

AUG 2026

G
THE GOLDTON
 AT LAKE NONA

(321)850-2790
 9682 Lake Nona Village PL
 Orlando, FL 32827

SUNDAY**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**Location Key

Activity Room-AR

Red writing -Bus Trips

Dining Hall - DH

Entertainment

Special

2
 9:45 Tunes & Trail Stroll
 10:30 Trivia
 1:30 Bingo
2:30 Menchie's Ice Cream \$10
 4:00 Corn Hole
 7:00Resident Lead Chat

3 10:00 Gentle Chair Yoga
 10:30 Trivia
 1:15 Bingo
2:00 The Search for Truth Dr. John & Mark
 3:00 Arts appreciation
4:00 Jewish Pavillion
***6:00 Dignity Memorial free diner for families**

4
 10:00 Low Impact Cadio
 10:30 Trivia
 1:30 Bible Study
3:00 Walmart
 4:00 The G General Store

5
 9:30 Gentle Chair Yoga
 10:00 Catholic Service
 11:00 Corn Hole
 1:30 Baking
3:00 Happy Hour ENT Nathan Scott
 7:00 Resident Lead Games

6
 10:00 Chair Yoga
11:00 Chick-Fil-A \$15
 10:30 Trivia
 2:00 Bingo
 4:00 Hangman
 7:00Resident Lead Games

7
 10:00 Low Impact Cardio
 10:30 Praying with Rosary
 10:30 Trivia
 1:30 Jenga Giant Blocks
 3:00 Happy Hour Social/Coffee talk
 7:00 Resident lead Games

8
 10:00 Painting
 11:00 Ax Throwing
 2:00 Bingo
 1:30 Trivia
 3:30 Movie
 7:00 Resident lead Games

9
 9:45 Tunes & Trail Stroll
 10:30 Trivia
 1:30 Bingo
 2:30 Sing-a-Long
 4:00 Ax Throwing
 7:00Resident Lead Chat

10
 10:00 Gentle Chair Yoga
 10:30 Trivia
 1:15 Fancy Goldton Nails
 3:00 Arts appreciation
 4:00 Family Feud
 7:00 Resident lead games

11
 10:00 Low Impact Cadio
 10:30 Trivia
10:00 Exercise With SB
 1:30 Bible Study
3:00 Target
 4:00 Target Toss

12
 9:30 Gentle Chair Yoga
 10:00 Catholic Service
 11:00 Corn Hole
 1:30 Baking
3:00 Happy Hour ENT IsaiahFisher
 7:00 Resident Lead Games

13
 10:00 Chair Yoga
 10:30 Trivia
11:00 Cheddar's \$20
 1:30 Bingo
 3:00 Tunes & Stroll
 4:00 Corn Hole
 7:00Resident Lead Games

14
 10:00 Low Impact Cardio
 10:30 Praying with Rosary
 10:30 Trivia
 1:30 Jenga Giant Blocks
 3:00 Happy Hour Social/coffee talk
 7:00 Resident lead Games

15
 10:00 Painting
 11:00 Ax Throwing
 2:00 Bingo
 1:30 Trivia
 3:30 Movie
 7:00 Resident lead Games

16
 9:30 Low impact Cardio
 9:45 Tunes & Trail Stroll
 10:30 Trivia
 1:30 Bingo
 2:30 Sing-a-Long
 4:00 Corn Hole
 7:00Resident Lead Chat

17
 10:00 Gentle Chair Yoga
 10:30 Trivia
 1:15 Bingo
 3:00 Arts appreciation
 4:00 Family Feud
 7:00 Resident lead games

18
 10:00 Low Impact Cadio
 10:30 Trivia
 1:30 Bible Study
3:00 Publix
 4:00 The G General Store

19
 9:30 Gentle Chair Yoga
 10:00 Catholic Service
 11:00 Corn Hole
 1:30 Baking
 3:00 Happy Hour Social/coffee talk
 7:00 Resident Lead Games

20
 10:00 Chair Yoga
 10:30 Trivia
11:00 Olive Garden \$25
 1:30 Bingo
 3:00 Arts & Crafts
 4:00 Hangman
 7:00Resident Lead Games

21
 10:00 Low Impact Cardio
 10:30 Praying with Rosary
 10:30 Trivia
 1:30 Family Feud
3:00 Happy Hour ENT
 7:00 Resident lead Games

22
 10:00 Painting
 11:00 Ax Throwing
 2:00 Bingo
 1:30 Trivia
 3:30 Movie
 7:00 Resident lead Games

23 9:30 Low impact Cardio
 9:45 Tunes & Trail Stroll
 10:30 Trivia
 1:30 Bingo
 2:30 Sing-a-Long
 4:00 Ax Throwing

24
 10:00 Gentle Chair Yoga
 10:30 Trivia
11:00 Goddard School
 1:15 Bingo
 3:00 Arts appreciation
 4:00 Family Feud
 7:00 Resident lead games

25
 10:00 Low Impact Cadio
10:00 Exercise with SB
11:00 Residents Council
 1:30 Bible Study
3:00 Dollar Tree
 4:00 Jenga Giant Blocks

26
 9:30 Gentle Chair Yoga
 10:00 Catholic Service
 11:00 Corn Hole
 1:30 Baking
 3:00 Happy Hour Social
 7:00 Resident Lead Games

27 10:00 Chair Yoga
 10:30 Trivia
11:00 Mall Shopping & Lunch \$\$
 1:30 Bingo
 3:00 Tunes & Stroll
 4:00 Corn Hole
 7:00Resident Lead Games

28
 10:00 Low Impact Cardio
 10:30 Praying with Rosary
 10:30 Trivia
 1:30 Jenga Giant Blocks
 3:00 Happy Hour Social/coffee talk
 7:00 Resident lead Games

29
 10:00 Painting
 11:00 Ax Throwing
 2:00 Bingo
 1:30 Trivia
 3:30 Movie
 7:00 Resident lead Games