

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026

Memory Care Unit

						1 10:00 Morning Stretch 2:00 Table Games or Pool 8 6:00 Game Show TV
10:00 Chair Yoga 2 11:00 Sunday Mass (TV) 2:00 Roll the Dice Game 4:00 Colour by 12 34	3 CIVIC HOLIDAY Quiet Table Games Short Walk Family Visits	4 10:00- Colour therapy 2:00-Falls prevention 3:00-Ice cream truck 	5 10:00 – Baking Hour Key Lime Pie  2:30 Armchair travel: Everglades  6:00-Gentle stretching	6 9:45- Origami 3:15 - Coffee and tea 6:00- Fidget boxes	7 9:45- Trivia 2:00- “Night at the theatre”  6:00 – Colour Therapy	8 10:00 Bean Bag Toss 2:00 Garden Walk 4:00 Go Fish (Cards)  6:00 Soothing Sounds (YT)
9 10:00 Morning stretch 11:00 Sunday Mass (TV) 2:00 Outdoor stroll 4:00 Aquapaint 	10 9:45- Finger sequence Game 3:15 Coffee and tea 6:00 ASMR 	11 9:45 -Tabletop games 2:00 - Falls prevention 3:00 Ice cream truck 6:00- Relaxing hand massage	12 9:45 – Sewing/Sewing craft 3:15 - Coffee and tea 6:30-Chair yoga	13 10:00 – Balloon Games  2:00 – Falls prevention 3:15 - Coffee and tea	14 2:30- Documentary 3:15 - Coffee and tea 6:00 Guided deep breathing exercise	15 10:00 Chair Dance to Old Favourites 2:00 Sensory Mystery Bag 6:00 Night Sky and Sounds (YT) 
16 10:00 Morning stretch 11:00 Sunday Mass (TV) 2:00 Outdoor stroll 4:00 Table Games	17 10:00- Fine Motor Skills games 2:00 PUB PARTY 3:15 - Coffee and tea 	18 10:00- Flower walk Activity 2:00 – Falls prevention 3:15 - Coffee and tea 6:00 Slow jazz play	19 9:45- Solar S'mores 3:15 - Coffee and tea 6:00- Music therapy 	20 10:00- Tennis Bowling 2:00 – Falls prevention  3:15 - Coffee and tea	21 3:15 - Coffee and tea 4:30 “Night at the theatre” 6:00- Virtual campfire With hot chocolate	22 10:00 Gentle Exercise 2:30 Stuffed Animal Visit 3:30 Nail Salon 6:00 Music Concert (YT)
23 10:30 Brain teasers 11:00 Sunday Mass(TV) 2:00 Festive Ukrainian Day Concert UA 4:00 Outdoor walk	24 Ukrainian Independence Day Celebrations And Commemorations From Kyiv Music Crafts Pastries and Treats		25 10:00- “Let's play Jacks” 2:00 – Falls prevention 3:15 - Coffee and tea 6:00- Aromatherapy	26 10:30 “Let's Bake” 2:00- Karaoke sing-along  3:15 - Coffee and tea	27 9:45-Flower wreath decoration  2:00 – Falls prevention 3:15 - Coffee and tea	28 2:00- Documentary 3:15 - Coffee and tea 6:00- Prize Bingo
30 10:00 Gentle Pilates 11:00 Sunday Mass (TV) 2:00 Outdoor Ring Toss 4:00 Music Therapy	31 10:00- Bracelet Making 3:00- August Birthdays 6:00 Guided deep breathing exercise	Type extra information here. 6 th - Suncatchers 11 th - Don't touch the colour game/ Bounce the colour ball to the correct colored basket 12 th - Balloon badminton/Keep up 17 th - Fine motor skills game (Match the clothes pin to the number) 25 th - Fill a box with textured fabric ie slik, fleece, velvet, cotton balls) 25 th Jumbo Jacks game with balloon and large jack				

Type the name, address, and other information about your community/company here.