

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Mass on TV 10:00 Stretch 11:30 Lunch companions and Classical music 1:00 Rosary on TV 1:30 Activity of the day 3:00 Movie: Rick Steves' Celtic Charms of Europe	2 National Ice Cream Sandwich Day 9:15 Room visits & tidy 10:00 Protestant Service, CH 11:00 Pilates 11:30 Lunch companions & Jackson Southernaires music 1:00 Rosary on TV 1:30 Bookmobile, with staff assist 2:00 Divine Mercy, small family room TV 2:30 Mini ice cream sandwiches 3:00 Crossword 6:00 Mass on TV by request	3 National Watermelon Day 9:15 Staff in service 10:00 Adoration, CH 10:45 Chair Yoga 11:30 Lunch companions and Polka music 1:00 Rosary on TV 2:00 Divine Mercy, small family room TV 2:15 Watermelon cutting and surprising facts 3:30 Reminisce: Watering Holes 5:30 Music with Bev 6:00 Mass on TV	4 9:15 Room visits & water plants 10:00 Kickball 10:30 Finish the Phrase 11:00 Hand towelette 11:30 Lunch companions & Dixieland music 1:00 Mass, CH 2:00 Outdoor Fun 3:00 Biography: Frank Lloyd Wright 6:00 Mass on TV by request	5 9:15 Room visits and water plants 9:30 This Day in History 10:00 Yoga and Deep Breathing 11:00 Hand towelette 11:30 Lunch companions & Jazz music 1:00 Rosary on TV 1:30 Bavarian Music Meisters, CH 3:00 1 to 1 visits 6:00 Mass on TV by request	6 National Water balloon Day 9:15 Room visits, <i>Daily Chronicle</i> 10:00 Senior Stretch and Shake Loose a Memory 11:00 Hand towelette 11:30 Lunch companions & Elvis music 1:00 Rosary on TV 2:00 Divine Mercy, small family room TV 2:15 Outdoor Fun with water balloons 3:30 Sensory Group: tongue twisters 6:00 Mass on TV by request	7 10:00 Mass, CH 10:30 Deliveries and room visits 11:30 Lunch companions and radio music 11:30 Lunch and music 1:00 Rosary on TV 1:30 Activity of the Day 2:30 Movie: <i>Big Jake</i>
8 9:00 Mass on TV 10:00 Stretch 11:30 Lunch companions and Gospel music 1:00 Rosary on TV 1:30 Activity of the day 3:00 Movie: <i>Heaven Knows Mr. Allison</i>	9 9:15 Room visits & tidy 10:00 Protestant Service in Chapel 10:45 Pilates 11:15 Hand towelette 11:30 Lunch companions & Country Music 1:00 Rosary on TV 1:30 Manicures 2:00 Divine Mercy, small family room TV 2:15 Outdoor fun 3:00 Manicures continued 6:00 Mass on TV by request	10 Monthly Birthday Party 9:15 Room visits & Chronicle 10:00 Adoration, CH 10:45 Chair Yoga 11:30 Lunch companions & Lite Rock music 1:00 Rosary on TV 2:00 Divine Mercy, small family room TV 2:15 Birthday celebration with music by Bev 3:30 Creative art: Adult Coloring Books 5:30 Music with Bev 6:00 Mass on TV	11 9:15 Room visits & water plants 10:30 Staff in service for program planning 11:30 Lunch companions & Bagpipe music 1:00 Mass, CH 2:00 Phil on guitar 3:15 Penny Ante 3:00 6:00 Mass on TV by request	12 9:15 Room visits & tidy 9:30 This Day in History 10:00 Yoga and Deep Breathing 11:00 Hand towelette 11:30 Lunch companion & 50's Rock N Roll 1:00 Rosary on TV 2:00 Divine Mercy, small family room TV 2:15 Cooking with Jane: Dips Galore 3:00 Elder Song 6:00 Mass on TV by request	13 9:15 Room visits, <i>Daily Chronicle</i> 10:00 Senior Stretch and Monkey Brain 11:00 Hand towelette 11:30 Lunch companions & classical guitar music 1:00 Rosary on TV 2:00 Divine Mercy, small family room TV 2:15 Task: yarn rolling 3:00 Sensory Group: tackle stimulation 3:30 Happy Hour Highlight: Mojito 6:00 Mass on TV by request	14 10:00 Mass, CH 10:30 Deliveries and room visits 11:30 Lunch companions and radio music 11:30 Lunch and music 1:00 Rosary on TV 1:30 Activity of the Day 2:30 Movie: <i>Belles on Their Toes</i>
15 Woodstock Anniversary August 15-18, 1969 9:00 Mass on TV 10:00 Stretch 10:30 History of Woodstock 11:30 Lunch companions and Credence Clearwater Revival music 1:00 Rosary on TV 1:30 Activity of the day 3:00 Movie: <i>Dream Girls</i>	16 National Canning Month 9:15 Room visits & tidy 10:00 Protestant Service in Chapel 10:45 This Day in History 11:15 Hand towelette 11:30 Lunch companions & Blue grass 1:00 Rosary on TV 1:30 Bookmobile, with staff assist 2:00 Divine Mercy, small family room TV 2:15 Reminisce: Mama's Cupboard 3:00 Bingo with Esa 6:00 Mass on TV by request	17 9:15 Room visits & Chronicle 10:00 Adoration, CH 10:45 Chair Yoga 11:30 Lunch companions & Big Band music 1:00 Rosary on TV 2:00 Divine Mercy on small family room TV 2:00 Men's Club, PVR 2:30 Name That Tune with Angela 5:30 Comfort Touch 6:00 Mass on TV	18 9:15 Room visits & plant water 10:00 Prayer and music with Angela 10:30 Trivia of the Day 11:00 Hand towelette 11:30 Lunch companions & Irish Tunes 1:00 Mass, CH 2:00 Divine Mercy, small family room TV 2:15 Craft: Sand art 3:00 Task: table cleaning 5:30 Calming 1 to 1 visits 6:00 Mass on TV by request	19 National Soft Ice Cream Day 9:15 Room visits & tidy 9:30 Homemade Ice Cream machine prep 10:00 Yoga and Deep Breathing 11:30 Lunch companion & Crooners music 1:00 Rosary on TV 2:00 Divine Mercy, small family room TV 2:30 Resident Council, PVR 2:45 Armchair Travel: Smokey Mountains 3:15 Video Tour and ice cream 5:30 Calming 1 to 1 visits 6:00 Mass on TV by request	20 9:15 Room visits, <i>Daily Chronicle</i> 10:00 Senior Stretch and Monkey Brain 11:00 Hand towelette 11:30 Lunch companions & piano music 1:00 Rosary on TV 2:00 Science: Dragon Flies 2:15 Sensory Group: aroma therapy 3:00 Reminisce: trains 3:30 Happy Hour Highlight: Seagram's Wine Coolers 6:00 Mass on TV by request	21 10:00 Mass, CH 10:30 Deliveries and room visits 11:30 Lunch companions and radio music 11:30 Lunch and music 1:00 Rosary on TV 1:30 Activity of the Day 2:30 Movie: <i>Under the Tuscan Sun</i>
22 9:00 Mass on TV 10:00 Stretch 11:30 Lunch companions and Flute music 1:00 Rosary on TV 1:30 Activity of the day 3:00 Movie: <i>The Rat Pack</i>	23 9:15 Room visits & tidy 10:00 Protestant Service in Chapel 10:45 This Day in History 11:15 Hand towelette 11:30 Lunch companions & Blue grass 1:00 Rosary on TV 2:00 Divine Mercy, small family room TV 2:15 Cooking with Esa: Caesar salad 3:00 Resident calendar planning meeting 6:00 Mass on TV by request	24 9:15 Room visits & Chronicle 10:00 Adoration, CH 10:45 Chair Yoga 11:30 Lunch companions & Polka music 1:00 Rosary on TV 2:00 Jazz Trio, PVR 3:00 Name That Tune with Angela 5:30 Comfort Touch 6:00 Mass on TV	25 Cowboy Days 9:15 Monthly cabinet clean out 10:00 Kickball and roping 10:30 Cowboy Ethics 11:00 Hand towelette 11:30 Lunch companions & Roy Rogers music 1:00 Mass, CH 1:15 Outdoor Fun with Cowboy antics 3:00 Cowboy Poetry 6:00 Mass on TV by request	26 9:15 Room visits & tidy 9:30 This Day in History 10:00 Yoga and Deep Breathing 11:00 Hand towelette 11:30 Lunch companion & 1960's music 1:00 Rosary on TV 2:00 Divine Mercy, small family room TV 2:30 Science: Airplanes 3:00 Staff in-service 6:00 Mass on TV by request	27 9:15 Room visits, <i>Daily Chronicle</i> 10:00 Senior Stretch and Monkey Brain 11:00 Hand towelette 11:30 Lunch companions & Crooners music 1:00 Rosary on TV 2:00 Divine Mercy, small family room TV 2:15 Sensory Group: Color therapy painting 3:30 Happy Hour Highlight: Paloma 6:00 Mass on TV by request	28 10:00 Mass, CH 10:30 Deliveries and room visits 11:30 Lunch companions and radio music 11:30 Lunch and music 1:00 Rosary on TV 1:30 Activity of the Day 2:30 Movie: <i>Royal Wedding</i>
29 International Bats Night 9:00 Mass on TV 10:00 Stretch 10:30 Bat Facts 11:30 Lunch companions and Flute music 1:00 Rosary on TV 1:30 Activity of the day 3:00 Movie: <i>Show Boat</i>	30 9:15 Room visits & tidy 10:00 Protestant Service in Chapel 10:45 Pilates 11:15 Hand towelette 11:30 Lunch companions & 1930's Radio 1:00 Rosary on TV 1:30 Bookmobile, with staff assist 1:30 Manicures 2:00 Divine Mercy, small family room TV 2:15 Outdoor Fun 3:00 Independent Activity Time 6:00 Mass on TV by request	31 9:15 Room visits & Chronicle 10:00 Adoration, CH 10:45 Chair Yoga 11:30 Lunch companions and Banjo music 1:00 Rosary on TV 2:00 Divine Mercy, small family room TV 2:15 Name That Tune with Angela 3:30 Task: laundry folding 5:30 Music with Bev 6:00 Mass on TV	5th Floor Skilled Care Wellness Calendar <h1>August 2021</h1> <p>“This morning, the sun endures past dawn. I realize that it is August: the summer’s last stand.” – Sara Baume, A Line Made by Walking</p>			