















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Happy Birthday Florence B - 4th Jo H. - 12th Bill B. - 18th</div> <div>Activities are subject to change.</div>	<div>Hello Summer</div>	<div><div>PURPLE HEART DAY</div><div>AUGUST 7</div></div>	<div><div>NATIONAL SENIOR CITIZEN DAY</div><div>AUGUST 21</div></div>	<div><div>PASSPORT ...to fun!</div><div>HERMITAGE DEEP RUN</div></div>	<div>1</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  Garden Club: Weed, Water and Smile (45min)</div> <div>1:30  Chair Volleyball and hydration (45min)</div> <div>1:30  Shop at Dollar Tree with Lisa (1hr)</div> <div>2:30  "Saran Wrap" painting (45min)</div> <div>3:30  Craig Anders performs on keyboard (1hr)</div>	<div>2</div> <div>9:00  Pick up Daily Chronicle and variety of "August" word puzzles (30min)</div> <div>2:00  Chair Yoga with Barbara and hydration (1hr)</div> <div>3:30  Fan Tan card game with friends (1hr)</div> <div>6:00  Movie and hot popcorn "Stand By Me" (1986) (2hrs)</div>
<div>3</div> <div>9:00  Pick up Daily Chronicle and variety of "Dog Days" word puzzles (30min)</div> <div>11:00  TV-12 Grove Ave. Victory Hour (1hr)</div> <div>12:45  Bingo with Michelle! (1hr)</div> <div>6:00  Movie and hot popcorn: "Barbie" (2023) (2hrs)</div>	<div>4</div> <div>Happy Birthday, Florence! Hair Salon Open</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  Cut Flowers (for dining room) (30min)</div> <div>1:00  Mahjong with Cookie, Jean and friends (2hrs)</div> <div>1:00  PADRECCs video support (1hr)</div> <div>2:30  Deliver Plasticware to WEAG and Recycling Center (45min)</div> <div>3:30  Bingo! and hydration (1hr)</div>	<div>5</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  LifeLoop computer: Balloon Burst word game (45min)</div> <div>1:30  Group Collage Project "Adventure" (45min)</div> <div>2:30  Bocce Ball game (30min)</div> <div>3:30  Wheel of Fortune Game "DOG Days of Summer" (45min)</div>	<div>6</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>1:00  St. Mary's - Rich Bemis (30min)</div> <div>1:30  Service Projects: Wrap plasticware and unfold plastic bags (1hr)</div> <div>2:30  Resident Engagement meeting (30min)</div> <div>3:30  Bingo! and hydration (1hr)</div> <div>6:00  Card Club with Jeanie (1hr)</div>	<div>7</div> <div>Purple Heart Day</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  LifeLoop computer: Name That Instrument (45min)</div> <div>1:30  Corn hole game (30min)</div> <div>2:00  Two Videos on the History of The Purple Heart (45min)</div> <div>3:00  Discussion and Trivia on The Purple Heart (45min)</div> <div>4:00  Men's Group with Al: Host Social for everyone! (1hr)</div> <div>6:00  Bingo with Madeline (1hr)</div>	<div>8</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  Garden Club: Weed, Water and Smile (45min)</div> <div>1:30  Chair Volleyball and hydration (45min)</div> <div>1:30  Shop at Publix with Lisa (1hr)</div> <div>2:30  Craft: Seashell art with Ginny (45min)</div> <div>3:30  Buzz Lawler performs on guitar (1hr)</div>	<div>9</div> <div>9:00  Pick up Daily Chronicle and variety of "August Birthdays" word puzzles (30min)</div> <div>2:00  Chair Yoga with Barbara and hydration (1hr)</div> <div>3:30  Fan Tan card game with friends (1hr)</div> <div>6:00  Movie and hot popcorn: "A Streetcar Named Desire" (1951) (2hrs)</div>
<div>10</div> <div>9:00  Pick up Daily Chronicle and variety of "Left-Handers" word puzzles (30min)</div> <div>11:00  TV-8 First Baptist Church (1hr)</div> <div>12:45  Bingo with Michelle! (1hr)</div> <div>1:45  Music by Dan and Friend (1hr)</div> <div>6:00  Movie and hot popcorn: "Thelma & Louise" (1991) (2hrs)</div>	<div>11</div> <div>Hair Salon Open</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  Cut Flowers (for dining room) (30min)</div> <div>1:30  Melon Monday! Sample favorite varieties; see melon sculptures online; trivia and social (1hr)</div> <div>2:30  Golf Ball art (45min)</div> <div>3:30  Bingo! and hydration (1hr)</div>	<div>12</div> <div>Happy Birthday, Jo!</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  Music Therapy with Raven (45min)</div> <div>1:30  Group Collage Project "Adventure" (45min)</div> <div>2:00  Chef Chat with Jeff (1hr)</div> <div>3:30  Wheel of Fortune Game "EIGHT" puzzles (45min)</div>	<div>13</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>1:00  St. Mary's - Rich Bemis (30min)</div> <div>1:30  Service Projects: Wrap plasticware and unfold plastic bags (1hr)</div> <div>2:30  Chair Belly Dancing (30min)</div> <div>3:30  Bingo! and hydration (1hr)</div> <div>6:00  Card Club with Jeanie (1hr)</div> <div>6:00  Cary and Mr. Delaney Dog Visit (1hr)</div>	<div>14</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  LifeLoop computer: "Sing-along" (45min)</div> <div>1:30  Group Collage Project "Adventure" (45min)</div> <div>2:30  Corn hole game (30min)</div> <div>3:30  Let's play Pokemo! (1hr)</div> <div>6:00  Bingo with Madeline (1hr)</div>	<div>15</div> <div>Dr. Milne, Podiatrist Here</div> <div>10:00  Sittercise with Madison and hydration (45min)</div> <div>10:45  Garden Club with friends (45min)</div> <div>1:30  Chair Volleyball and hydration (45min)</div> <div>2:30  Melodies from The Yellow Brick Road (45min)</div> <div>3:30  August Birthday Party with Kevin Salyer performs (1hr)</div>	<div>16</div> <div>9:00  Pick up Daily Chronicle and variety of "Summer Sports" word puzzles (30min)</div> <div>2:00  Chair Yoga with Barbara and hydration (1hr)</div> <div>3:30  Fan Tan card game with friends (1hr)</div> <div>6:00  Movie and hot popcorn: "The Wizard of Oz" (1939) (2hrs)</div>
<div>17</div> <div>9:00  Pick up Daily Chronicle and variety of "Comic Strips" word puzzles (30min)</div> <div>11:00  TV-12 Grove Ave. Victory Hour (1hr)</div> <div>12:45  Bingo with Michelle! (1hr)</div> <div>6:00  Movie and hot popcorn: "American Graffiti" (1973) (2hrs)</div>	<div>18</div> <div>Happy Birthday, Bill! Hair Salon Open</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  Cut Flowers (for dining room) (30min)</div> <div>1:30  Therapy Dogs & Associates Visit (45min)</div> <div>2:30  Group Collage Project "Adventure" (45min)</div> <div>3:30  Bingo! and hydration (1hr)</div>	<div>19</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  LifeLoop computer: Family Feud game (45min)</div> <div>1:00  Henrico Co Bookmobile (45min)</div> <div>2:00  Resident Council Meeting. All Welcome! (1hr)</div> <div>3:30  Wheel of Fortune Game "Riddle puzzles" (45min)</div>	<div>20</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>1:00  St. Mary's - Rich Bemis (30min)</div> <div>1:30  Service Projects: Wrap plasticware and unfold plastic bags (1hr)</div> <div>2:30  Chair Belly Dancing (30min)</div> <div>3:30  Bingo! and hydration (1hr)</div> <div>6:00  Card Club with Jeanie (1hr)</div>	<div>21</div> <div>Nail Salon Open. National Senior Citizens Day</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  LifeLoop computer: August Trivia (45min)</div> <div>1:30  Corn hole game (30min)</div> <div>2:00  "Growing Old is Optional!" 14 video clips with discussion (45min)</div> <div>3:30  Happy Hour Social! Celebrate National Senior Citizens Day! Hear the Proclamation.(1hr)</div> <div>6:00  Bingo with Madeline (1hr)</div>	<div>22</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  Garden Club: Weed, Water and Smile (45min)</div> <div>1:00  Piano Concert with Giang! (45min)</div> <div>2:00  Chair Volleyball and hydration (45min)</div> <div>2:30  Shop at Kroger with Lisa (1hr)</div> <div>3:30  Bingo with Patterns (1hr)</div>	<div>23</div> <div>9:00  Pick up Daily Chronicle and variety of "Mixed-Up Summer" word puzzles (30min)</div> <div>2:00  Chair Yoga with Barbara and hydration (1hr)</div> <div>3:30  Fan Tan card game with friends (1hr)</div> <div>6:00  Movie and hot popcorn: "E.T." (1982) (2hrs)</div>
<div>24</div> <div>9:00  Pick up Daily Chronicle and variety of word puzzles (30min)</div> <div>11:00  TV-8 First Baptist Church (1hr)</div> <div>12:45  Bingo with Michelle! (1hr)</div> <div>6:00  Movie: "(500) Days of Summer" (2009) (2hrs)</div>	<div>25</div> <div>Hair Salon Open</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  Cut Flowers (for dining room) (30min)</div> <div>1:30  Make and eat: Banana Splits! (45min)</div> <div>2:30  National Parks Quiz; slide show on National Mall (45min)</div> <div>3:30  Bingo! and hydration (1hr)</div>	<div>26</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  Music Therapy with Raven (45min)</div> <div>1:15  Live! From Canada! Floyd Andrews performs on piano (1hr)</div> <div>2:30  Finish Group Collage Project "Adventure" (45min)</div> <div>3:30  Wheel of Fortune Game "Classic puzzles" (45min)</div>	<div>27</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>1:00  St. Mary's - Rich Bemis (30min)</div> <div>1:30  Service Projects: Wrap plasticware and unfold plastic bags (1hr)</div> <div>2:30  Chair Belly Dancing (30min)</div> <div>3:30  Bingo! and hydration (1hr)</div> <div>6:00  Card Club with Jeanie (1hr)</div> <div>6:00  Cary and Mr. Delaney Dog Visit (1hr)</div>	<div>28</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  LifeLoop computer: World Web Cam views (45min)</div> <div>1:30  "I Have a Dream" video and discussion (30min)</div> <div>2:00  Passport to Fun: Sweden (1hr)</div> <div>3:30  Craft: Traditional Swedish Hearts (1hr)</div> <div>6:00  Bingo with Madeline (1hr)</div>	<div>29</div> <div>10:00  Sittercise Chair Exercises and hydration (45min)</div> <div>10:45  Garden Club: Weed, Water and Smile (45min)</div> <div>1:30  Chair Volleyball and hydration (45min)</div> <div>2:30  College Colors: match mascots (45min)</div> <div>3:30  Let's play Pokemo! (1hr)</div>	<div>30</div> <div>9:00  Pick up Daily Chronicle and variety of "Beat the Heat" word puzzles (30min)</div> <div>2:00  Chair Yoga with Barbara and hydration (1hr)</div> <div>3:30  Fan Tan card game with friends (1hr)</div> <div>6:00  Movie: "Woodstock: 3 days of peace and music" (1970) (2hrs)</div>
<div>31</div> <div>9:00  Pick up Daily Chronicle and variety of word puzzles (30min)</div> <div>11:00  TV-12 Grove Ave. Victory Hour (1hr)</div> <div>12:45  Bingo with Michelle! (1hr)</div> <div>6:00  Movie: "Body Heat" (1981) (2hrs)</div>						