

# AUGUST

# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Resistance Band Exercises 11:15 <b>COG</b> 1 on 1 Visits 1:00 <b>COG</b> Frozen Strawberry Lemonade Treats 2:00 <b>SOC</b> Balloon Volleyball 3:00 <b>SOC</b> Dominoes 4:00 <b>PHY</b> Getting Your walking Steps in!	1 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Senior Ball Fitness 11:15 <b>COG</b> 1 on 1 Visits 1:00 <b>SOC</b> Sing Fit 2:00 <b>SOC</b> Rummy Cards 3:00 <b>SOC</b> Bunco 4 Candy Bars 4:00 <b>PHY</b> Getting Your Walking Steps in!	2 9:00 <b>COG</b> Daily News 10:00 <b>SOC</b> Rise & Shine Social 11:00 <b>COG</b> Puzzle Time 1:00 <b>COG</b> Guess who Game Time 3:00 <b>SOC</b> Snacktivity
9:00 <b>COG</b> Daily News 10:00 <b>SOC</b> Rise & Shine Social 11:00 <b>SPR</b> Bible Study 2:00 <b>COG</b> Game Time! 3:00 <b>SOC</b> Matinee Movie & Popcorn!	4 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Senior Ball Fitness 11:15 <b>COG</b> 1 on 1 Visits 1:00 <b>SOC</b> Sing Fit 2:00 <b>COG</b> Bingo Blitz 3:00 <b>PHY</b> Balloon Volleyball 4:00 <b>SOC</b> Wind Down Time	5 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Resistant Band Exercises 11:15 <b>SOC</b> Play time with Poppy the puppy! 1:30 <b>SOC</b> Shopping @ Dollar Tree 3:00 <b>COG</b> Card Games 4:00 <b>PHY</b> Shooting Hoops!	6 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> 60's Music Chair Workout 11:00 <b>SPR</b> Bible Devotional 1:00 <b>COG</b> Sing Fit 2:00 <b>SOC</b> Prize Bingo 3:00 <b>PHY</b> Balloon Volleyball 4:00 <b>SOC</b> Wind Down Time	7 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Resistance Band Exercises 11:15 <b>COG</b> 1 on 1 Visits 1:00 <b>COG</b> Hand Crafted Woven Bowls 2:00 <b>SOC</b> Balloon Volleyball 3:00 <b>SOC</b> Dominoes 4:00 <b>PHY</b> Getting Your walking Steps in!	8 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Senior Ball Fitness 11:15 <b>COG</b> 1 on 1 Visits 1:00 <b>SOC</b> Picking Up Community Bus 3:00 <b>SOC</b> Bunco 4 Candy Bars 4:00 <b>PHY</b> Getting Your Walking Steps in!	9 9:00 <b>COG</b> Daily News 10:00 <b>SOC</b> Rise & Shine Social 11:00 <b>COG</b> Puzzle Time 1:00 <b>COG</b> Guess who Game Time 3:00 <b>SOC</b> Snacktivity
9:00 <b>COG</b> Daily News 10:00 <b>SOC</b> Rise & Shine Social 11:00 <b>SPR</b> Bible Study 2:00 <b>COG</b> Game Time! 3:00 <b>SOC</b> Matinee Movie & Popcorn!	11 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Senior Ball Fitness 11:15 <b>COG</b> 1 on 1 Visits 1:00 <b>SOC</b> Sing Fit 2:00 <b>COG</b> Bingo Blitz 3:00 <b>PHY</b> Balloon Volleyball 4:00 <b>SOC</b> Wind Down Time	12 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Resistant Band Exercises 11:15 <b>SOC</b> Play time with Poppy the puppy! 1:30 <b>SOC</b> Shopping @ Fred Meyer 3:00 <b>COG</b> Card Games 4:00 <b>PHY</b> Getting your walking steps in!	13 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> 60's Music Chair Workout 11:00 <b>SPR</b> Bible Devotional 1:00 <b>COG</b> Sing Fit 2:00 <b>SOC</b> Prize Bingo 3:00 <b>PHY</b> Balloon Volleyball 4:00 <b>SOC</b> Wind Down Time	14 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Resistance Band Exercises 11:15 <b>COG</b> 1 on 1 Visits 1:00 <b>COG</b> Spring Time Art 2:00 <b>SOC</b> Balloon Volleyball 3:00 <b>SOC</b> Dominoes 4:00 <b>PHY</b> Getting Your walking Steps in!	15 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Senior Ball Fitness 11:15 <b>COG</b> 1 on 1 Visits 1:00 <b>SOC</b> Trip to Museum of Natural & Cultral History 2:00 <b>SOC</b> Rummy Cards 3:00 <b>SOC</b> Bunco 4 Candy Bars 4:00 <b>PHY</b> Getting Your Walking Steps in!	16 9:00 <b>COG</b> Daily News 10:00 <b>SOC</b> Rise & Shine Social 11:00 <b>COG</b> Puzzle Time 1:00 <b>COG</b> Guess who Game Time 3:00 <b>SOC</b> Snacktivity
9:00 <b>COG</b> Daily News 10:00 <b>SOC</b> Rise & Shine Social 11:00 <b>SPR</b> Bible Study 2:00 <b>COG</b> Game Time! 3:00 <b>SOC</b> Matinee Movie & Popcorn!	18 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Senior Ball Fitness 11:15 <b>COG</b> 1 on 1 Visits 1:00 <b>SOC</b> Sing Fit 2:00 <b>COG</b> Bingo Blitz 3:00 <b>PHY</b> Balloon Volleyball 4:00 <b>SOC</b> Wind Down Time	19 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Resistant Band Exercises 11:15 <b>SOC</b> Play time with Poppy the puppy! 1:30 <b>SOC</b> Shopping @ Dollar Tree 3:00 <b>COG</b> Card Games 4:00 <b>PHY</b> Getting your walking steps in!	20 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> 60's Music Chair Workout 11:00 <b>SPR</b> Bible Devotional 1:00 <b>COG</b> Sing Fit 2:00 <b>SOC</b> Prize Bingo 3:00 <b>PHY</b> Balloon Volleyball 4:00 <b>SOC</b> Wind Down Time	21 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Resistance Band Exercises 11:00 <b>SPR</b> Bible Devotional 1:00 <b>COG</b> Sing Fit 2:00 <b>SOC</b> Prize Bingo 3:00 <b>PHY</b> Balloon Volleyball 4:00 <b>SOC</b> Wind Down Time	22 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Senior Ball Fitness 11:15 <b>COG</b> 1 on 1 Visits 1:00 <b>SOC</b> Sing Fit 2:00 <b>SOC</b> Rummy Cards 3:00 <b>SOC</b> Balloon Volleyball 4:00 <b>PHY</b> Getting Your Walking Steps in!	23 9:00 <b>COG</b> Daily News 10:00 <b>SOC</b> Rise & Shine Social 11:00 <b>COG</b> Puzzle Time 1:00 <b>COG</b> Guess who Game Time 3:00 <b>SOC</b> Snacktivity
9:00 <b>COG</b> Daily News 10:00 <b>SOC</b> Rise & Shine Social 11:00 <b>SPR</b> Bible Study 2:00 <b>COG</b> Game Time! 3:00 <b>SOC</b> Matinee Movie & Popcorn!	25 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Senior Ball Fitness 11:15 <b>COG</b> 1 on 1 Visits 1:00 <b>SOC</b> Sing Fit 2:00 <b>COG</b> Bingo Blitz 3:00 <b>PHY</b> Balloon Volleyball 4:00 <b>SOC</b> Wind Down Time	26 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Resistant Band Exercises 11:15 <b>SOC</b> Play time with Poppy the puppy! 1:30 <b>SOC</b> Shopping @ Goodwill 3:00 <b>COG</b> Resident Council Meeting 4:00 <b>PHY</b> Getting your walking steps in!	27 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> 60's Music Chair Workout 11:00 <b>SPR</b> Bible Devotional 1:00 <b>COG</b> Sing Fit 2:00 <b>SOC</b> Prize Bingo 3:00 <b>PHY</b> Balloon Volleyball 4:00 <b>SOC</b> Wind Down Time	28 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Resistance Band Exercises 11:00 <b>SPR</b> Bible Devotional 1:00 <b>COG</b> Sing Fit 2:00 <b>SOC</b> Prize Bingo 3:00 <b>PHY</b> Balloon Volleyball 4:00 <b>SOC</b> Wind Down Time	29 9:00 <b>COG</b> Daily News 10:30 <b>PHY</b> Senior Ball Fitness 11:15 <b>COG</b> 1 on 1 Visits 1:00 <b>SOC</b> Sing Fit 2:00 <b>SOC</b> Rummy Cards 3:00 <b>SOC</b> Bunco 4 Candy Bars 4:00 <b>PHY</b> Getting Your Walking Steps in!	30 9:00 <b>COG</b> Daily News 10:00 <b>SOC</b> Rise & Shine Social 11:00 <b>COG</b> Puzzle Time 1:00 <b>COG</b> Guess who Game Time 3:00 <b>SOC</b> Snacktivity
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