

2026 AUGUST 1970'S



Sunday

Monday

Tuesday

Wednesday

thursday

Friday

Saturday

ASSISTED LIVING ACTIVITY CALENDAR AUGUST 2026

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9:30 Worship and Hymn Singalong
10:00 Virtual Church Service
1:30 Bible Trivia

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9:30 Motion and Mindful Exercise
10:00 Daily Digest!
10:30 Let's Play Bingo!
1:30 Name That TUNE!
3:00 Mocktail Monday!
4:00 BOOK CLUB!

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9:30 Stretch and Strength with Hannah!
10:00 Chat with Deb!
10:30 Through the Decades! 1970s Introduction
11:00 Music with Morgan
1:30 Bible Study Club!
3:00 Movie: JAWS

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9:30 Music and Movement (1970's Inspired exercise!)
10:00 Daily Digest!
1:30 Let's Play Bingo!
2:30 Mahjong CLUB!
3:00 SPINTOPIA: GAME SHOW!

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9:30 Let's Move it! Exercise
10:00 Daily Digest
10:30 1970s Let's learn about Disco and craft
1:30 Outing!: Vintage 72

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9:30 Funky Yoga!
10:00 Daily Digest!
10:30 Let's Play Bingo!
1:30 Music Therapy: The Bees Gees
3:00 Nail Spa!
3:30 Fun Fact Friday

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9:30 Community Walk
1:30 Summer Puzzle Pack

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*Happy Birthday Russell K.!
9:30 Worship and Hymn Singalong
10:00 Virtual Church Service
1:30 Bible Trivia

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#international lemonade day
9:30 Motion and Mindful Exercise
10:00 Daily Digest!
10:30 Let's Play Bingo!
1:30 Name That TUNE!
3:00 Mocktail Monday! (Lemonade)

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#International sons and daughters' day
9:30 Stretch and Strength with Hannah!
10:00 Daily Digest!
10:30 Through the Decades! 1970s Music
1:30 Bible Study Club!
3:00 Movie: Rocky

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9:30 Music and Movement (1970's Inspired exercise!)
10:00 Daily Digest!
1:30 Let's Play Bingo!
2:30 Mahjong CLUB!
3:00 SPINTOPIA: GAME SHOW!

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#international left-handers' day
9:30 Let's Move it! Exercise
10:00 Daily Digest
11:00 Bible Study with David Dye
10:30 1970s Let's learn about Beatles Break Up
1:30 Resident Council
2:30 Pool Party in the backyard!

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DISCO OUTFIT DAY!
9:30 Funky Yoga!
10:00 Daily Digest!
10:30 Let's Play Bingo!
1:30 Music Therapy: Fleetwood Mac
3:00 Nail Spa!
3:30 Fun Fact Friday

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9:30 Community Walk
1:30 Summer Puzzle Pack

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9:30 Worship and Hymn Singalong
10:00 Virtual Church Service
1:30 Bible Trivia

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9:30 Motion and Mindful Exercise
10:00 Daily Digest!
10:30 Let's Play Bingo!
1:30 Name That TUNE!
3:00 Mocktail Monday! + Let's Get to know Tracy!
3:30 Activity Calendar Meeting

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9:30 Stretch and Strength with Hannah!
10:00 Daily Digest!
10:30 Through the Decades! 1970s Movies
11:00 Music with Morgan
1:30 Bible Study Club!
3:00 Movie: Beatles Documentary

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#international photography day
9:30 Music and Movement (1970's Inspired exercise!)
10:00 Daily Digest!
1:30 Let's Play Bingo!
2:30 New Resident Social!

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WEAR GREEN DAY
9:30 Let's Move it! Exercise
10:00 Daily Digest
10:30 1970s Let's learn about the first Earth Day
1:30 Outing!: The Peach Cobbler Factory + Walmart

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9:30 Funky Yoga!
10:00 Daily Digest!
10:30 Let's Play Bingo!
1:30 Music Therapy: Stevie Wonder
3:00 Nail Spa!
3:30 Fun Fact Friday

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*Happy Birthday Rhonda P.
9:30 Community Walk
1:30 Summer Puzzle Pack

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9:30 Worship and Hymn Singalong
10:00 Virtual Church Service
1:30 Bible Trivia

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9:30 Motion and Mindful Exercise
10:00 Daily Digest!
10:30 Let's Play Bingo!
1:30 Name That TUNE!
3:00 Resident Birthday Social!

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BE KIND TO HUMANKIND WEEK:
Perform a Random Act of Kindness!
9:30 Stretch and Strength with Hannah!
10:00 Daily Digest!
10:30 Through the Decades! 1970s Fashion
1:30 Bible Study Club!
2:00 Menu Chat with Nick
3:00 Movie: American Graffiti

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BE KIND TO HUMANKIND WEEK:
Make a Homemade Card for Someone!
9:30 Music and Movement (1970's Inspired exercise!)
10:00 Cooking Demo with ChefNick
1:30 Let's Play Bingo!
2:30 Mahjong CLUB!

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BE KIND TO HUMANKIND WEEK:
Compliment Someone today!
9:30 Let's Move it! Exercise
10:00 Daily Digest
10:30 1970s Let's learn about Politics and Peace Movement
11:00 Bible Study with David Dye
11:30: Outing! Let's Give School supplies to a local school!

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BE KIND TO HUMANKIND WEEK:
Reach out to an old Friend!
9:30 Funky Yoga!
10:00 Daily Digest!
10:30 Let's Play Bingo!
1:30 Music Therapy: Donna Summer
3:00 Nail Spa!
3:30 Fun Fact Friday

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9:30 Community Walk
1:30 Summer Puzzle Pack

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9:30 Worship and Hymn Singalong
10:00 Virtual Church Service
1:30 Bible Trivia

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9:30 Motion and Mindful Exercise
10:00 Daily Digest!
10:30 Let's Play Bingo!
1:30 Name That TUNE!
3:00 Mocktail Monday!
4:00 BOOK CLUB!