

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays Sueyun J. – 1st Asuncion P. – 14th Jeanne – 20th Gail T– 23rd Helen O – 24th Robert – 25th Janis – 29th Ken – 31st	LOCATIONS AR– Activities Room P– Patio LB – Lobby TR – Tea Room APT – Your apartment Dining room – DR	10:00 WU – Tai chi w/ Master Fung 1 10:45 WU – Mahjong for Beginners 2:00 Bingo 3:00 Password/Card Sharks 3:30 Cards & Games 4:00 Music & VR 4:00 WU – Tech Time w/Brigitte @APT	10:00 Cardio Drum 2 10:45 Brain Games 11:00 Hawaiian Restaurant Outing 11:00 Puzzles @ TR 2:00 WU – Ocean Canvas Art 3:00 Cards & Games 4:00 Mindfulness Group Chat	10:00 Body Scan Meditation 3 10:15 Music & Movement w/ Ranjani 11:00 Puzzles @TR 2:00 Book Presentation: Elmer & Virginia Talk 2:45 Book Club: Sarah Song 3:15 Cards and Games 4:00 Afternoon Stretch & Cardio Volleyball 4:00 WU – Tech Time w/Brigitte @APT	10:00 Aloha Friday 4 10:15 Balance & Reflex w/Jessica 10:30 Shopping outing 1:30 Aloha Bingo 2:45 WU–Music Theory w/ DJ Warren 4:00 After the Show discussion group 5:30 TED Talk w/Marinelle @LB	10:00 Yoga 5 10:45 Music Memories: Elvis Presley live 11:00 Puzzles @TR 2:00 Ice Tea Social w/Hawaiian music @ Patio 2:30 Forest Bathing @ Patio 3:30 Passwords: Summer Beach Vibes 4:00 Virtual Reality: Hawaiian Destination
8:00 CBS Morning Show and Coffee Group @LB 6 10:15 Cardio Pump w/ Winnie 11:00 Puzzles @TR 1:00 WU – Catholic Mass 2:00 Mahjong/Chinese Checkers 6:30 VR w/Liliana @LB	10:00 Body Scan Meditation Exercise 7 10:15 Balance & Reflex w/Jessica 11:00 WU– Lap Harp with Jacqueline 1:30 Sundae Mondays @Patio 2:00 Music w/ Alonzo 3:00 Water Color Art w/Jessica 4:00 Music & VR	10:00 WU – Tai chi w/ Master Fung 8 10:45 Music Memories: Nat King Cole 2:00 Bingo 3:00 Cards & Games 4:00 Current Events Chat 4:00 WU – Tech Time w/Brigitte @APT	10:00 Cardio Camp 9 10:45 Brain Games 11:00 Puzzles @ TR 1:30 Movie Social: Dunkirk 4:00 After the movie discussion group	10:00 Range of Motion 10 10:30 Hula Dance Exercise 10:45 WU – Sunshine Garden Club @Patio 2:00 Story Telling Time w/Ben Tucker 3:00 Cards & games 4:00 Afternoon Stretch & Cardio Volleyball 4:00 WU – Tech Time w/Brigitte @APT	10:00 Aloha Friday 11 10:15 Balance & Reflex w/Jessica 10:30 Shopping outing 1:00 Aloha Vibes Dance Performance 2:30 Aloha Bingo @ AR 3:30 Travel Tales with Brigitte: Hawaii 4:15 Afternoon Memory Lane Chat: Tropical Vacations 5:30 TED Talk w/Marinelle @LB	10:00 Yoga 12 10:45 Music Memories: Izzy live 11:00 Puzzles @TR 2:00 Bingo 3:00 WU – Paper Arts: Hawaiian Crafts 3:30 Mahjong 4:15 Virtual Reality: Cancun, Mexico
8:00 CBS Morning Show and Coffee Group @LB 13 10:15 Cardio Pump w/ Winnie 11:00 Puzzles @TR 1:00 WU – Catholic Mass 2:00 Mahjong/Chinese Checkers 6:30 VR w/Liliana @LB	10:00 Body Scan Meditation Exercise 14 10:15 Balance & Reflex w/Jessica 11:00 WU – Lap Harp w/Jacqueline 1:30 Sundae Mondays @Patio 3:00 Water Color Art w/Jessica 4:00 Music & VR	10:00 WU – Tai chi w/ Master Fung 15 10:45 WU – Mahjong for Beginners 2:00 Bingo 3:00 Beach Volleyball 3:30 Cards & Games 4:00 Current Events Chat 4:00 WU – Tech Time w/Brigitte @APT	9:00 Coffee and Donut Social @AR 16 10:00 Cardio Camp 11:00 Puzzles @ TR 2:00 Bingo/Dictionary Detective 3:30 Cards and Games 4:00 Mindfulness Group Chat	10:00 Range of Motion 17 10:30 Hula Dance Exercise 10:45 Community Service: Cards for Kids 2:00 Bingo 3:00 WU – Health Chat: 7 Dimensions of Wellness 4:00 Grateful Art Journaling 4:00 WU – Tech Time w/Brigitte @APT	10:00 Aloha Friday 18 10:15 Balance & Reflex w/Jessica 10:30 Shopping outing 1:30 Jewelry Making 2:45 WU–Music Theory w/ DJ Warren 4:00 After the show discussion group 5:30 TED Talk w/Marinelle @LB	10:00 Yoga 19 10:45 Music Memories: Don Ito Live 11:00 Puzzles @TR 11:00 Sun Gallery Outing 2:30 Polynesian Dancing 3:00 Tropical Collage Art 4:00 Music w/Student Pianist
8:00 CBS Morning Show and Coffee Group @LB 20 10:15 Cardio Pump w/ Winnie 11:00 Puzzles @TR 1:00 WU – Catholic Mass 2:00 Mahjong/Chinese Checkers 6:30 VR w/Liliana @LB	10:00 Body Scan Meditation Exercise 21 10:15 Balance & Reflex w/Jessica 1:30 Sundae Mondays @Patio 3:00 Water Color Art w/Jessica 4:00 Music & VR	10:00 WU – Tai chi w/ Master Fung 22 10:45 Open Mic Jokes 2:00 Bingo 3:00 Cards & Games 4:00 Current Events Chat 4:00 WU – Tech Time w/Brigitte @APT	10:00 Cardio Camp 23 10:45 Brain Games 11:00 Puzzles @ TR 1:00 Community Service: Mission Blvd Clean up 2:30 Bingo 3:30 Word Game: Connections 4:00 Mindfulness Group Chat	10:00 Range of Motion 24 10:30 Hula Dance Exercise 10:45 Dominoes 10:45 WU – Sunshine Garden Club @Patio 2:00 Bingo 3:00 Jeopardy 4:00 Afternoon Stretch & Cardio Volleyball 4:00 WU – Tech Time w/Brigitte @APT	10:00 Aloha Friday 25 10:15 Balance & Reflex w/Jessica 10:30 Shopping outing 2:00 Aloha Games 3:00 Aloha Bingo 4:00 Afternoon Memory Lane chat 5:30 TED Talk w/Marinelle @LB	10:00 Yoga 26 10:45 Music Memories: Three Mo' Tenors Live 11:00 Puzzles @TR 2:00 Ice Tea Social w/Hawaiian music @ Patio 2:30 Forest Bathing @ Patio 3:30 Rumikuub/Mahjong @AR 4:15 Virtual Reality: Bali, Indonesia
8:00 CBS Morning Show and Coffee Group @LB 27 10:15 Cardio Pump w/ Winnie 11:00 Puzzles @TR 1:00 WU – Catholic Mass 2:00 Mahjong/Chinese Checkers 6:30 VR w/Liliana @LB	10:00 Body Scan Meditation Exercise 28 10:15 Balance & Reflex w/Jessica 1:30 Sundae Mondays @Patio 3:00 Water Color Art w/Jessica 4:00 Music & VR	10:00 WU – Tai chi w/ Master Fung 29 10:45 WU – Mahjong for Beginners 1:45 Music w/Ranjani 3:00 Price is Right 3:30 Cards & Games 4:00 Current Events Chat 4:00 WU – Tech Time w/Brigitte @APT	10:00 Cardio Camp 30 10:45 Brain Games 11:00 Puzzles @ TR 2:00 Bingo/Dictionary Detective 3:30 Improv 4:00 Mindfulness Group Chat 4:00 Music & VR	10:00 Range of Motion 31 10:30 Hula Dance Exercise 10:45 Dominoes 10:45 WU – Sunshine Garden Club @Patio 1:30 Ken's B-day Bash/Ken Talk 2:30 Cards & Games 4:00 WU – Tech Time w/Brigitte @APT	Aloha Fridays: Dress Hawaiian attire every Friday! Forest Bathing: absorbing the nature atmosphere. This practice encourages people to spend time in nature. No actual bathing required.	All calendar activities are subject to change

