

AUGUST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9am Chair exercises 11am Music listening 3pm Sensory activities 5pm Movie of choice	2 10 am Journaling time 1 pm Meditation Time 3 pm Organization time 5pm Movie and snack of choice night.
3 10 am Spiritual programming 1pm Beading time 3 pm Movie time 5pm Memory games	4 9am Walk in place time 11am Music listening 1 pm Open card game 3pm Resident choice 5pm Open board game	5 9am Chair exercises 11am MTAH Cracker Barrel outing 3pm Sensory activities 5pm Taco Tuesday	6 9am Walk in place time 11am Music listening 1pm Open card game 3pm Sensory activities 5pm Open crafting	7 9am Sit & Fit 11am Music listening 1pm Open card game 3pm Resident's choice 5pm Resident choice	8 9am Chair exercises 11am Music listening 1pm Open card game 3pm Open crafting 5pm Order out night	9 10am Social time 1pm Open baking time 3pm Decluttering time 5pm Open board game
10 10am Spiritual reading 1pm Movie time 3pm Open board game 5pm Resident's choice	11 9am Chair exercise 11am Manicure day 1pm Open card game 3pm Sensory activities 5pm Movie time	12 9am Walk in place time 11am Walmart shopping 3pm Resident choice 5pm Open card game	13 9am Chair exercises 11am Music listening 1pm Open card game 3pm Sensory activities 5pm Open baking night	14 9am Walk in place time 11am Music listening 1pm Open card game 3pm Resident choice 5pm Movie time	15 9am Sit and fit time. 11am Music listening 5pm Ice cream social night	16 10am Resident choice 1pm Open craft 3pm Organization time 5pm Movie and snack of choice night
17 10am Spiritual programming 1pm Open craft time 3pm Social Time 5pm Mov	18 9am Sit and fit time. 11am Music listening 1pm Open card game 3pm open craft 5pm Open board game	19 9am Walk in place time 11am MTAH picnic in the park 3pm open craft 5pm Resident choice	20 9am chair exercises 11am Music listening 1pm Open card game 3pm Meditation time 6pm Open board games	21 9am Sit and fit time 10am Music listening 1pm UNO time 3pm Open crafting 5pm Open card game	22 9am Chair exercise 11am Music listening 1pm Open card game 3pm Craft of choice 5pm Order out night	23 10am Social time 1pm Coloring time 3pm Card making time 5pm Movie and popcorn night
24 am Spiritual reading 1pm Craft of choice 3pm Social Time 5pm Open board game	25 9am Walk in place time 11am Music listening 1pm Open card game 3pm Open craft 5pm Movie of choice	26 9am Sit & Fit 11am Music listening 1pm Open card game 3pm Meditation time 5pm MTAH sip and paint night.	27 9am Sit & Fit 11am Music listening 1pm Open card game 3pm Journaling time. 5pm Decluttering time	28 9am Sit & Fit 11am Music listening 1pm Open card game 3pm Sensory activities 5pm Movie of choice	29 9am Chair exercises 11am Music listening 1pm Open card game 3pm Open crafting 5pm Homemade popsicle night	30 10 am Journaling time 1 pm Meditation Time 3 pm Organization time 5pm Movie and snack of choice night.
31 10 am Spiritual programming 1pm Beading time 3 pm Movie time 5pm Memory games						

Activity



