

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Happy August Birthdays! Jane C. - 1 st Lucille B. 19 th William P. - 4 th Rebecca B. - 25 th Brenda T. - 11 th Judy M. - 26 th Leona Z. - 11 th Carol T. - 27 th Marilyn L. -12 th Elizabeth F. - 28 th		**Calendar subject to change. Please refer to Daily Activity Sheets for the most accurate information. **	(585)244-3630 Activities Led By Kristen, Lukus, Tammy, & Lauren		Daily Chronicle Chat Friday Flex Energy Burst Walks Satisfying Bites 1:00 Sing-A-Long with Kathy	Weekend Workout (AR) Meditation Daily Chronicle Chat 2:30 BINGO BASH! - AR
Sunday Stretch (AR) Energy Burst Walks Daily Chronicle Chat Lawrence Welk 10:30 Catholic Service (CH)	Daily Chronicle Chat Ageless Aerobics 10:00 BUS TRIP: Wegmans	Daily Chronicle Chat Seated Yoga Titbit Tuesday 11:00 Church Service with Pastor Angelo - CH 2:30 BINGO BASH! - AR	Daily Chronicle Chat Sit & Be Fit Manicures 10:00 BUS TRIP: Savers 2:00 Happy Hour - AR 3:00 Boris - LR	Daily Chronicle Chat Silver Sneakers Exercise Noodle Ball 2:30 BINGO BASH! - AR	Daily Chronicle Chat Friday Flex Satisfying Bites 11:15 BUS TRIP: Lunch at Chick Magnet 1:00 Sing-A-Long with Kathy	Weekend Workout (AR) Meditation Daily Chronicle Chat 2:30 BINGO BASH! - AR
3	4	5	6	7	8	9
Sunday Stretch (AR) Energy Burst Walks Daily Chronicle Chat Lawrence Welk 10:30 Catholic Service (CH)	Daily Chronicle Chat Ageless Aerobics 10:00 BUS TRIP: Library 2:30 Standard Time - LR	Daily Chronicle Chat Tai Chi Titbit Tuesday Karaoke Sing Along 2:30 BINGO BASH! - AR	Daily Chronicle Chat Sit & Be Fit Manicures 10:00 BUS TRIP: Conservatory	Daily Chronicle Chat Silver Sneakers Exercise Bocce Ball 2:30 BINGO BASH! - AR	Daily Chronicle Chat Friday Flex Energy Burst Walks 10:30 Catholic Mass - CH 1:00 Sing-A-Long with Kathy 3:30 FriYay BINGO- AR	Weekend Workout (AR) Meditation Daily Chronicle Chat 2:30 BINGO BASH! - AR
10	11	12	13	14	15	16
Sunday Stretch (AR) Energy Burst Walks Daily Chronicle Chat Lawrence Welk 10:30 Catholic Service (CH)	Daily Chronicle Chat Ageless Aerobics 10:00 BUS TRIP : Aldi	Daily Chronicle Chat Tai Chi Titbit Tuesday 11:00 Church Service with Pastor Angelo - CH 2:30 BINGO BASH! - AR	Daily Chronicle Chat Sit & Be Fit Manicures 10:00 BUS TRIP: Dollar Tree	Daily Chronicle Chat Silver Sneakers Exercise Noodle Ball 2:30 BINGO BASH! - AR	Daily Chronicle Chat Friday Flex 11:30 BUS TRIP: Lunch at the Cheesecake Factory 1:00 Sing-A-Long with Kathy 3:30 FriYay BINGO - AR	Weekend Workout (AR) Meditation Daily Chronicle Chat 2:30 BINGO BASH! - AR
17	18	19	20	21	22	23
Sunday Stretch (AR) Energy Burst Walks Daily Chronicle Chat Lawrence Welk 10:30 Catholic Service (CH)	Daily Chronicle Chat Ageless Aerobics 10:00 BUS TRIP: Library 1:30 BUS TRIP: Birds Unlimited	Daily Chronicle Chat Tai Chi Titbit Tuesday Karaoke Sing Along 2:30 BINGO BASH! - AR	Daily Chronicle Chat Sit & Be Fit Manicures 10:00 Scenic Drive 3:30 Judd Sunshine - LR	Daily Chronicle Chat Silver Sneakers Exercise Bocce Ball 2:30 BINGO BASH! - AR	Daily Chronicle Chat Friday Flex Energy Burst Walks 3:30 FriYay Bingo - AR	Weekend Workout (AR) Meditation Daily Chronicle Chat 2:30 BINGO BASH! - AR
24	25	26	27	28	29	30
Sunday Stretch (AR) Energy Burst Walks Daily Chronicle Chat Lawrence Welk 10:30 Catholic Service (CH)	August 2025 Gardens		ACTIVITY LOCATOR KEY Body Community Mind Spirit W.U. - Watermark University, educational programming <i>Italics</i> - Entertainer Performance Bus Trips - 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 Independent - Self directed, materials are available in the activity room FD- Front Desk AS- Art Studio LR- Living Room PA- Patio	
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