

## August 2025

Exercise Program Sensory Stimulation Self-Care Social/Party Brain Game Music Movie/Show Physical Game
Outing Crafting/Cooking Bingo

★ Outdoors \*Weather Pending\*

**±** Lighthouse Café

♠ Care-Staff-Led

Movie Theatre †† Private Dining

by Blue Mountain Senior Living  Display Bingo						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Events Are Subject to Change	WELCOME August	HAPPY BIRTHDAY! Guy N 8/9 Sima M 8/10 Betty V 8/22 Pam R 8/24 Carol K 8/30		9:00 Chair Dancing 9:30 Beverage Break 10:30 BINGO 12:30 Rest and Relax 1:30 Movie & Popcorn: "MOBY DICK" (1956 1 hr 54 min) 3:00 Coloring & Puzzle Time A	NATIONAL COLORING BOOK 2  DAY  9:30 Chair Yoga  10:00 Beverage Break  10:30 BINGO  12:30 Rest and Relax  1:30 Arts & Crafts: Make Your Own  Coloring Book  2:00 Refreshments & Snacks★  3:00 Evening Showtime in the Activity  Room A
9:30 Chair Yoga 10:00 Beverage Break 10:30 Brain Buster Game! 12:30 Rest and Relax 1:00 Afternoon Exercise 1:30 Taste Test: Watermelon Feta Salad 3:00 Evening Showtime in the Activity Room	9:30 Monday Marching  10:00 Beverage Break  10:30 Community Walking Group★  12:30 Rest and Relax  1:30 Taste Test: Pillsbury Doughnuts  3:00 BINGO	NATIONAL NIGHT OUT!  9:30 Chair Yoga  10:00 Beverage Break  10:30 PERFORMANCE BY  KENDALL OSBOURNE♪  12:30 Rest and Relax  1:30 Manicures & Hand Massages  3:00 BINGO  4:30 NATIONAL NIGHT OUT  EVENT 4:30PM - 6:30PM ★	9:30 Chair Drumming 10:00 Beverage Break 10:30 PERFORMANCE BY GREG RAHN  1:00 Rest and Relax 1:30 SCENIC BUS TRIP GROUP A  3:00 Bingo!	9:30 Seated Tai Chi 10:00 Beverage Break 10:30 Community Walking Group * 12:30 Rest and Relax 1:00 Hearing Aid Checks & Cleaning in the Lobby 1:30 Cafe Cooking Peach & Strawberry Crumble 11 3:00 BINGO	9:00 Chair Dancing 9:30 Beverage Break 10:30 BINGO 12:30 Rest and Relax	National Bowling Day  9:30 Chair Yoga  10:00 Beverage Break  10:30 BINGO  12:30 Rest and Relax  1:30 Bowling Bash!  2:00 Refreshments & Snacks★  3:00 Evening Showtime in the Activity Room ♣
9:30 Chair Yoga 10:00 Beverage Break 10:30 Morning Sing Along 12:30 Rest and Relax 1:00 Afternoon Exercise 1:30 Brain Game: Melon Match 3:00 Evening Showtime in the Activity Room	9:30 Monday Movement  10:00 Beverage Break  10:30 Community Walking Group ★  11:30 Veterans' Club Luncheon in Private Dining Room  12:30 Rest and Relax  1:30 Toss 'n Talk Around the Table  3:00 BINGO	9:30 Chair Boxing 10:00 Beverage Break 10:30 Manicures & Hand Massages 12:30 Rest and Relax 1:30 Arts & Crafts: Painting Elephants for World Elephant Day 3:00 BINGO	9:30 Chair Drumming 10:00 Beverage Break 10:30 Bingo! 1:00 Rest and Relax 1:30 Picnic Outing ★ 3:00 SCENIC BUS TRIP GROUP ★	9:30 Seated Tai Chi 10:00 Beverage Break 10:30 Community Walking Group★ 12:30 Rest and Relax 1:30 Cafe Craft: Paint a Picture  3:00 BINGO	9:00 Chair Dancing 9:30 Beverage Break 10:30 BINGO 12:30 Rest and Relax 1:30 Movie & Popcorn: "NOW YOU SEE ME" (1 hr 55 min) 3:00 Coloring & Puzzle Time A	9:30 Chair Yoga 10:00 Beverage Break 10:30 BINGO 12:30 Rest and Relax 1:30 Share a Joke Social 2:00 Refreshments & Snacks★ 3:00 Evening Showtime in the Activity Room ♣
9:30 Chair Yoga 10:00 Beverage Break 10:30 Brain Buster Game! 12:30 Rest and Relax 1:00 Afternoon Exercise 1:30 Arts & Crafts: Jewelry Making with Tina 3:00 Evening Showtime in the Activity Room	9:30 Monday Marching 10:00 Beverage Break 10:30 Community Walking Group★ 12:30 Rest and Relax 1:30 Happy Hour: Coffee & Current Events 3:00 BINGO		Passport Event: Hawaii 20 9:30 Chair Drumming 10:00 Beverage Break 10:30 PERFORMANCE BY KENDALL OSBOURNE 11:30 Passport Luncheon: Hawaii 1:00 Rest and Relax 2:00 Hawaiian Luau in Lobby	9:30 Seated Tai Chi 10:00 Beverage Break 10:30 Community Walking Group ★ 12:30 Rest and Relax 1:30 Cafe Guess Who's Who! ★ 3:00 BINGO	9:00 Chair Dancing 9:30 Beverage Break 10:30 BINGO 12:30 Rest and Relax 1:30 Movie & Popcorn: "NORTH SHORE" (1 hr 36 min) 3:00 Coloring & Puzzle Time A	9:30 Chair Yoga 10:00 Beverage Break 10:30 BINGO 12:00 Lego Games 12:30 Rest and Relax 1:30 Arts & Crafts: Easy Summer Sunflower Fans 2:00 Refreshments & Snacks  3:00 Evening Showtime in the Activity Room A
9:30 Chair Yoga 10:00 Beverage Break 10:30 Morning Sing Along 1:30 Taste Test: Quick & Easy Peach Cobbler 3:00 Evening Showtime in the Activity Room  31 9:30 Chair Yoga 10:30 Brain Buster Game! 1:30 Last Sunday Social: Trail Mix and Mingle  3:00 Evening Showtime in the Activity Room	9:30 Monday Movement  10:00 Beverage Break  10:30 Community Walking Group★  12:30 Rest and Relax  2:00 PERFORMANCE BY SYRIA♪  3:00 BINGO	9:30 Chair Boxing 10:00 Beverage Break 10:30 Manicures & Hand Massages 12:30 Rest and Relax 1:30 PERFORMANCE BY GLEN SNYDER 3:00 BINGO	9:30 Chair Drumming 10:00 Beverage Break 10:30 Bingo! 1:00 Rest and Relax 1:30 August Birthday Bash! 3:00 SCENIC BUS TRIP GROUP	9:30 Seated Tai Chi 10:00 Beverage Break 10:30 Community Walking Group★	9:00 Chair Dancing 9:30 Beverage Break 10:30 BINGO 12:30 Rest and Relax 1:30 Movie & Popcorn: "JUST GETTING STARTED" (1 hr 31 min) 3:00 Coloring & Puzzle Time A	9:30 Chair Yoga 10:00 Beverage Break 10:30 BINGO 12:30 Rest and Relax 1:30 Courtyard Games & Popsicles ★ 2:00 Refreshments & Snacks ★ 3:00 Evening Showtime in the Activity Room ♣