

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Memory Care Activities Calendar

August 2023

1
10:30 Fitness w/ Rashad
10:30 - 3:00 Podiatry Clinic
3:00 Mindful Coloring
4:00 We're Sow into
Gardening

2
10:30 Noodle Ball
2:00 Mindful Coloring
3:00 BINGO!
4:00 Musical Wind Down

3
10:30 Fitness w/ Rashad
2:00 Arts & Crafts Hour
3:00
4:00 We're Sow into
Gardening

4
10:30 Parachute Game
2:00 Potato Chip Taste Test
3:00 BINGO!

5
10:30 Morning Stretches
2:00 Word Puzzles &
Coloring Pages
3:00 Movie Matinee

6
10:00 Stream Church
2:00 Card & Board Games
3:00 Snack Social
4:00 We're Sow into
Gardening

7
10:30 Nail Care
2:00 Let's Make: Root Beer
Floats
3:00 BINGO!

8
10:30 Fitness w/ Rashad
2:00 Scrapbooking
3:00 Cornhole
4:00 We're Sow into
Gardening

9
10:30 Parachute Game
2:00 Let's Play with Clay
3:00 BINGO!
4:00 Reminisce with Me

10
10:30 Fitness w/ Rashad
2:00 Rock Painting
3:00 Popcorn & a Movie
4:00 We're Sow into
Gardening

11
10:30 Move to the Music
2:00 Science Project
3:00 BINGO!

12
10:30 Morning Stretches
2:00 Classic TV Hour
3:00 Social Hour
4:00 Musical Wind Down

13
10:00 Stream Church
2:00 Word Puzzles &
Coloring Pages
3:00 Snack Social
4:00 We're Sow into
Gardening

14
10:30 Nail Care
2:00 Flower Arrangements
for the Dining Room
3:00 BINGO!

15
10:30 Fitness w/ Rashad
2:00 Arts & Crafts Hour
3:00 BINGO! w/ Brandi
from Pruitt Health
4:00 We're Sow into
Gardening

16
10:30 Lizzie the Comfort
Dog
2:00 Chair Yoga
3:00 BINGO!

17
10:30 Fitness w/ Rashad
2:00 Watermelon Social
3:00 Advice for the
Younger Generation...
4:00 We're Sow into
Gardening

18
10:30 Balloon Volleyball
2:00 Painting Class
3:00 BINGO!
4:00 Musical Wind Down

19
10:30 Morning Stretches
2:00 Word Puzzles &
Coloring Pages
3:00 Movie Matinee

20
10:00 Stream Church
2:00 Card & Board Games
3:00 Snack Social
4:00 We're Sow into
Gardening

21
10:30 Nail Care
2:00 Science Project
3:00 BINGO!
4:00 Musical Wind Down

National Senior Citizen Day

22
10:30 Fitness w/ Rashad
2:00 Popsicles & Games in
the Courtyard
3:00 Water Play Day!
4:00 We're Sow into
Gardening

23
10:30 Parachute Game
2:00 Arts & Crafts Hour
3:00 BINGO!
4:00 Reminisce with Me

24
10:30 Fitness w/ Rashad
2:00 Watercolor Painting
3:00 BINGO!
4:00 We're Sow into
Gardening

25
10:30 Chair Yoga
1:30 Ice Cream Stop Outing
3:00 Popcorn & a Movie

26
10:30 Morning Stretches
2:00 Classic TV Hour
3:00 Social Hour
4:00 Musical Wind Down

27
10:00 Stream Church
1:30 Companion Walk w/
AL
3:00 Snack Social
4:00 We're Sow into
Gardening

28
10:30 Nail Care
2:00 Mindful Coloring
3:00 BINGO!
4:00 Reminisce with Me

29
10:30 Fitness w/ Rashad
2:00 Let's Make: Trail Mix
4:00 We're Sow into
Gardening

30
10:30 Finish the Phrase
2:00 Beach Ball Questions
Game
3:00 BINGO!
4:00 Musical Wind Down

31
10:30 Fitness w/ Rashad
2:00 Monthly Birthday
Bash
4:00 We're Sow into
Gardening

***All activities are Subject to Change**

Birthdays:
Arnold Wilson - 24th

Sarah Dickens, Memory Care Lifestyles Director Email: sdickens@legacysavannahquarters.com

