm-Eating Together Monday-Thursday	10:30 Chair Yoga 11:00 am- Walmart Trip 3:00 pm Bridgerton & Tea	12:00 pm Piano by Chris 1:00-3:00 pm Food Delivery Sign up 3:00 pm- Puzzle Time	10:00 am- Stroll & Socialize 10:30 am- Tai Chi 1pm Ask a Nurse 2:30 pm Crocheting with Sue	1:00 pm Movie Day	
23/30	24/31	25	26	27	28	29
	10:00 am- Stroll & Socialize 10:30 am- Chair Yoga 12:00 pm-Eating Together Monday-Thursday	10:30 Chair Yoga 11:00 am- Walmart Trip 3:00 pm Bridgerton & Tea	1:00-3:00 pm Food Delivery Sign up 3:00 pm- Puzzle Time	10:00 am- Stroll & Socialize 10:30 am- Tai Chi 1pm Ask a Nurse 2:30 pm Crocheting with Sue	1:00 pm Bingo	