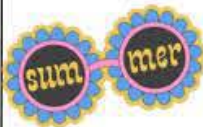




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Happy August Birthdays!</b> <b>Jane C. - 1<sup>st</sup></b> <b>William P. - 4<sup>th</sup></b> <b>Brenda T. - 11<sup>th</sup></b> <b>Leona Z. - 11<sup>th</sup></b> <b>Marilyn L. - 12<sup>th</sup></b> <b>Lucille B. 19<sup>th</sup></b> <b>Rebecca B. - 25<sup>th</sup></b> <b>Judy M. - 26<sup>th</sup></b> <b>Carol T. - 27<sup>th</sup></b> <b>Elizabeth F. - 28<sup>th</sup></b>		<b>**Calendar subject to change. Please refer to Daily Activity Sheets for the most accurate information. **</b>	(585)244-3630  <b>Activities Led By</b> Kristen, Lukus, Tammy, & Lauren		10:00 Silver Sneakers Exercise-AR 10:45 Bible Study with Mike - CH 1:30 Friday Floats - LR 2:00 Sing-A-Long with Kathy - LR 3:30 Twist Day - AR 6:15 Card Games - Independent	10:00 Weekend Workout - AR 10:45 Morning Meditation - LR 1:30 Saturday Social - AR 2:30 BINGOBASH! - AR 3:30 Walking Club - Lobby 6:15 Game Night - Independent
9:45 Sunday Stretch - AR 10:30 Catholic Service - CH 1:30 Sunday Matinee - Elizabeth Taylor Documentary - MR 3:30 Manicures - AR 6:15 Creative Coloring - Independent	10:00 Sit & Be Fit - AR 10:00 <b>Bus Trip: Wegmans</b> 1:30 Let's Talk Watermelon - AR 2:30 Let's Taste Watermelon - AR 3:30 Walking Club - Lobby 6:15 Crossword Puzzles - Independent	10:00 Seated Yoga - AR 11:00 Church Service with Pastor Angelo - CH 1:30 Dining Meeting w/ John - ILDR 2:30 Bingo BASH! - AR 3:30 Walking Club -Lobby 6:15 Word Searches - Independent	9:00 TOPS Club - LR 10:00 Active Yoga- AR 10:00 <b>Bus Trip: SAVERS</b> 2:00 Happy Hour - AR 3:00 <b>Boris</b> - LR 6:15 Board Games - Independent	10:00 Seated Strength Training - AR 10:45 Jenga - AR 1:15 Holy Rosary -MR 2:30 Bingo BASH! - AR 3:30 I Love Lucy - AR 6:15 Brain Teasers - Independent	National Chicken N Waffle Day! 10:00 Silver Sneakers Exercise-AR 10:45 Bible Study with Mike - CH 11:15 <b>BUS Trip: Lunch at Chick Magnet</b> 2:00 Sing-A-Long with Kathy - LR 3:30 Elvis Music Gathering 6:15 Card Games - Independent	10:00 Weekend Workout - AR 10:45 Morning Meditation - LR 1:30 Saturday Social - AR 2:30 BINGOBASH! - AR 3:30 Walking Club - Lobby 6:15 Game Night - Independent
9:45 Sunday Stretch - AR 10:30 Catholic Service - CH 1:30 Giant Bowling - AR 2:30 UNO! - AR 3:30 Manicures - AR 6:15 Creative Coloring - Independent	10:00 Sit & Be Fit - AR 10:00 <b>Bus Trip: Irondequoit Public Library</b> 1:30 Flavor Experience - AR 2:30 <b>Standard Time - LR</b> 3:30 Walking Club - Lobby 6:15 Crossword Puzzles - Independent	10:00 Seated Yoga - AR 11:00 Walking Club - Lobby 1:30 TED Talk Tuesday - MR 2:30 Bingo BASH! -AR 3:30 Bocce Ball - AR 6:15 Word Searches - Independent	9:00 TOPS Club - LR 10:00 Seated Exercise- AR 10:00 <b>Bus Trip: Conservatory</b> 2:00 Noodle Ball - AR 3:30 Happy Hour - AR 6:15 Board Games - Independent	10:00 Ageless Aerobics - AR 10:45 Shuffleboard - GR 1:30 W.U.Art Class with Diana - AS 2:30 Bingo BASH! - AR 3:30 Seated Biking - AR 6:15 Brain Teasers - Independent	10:00 Silver Sneakers Exercise-AR 10:30 Catholic Mass - CH 1:30 Elvis' Favorite Drink Day - AR 2:00 Sing-A-Long with Kathy - LR 3:30 FriYay BINGO - AR 6:15 Card Games - Independent	10:00 Weekend Workout - AR 10:45 Morning Meditation - LR 1:30 Saturday Social - AR 2:30 BINGOBASH! - AR 3:30 Walking Club - Lobby 6:15 Game Night - Independent
9:45 Sunday Stretch - AR 10:30 Catholic Service - CH 1:30 Sunday Matinee - The Pollinators Documentary - MR 3:30 Manicures - AR 6:15 Creative Coloring - Independent	10:00 Sit & Be Fit - AR 10:00 <b>Bus Trip: ALDI</b> 1:30 Flavor Experience - AR 2:30 Casino Games - AR 3:30 Walking Club - Lobby 6:15 Crossword Puzzles - Independent	10:00 Seated Yoga - AR 11:00 Church Service with Pastor Angelo - CH 1:30 Dining Meeting w/ John - ILDR 2:30 Bingo BASH! -AR 3:30 Walking Club -Lobby 6:15 Word Searches - Independent	9:00 TOPS Club - LR 10:00 Seated Exercise - AR 10:00 <b>Bus Trip: Dollar Tree</b> 1:30 Assisted Living Resident Council -AR 2:30 Independent Living Resident Council -LR 3:30 Happy Hour - AR 6:15 Board Games - Independent	10:00 Seated Strength Training - AR 10:45 Cards - AR 1:15 Holy Rosary -MR 2:30 Bingo BASH! - AR 3:30 Cardio Drumming - AR 6:15 Brain Teasers - Independent	10:00 Silver Sneakers Exercise-AR 10:45 Bible Study with Mike - CH 11:30 <b>BUS Trip: Lunch at The Cheesecake Factory</b> 2:00 Sing-A-Long with Kathy - LR 3:30 FriYay BINGO - AR 6:15 Card Games - Independent	10:00 Weekend Workout - AR 10:45 Morning Meditation - LR 1:30 Saturday Social - AR 2:30 BINGOBASH! - AR 3:30 Walking Club - Lobby 6:15 Game Night - Independent
9:45 Sunday Stretch - AR 10:30 Catholic Service - CH 1:30 Sunday Matinee - MR 3:30 Manicures - AR 6:15 Creative Coloring - Independent	10:00 Sit & Be Fit - AR 10:00 <b>Bus Trip: Irondequoit Public Library</b> 1:30 <b>Bus Trip: Birds Unlimited</b> 3:30 Walking Club - Lobby 6:15 Crossword Puzzles - Independent	10:00 Seated Yoga - AR 11:00 Walking Club - Lobby 1:30 TED Talk Tuesday - MR 2:30 Bingo BASH! -AR 3:30 Walking Club - Lobby 6:15 Word Searches - Independent	9:00 TOPS Club - LR 10:00 Seated Exercise- AR 10:00 <b>Bus Trip: Scenic Drive</b> 2:00 Happy Hour - AR 3:30 <b>Judd Sunshine</b> - LR 6:15 Board Games - Independent	10:00 Ageless Aerobics - AR 10:45 Shuffleboard - GR 1:30 W.U.Art Class with Diana - AS 2:30 Bingo BASH! - AR 3:30 Seated Biking - AR 6:15 Brain Teasers - Independent	10:00 Silver Sneakers Exercise-AR 10:45 Bible Study with Mike - CH 1:30 <b>August Birthday Social - AR</b> 2:30 Friday Floats - AR 3:30 FriYay BINGO - AR 6:15 Card Games - Independent	10:00 Weekend Workout - AR 10:45 Morning Meditation - LR 1:30 Saturday Social - AR 2:30 BINGOBASH! - AR 3:30 Walking Club - Lobby 6:15 Game Night - Independent
9:45 Sunday Stretch - AR 10:30 Catholic Service - CH 1:30 Sunday Matinee - MR 3:30 Manicures - AR 6:15 Creative Coloring - Independent	<div> <h1>August 2025</h1> <h2>Independent &amp; Assisted Living</h2>  </div>			<b>ACTIVITY LOCATOR KEY</b>  W.U. - Watermark University, educational programming  <i>Italics</i> - Entertainer Performance  <b>Bus Trips</b> - Sign up in Lobby (Bus Trips must be signed up for before the day of the outing)		AR- Activity Room MR- Media Room CH- Chapel GR- Game Room ILDR- Independent Living Dining Room <b>Independent-</b> Self directed, materials are available in the activity room  FD- Front Desk AS- Art Studio LR- Living Room PA- Patio