



# 2025 August

## Dayview Station Activity Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
					1 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Music Therapy 11:30 Arts and Crafts 2:00 Karaoke 3:30 Golden Hour	2
3	4 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 10:15 Get up & move! - macarena 11:00 Mindful Mondays- Gratitude Journaling 2:00 BINGO! 3:00 Star Wars Trivia 3:30 Group Game-Monopoly	5 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Pathways to peace-Support Group 11:30 Book Club 2:00 Balloon Volleyball 3:30 Zumba	6 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Martin! Trivia 11:30 Container Gardening 3:30 Group game-Jenga	7 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Bible Study 11:30 Arts and Crafts 2:00 BINGO! 3:30 Crochet Class	8 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Music Therapy 11:30 Arts and Crafts 2:00 Lets Move! - Line Dancing 3:30 Golden Hour	9
10	11 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Mindful Mondays-Box Breathing 11:30 Scrabble 2:00 Flick and Chill 3:30 Group Game-Spades	12 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 10:15 Arts and Crafts 11:30 Book Club 2:00 Music & Movement 3:30 Flick and Chill	13 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Finish the Lyrics 2:00 Cook with me 3:30 Group Game-Pictionary	14 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Bible Study 11:30 Word Search 2:00 Self Care Workshop 3:30 Chair Yoga	15 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Music Therapy 11:30 Arts and Crafts 2:00 Karaoke 3:30 Golden Hour	16
17	18 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 10:15 Get up & move! Zumba 11:00 Mindful Mondays-Guided Meditation 2:00 BINGO! 3:00 Football Trivia 3:30 Group Game-Charades	19 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 10:15 Arts and Crafts 11:30 Book Club 2:00 Music & Movement 3:30 Flick and Chill	20 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Arts and Crafts 2:00 Trivia-pop culture 3:30 Group Activity -Pottery Painting	21 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Bible Study 11:30 Wine Tasting 2:00 BINGO! 3:30 Crochet Class	22 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Music Therapy 11:30 Arts and Crafts 2:00 Lets Move! - Line Dancing 3:30 Golden Hour	23
24	25 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 10:15 Get up & move! - macarena 11:00 Mindful Mondays-Pause and Reflect 2:00 BINGO! 3:00 Star Wars Trivia 3:30 Group Game-SORRY	26 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 10:15 Arts and Crafts 11:30 Book Club 2:00 Music & Movement 3:30 Flick and Chill	27 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Greek Gods- Trivia 11:30 Container Gardening 3:30 Group game-Jenga	28 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Bible Study 11:30 Arts and Crafts 2:00 BINGO! 3:30 Crochet Class	29 9:00 Coffee and News 9:30 Sit and be Fit! 10:00 Morning Podcast 11:00 Music Therapy 11:30 Arts and Crafts 2:00 Karaoke 3:30 Golden Hour	30
31						



2025

July

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
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