

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

DAILY PROGRAMS

Unless otherwise noted

- 9:15 Positive Current Events
- 10:30 AM Snack
- 11:00 Feeding of the Fish/  
Garden Group
- 1:00 Daily Chronicles
- 2:30 Snack & Social
- 5:15 Mindful Unwind
- 5:45 Movie/Classic Series

# August

## GRANDVIEW GARDENS 2024

ASPECTS OF LIVING

- Cognitive
- Musical
- Life Experiences
- Reminisce
- Health & Fitness
- Inspirational/Emotional
- Social

<p><b>4</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Get up &amp; Move</li> <li><span style="color: #800080;">■</span> 10:15 Communion w/ OLM</li> <li><span style="color: #0000FF;">■</span> 10:45 Sunday Drive</li> <li><span style="color: #0000FF;">■</span> Nail Care &amp; Tunes</li> <li><span style="color: #800000;">■</span> 1:30 Hymnal Sing-Along / Armchair Travel</li> <li><span style="color: #800080;">■</span> 2:00 Worship Service w/ Com.</li> <li><span style="color: #FFA500;">■</span> 3:15 Balloon Bash</li> <li><span style="color: #0000FF;">■</span> Reminisce</li> <li><span style="color: #FFA500;">■</span> 4:00 Afternoon Stretch</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake up &amp; Zumba</li> <li><span style="color: #FF00FF;">■</span> 11:15 Bean Bag Toss</li> <li><span style="color: #008000;">■</span> Helping Hands</li> <li><span style="color: #0000FF;">■</span> 1:30 Scenic Ride &amp; Ice Cream</li> <li><span style="color: #0000FF;">■</span> Share &amp; Reminisce "Life Story"</li> <li><span style="color: #FFA500;">■</span> 3:15 Afternoon Exercise</li> <li><span style="color: #008000;">■</span> Crafter's Corner</li> <li><span style="color: #800080;">■</span> 3:45 Meditation &amp; Reflection</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake-up &amp; Workout</li> <li><span style="color: #FFA500;">■</span> 11:15 Courtyard Games</li> <li><span style="color: #FF00FF;">■</span> Brain Games</li> <li><span style="color: #008000;">■</span> 1:30 RW Zoo Mobile</li> <li><span style="color: #800000;">■</span> 3:00 Music Sing Along</li> <li><span style="color: #FFA500;">■</span> 3:45 Afternoon Stretch</li> <li><span style="color: #FF00FF;">■</span> Audio Book Club</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake up &amp; Zumba</li> <li><span style="color: #FFA500;">■</span> 11:15 Water Games</li> <li><span style="color: #FF00FF;">■</span> Table Games</li> <li><span style="color: #FFA500;">■</span> 1:45 Balloon Volley</li> <li><span style="color: #008000;">■</span> Crafting Circle</li> <li><span style="color: #0000FF;">■</span> 2:30 Sundae Cart</li> <li><span style="color: #FFA500;">■</span> 3:15 Seated Yoga</li> <li><span style="color: #0000FF;">■</span> Nail Care &amp; Reminisce</li> <li><span style="color: #800000;">■</span> 3:45 Who Sings It?</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake-up &amp; Workout</li> <li><span style="color: #FF00FF;">■</span> 11:15 Word Chains</li> <li><span style="color: #0000FF;">■</span> 12:00 COURTYARD COOKOUT</li> <li><span style="color: #FFA500;">■</span> 1:30 Giant Kerplunk</li> <li><span style="color: #008000;">■</span> Kitchen Creations</li> <li><span style="color: #800000;">■</span> 2:00 Name that Tune</li> <li><span style="color: #FFA500;">■</span> 3:15 Afternoon Stretch</li> <li><span style="color: #008000;">■</span> Puzzles</li> <li><span style="color: #800080;">■</span> 3:45 Mindful Mediation</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 AM Exercise</li> <li><span style="color: #0000FF;">■</span> 10:45 Scenic Ride</li> <li><span style="color: #FF00FF;">■</span> 11:15 Guess the Word</li> <li><span style="color: #800000;">■</span> 1:30 Ring Toss</li> <li><span style="color: #800000;">■</span> Relaxation to Music</li> <li><span style="color: #FFA500;">■</span> 3:15 Seated Yoga</li> <li><span style="color: #FF00FF;">■</span> 3:45 Finish the Line</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake-up &amp; Workout</li> <li><span style="color: #FFA500;">■</span> 11:15 Courtyard Bowling</li> <li><span style="color: #800080;">■</span> Comedy &amp; Laughter</li> <li><span style="color: #FFA500;">■</span> 1:30 Ring Toss</li> <li><span style="color: #800000;">■</span> Music &amp; Relaxation</li> <li><span style="color: #FFA500;">■</span> 2:00 Brain Games</li> <li><span style="color: #FFA500;">■</span> 3:15 Afternoon Stretch</li> <li><span style="color: #800080;">■</span> Rosary</li> <li><span style="color: #800000;">■</span> 3:45 Music &amp; Meditation</li> </ul>
<p><b>11</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Get up &amp; Move</li> <li><span style="color: #800080;">■</span> 10:15 Communion w/ OLM</li> <li><span style="color: #0000FF;">■</span> 10:45 Sunday Drive</li> <li><span style="color: #0000FF;">■</span> Nail Care &amp; Tunes</li> <li><span style="color: #FFA500;">■</span> 1:30 Balloon Bash/ Armchair Travel</li> <li><span style="color: #008000;">■</span> 2:00 Afternoon Stretch</li> <li><span style="color: #0000FF;">■</span> 3:15 Virtual Church Service</li> <li><span style="color: #0000FF;">■</span> Reminisce</li> <li><span style="color: #FFA500;">■</span> 4:00 Afternoon Stretch</li> </ul>	<p><b>12</b></p> <p style="text-align: center; color: red;"><b>VICTORY DAY</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake up &amp; Zumba</li> <li><span style="color: #008000;">■</span> 11:00 Virtual Travel: Japan</li> <li><span style="color: #FFA500;">■</span> 1:45 Bean Bag Toss</li> <li><span style="color: #800000;">■</span> 2:30 Munchies and Live Music w/ Don &amp; Dave</li> <li><span style="color: #FFA500;">■</span> 3:15 Afternoon Exercise</li> <li><span style="color: #800080;">■</span> 3:45 Meditation &amp; Reflection</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake-up &amp; Workout</li> <li><span style="color: #FFA500;">■</span> 11:15 Courtyard Games</li> <li><span style="color: #FF00FF;">■</span> Fill in the Blank</li> <li><span style="color: #008000;">■</span> 1:30 Walking Group</li> <li><span style="color: #008000;">■</span> Nail Care</li> <li><span style="color: #FF00FF;">■</span> 2:00 Trivia...Did you Know</li> <li><span style="color: #800000;">■</span> 3:15 Music Sing Along</li> <li><span style="color: #FFA500;">■</span> 3:45 Afternoon Stretch</li> <li><span style="color: #FF00FF;">■</span> Audio Book Club</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake up &amp; Zumba</li> <li><span style="color: #FFA500;">■</span> 11:15 Water Games</li> <li><span style="color: #FF00FF;">■</span> Table Games</li> <li><span style="color: #FFA500;">■</span> 1:45 Balloon Volley</li> <li><span style="color: #008000;">■</span> Crafting Circle</li> <li><span style="color: #0000FF;">■</span> 2:30 Sundae Cart</li> <li><span style="color: #FFA500;">■</span> 3:15 Seated Yoga</li> <li><span style="color: #0000FF;">■</span> Nail Care &amp; Reminisce</li> <li><span style="color: #800000;">■</span> 3:45 Who Sings It?</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake-up &amp; Workout</li> <li><span style="color: #FF00FF;">■</span> 11:15 Word Chains</li> <li><span style="color: #FFA500;">■</span> 1:30 Giant Kerplunk</li> <li><span style="color: #008000;">■</span> Kitchen Creations</li> <li><span style="color: #800000;">■</span> 2:00 Name that Tune</li> <li><span style="color: #FFA500;">■</span> 3:15 Afternoon Stretch</li> <li><span style="color: #008000;">■</span> Puzzles</li> <li><span style="color: #800080;">■</span> 3:45 Mindful Mediation</li> </ul>	<p><b>16</b></p> <p style="text-align: center; color: green;"><b>DR. GOLDEN PODIATRY</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 AM Exercise</li> <li><span style="color: #FF00FF;">■</span> 11:15 Guess the Word</li> <li><span style="color: #008000;">■</span> Table Bowling</li> <li><span style="color: #FFA500;">■</span> 1:30 Ring Toss</li> <li><span style="color: #800000;">■</span> Relaxation to Music</li> <li><span style="color: #FFA500;">■</span> 3:15 Seated Yoga</li> <li><span style="color: #FF00FF;">■</span> 3:45 Finish the Line</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake-up &amp; Workout</li> <li><span style="color: #FFA500;">■</span> 11:15 Courtyard Bowling</li> <li><span style="color: #800080;">■</span> Comedy &amp; Laughter</li> <li><span style="color: #FFA500;">■</span> 1:30 Ring Toss</li> <li><span style="color: #800000;">■</span> Music &amp; Relaxation</li> <li><span style="color: #FFA500;">■</span> 2:00 Brain Games</li> <li><span style="color: #FFA500;">■</span> 3:15 Afternoon Stretch</li> <li><span style="color: #800080;">■</span> Rosary</li> <li><span style="color: #800000;">■</span> 3:45 Music &amp; Meditation</li> </ul>
<p><b>18</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Get up &amp; Move</li> <li><span style="color: #800080;">■</span> 10:15 Communion w/ OLM</li> <li><span style="color: #0000FF;">■</span> 10:45 Sunday Drive</li> <li><span style="color: #0000FF;">■</span> Nail Care &amp; Tunes</li> <li><span style="color: #FFA500;">■</span> 1:30 Balloon Bash/ Armchair Travel</li> <li><span style="color: #008000;">■</span> 2:00 Afternoon Stretch</li> <li><span style="color: #0000FF;">■</span> 3:15 Virtual Church Service</li> <li><span style="color: #0000FF;">■</span> Reminisce</li> <li><span style="color: #FFA500;">■</span> 4:00 Afternoon Stretch</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake up &amp; Zumba</li> <li><span style="color: #FF00FF;">■</span> 11:15 Bean Bag Toss</li> <li><span style="color: #008000;">■</span> Helping Hands</li> <li><span style="color: #0000FF;">■</span> 1:30 Scenic Ride</li> <li><span style="color: #0000FF;">■</span> Share &amp; Reminisce "Life Story"</li> <li><span style="color: #FFA500;">■</span> 3:15 Afternoon Exercise</li> <li><span style="color: #008000;">■</span> Crafter's Corner</li> <li><span style="color: #800080;">■</span> 3:45 Meditation &amp; Reflection</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake-up &amp; Workout</li> <li><span style="color: #FFA500;">■</span> 11:15 Walking Group</li> <li><span style="color: #008000;">■</span> Nail Care</li> <li><span style="color: #FF00FF;">■</span> 1:30 Brain Games</li> <li><span style="color: #800000;">■</span> 2:00 Chaplain Chat</li> <li><span style="color: #FFA500;">■</span> 3:15 Music Sing Along</li> <li><span style="color: #FFA500;">■</span> 3:45 Afternoon Stretch</li> <li><span style="color: #FF00FF;">■</span> Audio Book Club</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake up &amp; Zumba</li> <li><span style="color: #FFA500;">■</span> 11:15 Water Games</li> <li><span style="color: #FF00FF;">■</span> Table Games</li> <li><span style="color: #FFA500;">■</span> 1:45 Balloon Volley</li> <li><span style="color: #008000;">■</span> Crafting Circle</li> <li><span style="color: #0000FF;">■</span> 2:30 Sundae Cart</li> <li><span style="color: #FFA500;">■</span> 3:15 Seated Yoga</li> <li><span style="color: #0000FF;">■</span> Nail Care &amp; Reminisce</li> <li><span style="color: #800000;">■</span> 3:45 Who Sings It?</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake-up &amp; Workout</li> <li><span style="color: #FF00FF;">■</span> 11:15 Word Chains</li> <li><span style="color: #0000FF;">■</span> 12:00 COURTYARD COOKOUT</li> <li><span style="color: #FFA500;">■</span> 1:30 Giant Kerplunk</li> <li><span style="color: #008000;">■</span> Kitchen Creations</li> <li><span style="color: #800000;">■</span> 2:00 Name that Tune</li> <li><span style="color: #FFA500;">■</span> 3:15 Afternoon Stretch</li> <li><span style="color: #008000;">■</span> Puzzles</li> <li><span style="color: #800080;">■</span> 3:45 Mindful Mediation</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 AM Exercise</li> <li><span style="color: #0000FF;">■</span> 10:45 Scenic Ride</li> <li><span style="color: #FF00FF;">■</span> 11:15 Guess the Word</li> <li><span style="color: #FFA500;">■</span> 1:30 Ring Toss</li> <li><span style="color: #800000;">■</span> Relaxation to Music</li> <li><span style="color: #FFA500;">■</span> 3:15 Seated Yoga</li> <li><span style="color: #FF00FF;">■</span> 3:45 Finish the Line</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake-up &amp; Workout</li> <li><span style="color: #FFA500;">■</span> 11:15 Courtyard Bowling</li> <li><span style="color: #800080;">■</span> Comedy &amp; Laughter</li> <li><span style="color: #FFA500;">■</span> 1:30 Ring Toss</li> <li><span style="color: #800000;">■</span> Music &amp; Relaxation</li> <li><span style="color: #FFA500;">■</span> 2:00 Brain Games</li> <li><span style="color: #FFA500;">■</span> 3:15 Afternoon Stretch</li> <li><span style="color: #800080;">■</span> Rosary</li> <li><span style="color: #800000;">■</span> 3:45 Music &amp; Meditation</li> </ul>
<p><b>25</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Get up &amp; Move</li> <li><span style="color: #800080;">■</span> 10:15 Communion w/ OLM</li> <li><span style="color: #0000FF;">■</span> 10:45 Nail Care &amp; Tunes</li> <li><span style="color: #FFA500;">■</span> 1:30 Balloon Bash/ Armchair Travel</li> <li><span style="color: #008000;">■</span> 2:00 Afternoon Stretch</li> <li><span style="color: #0000FF;">■</span> 3:15 Virtual Church Service</li> <li><span style="color: #FFA500;">■</span> 4:00 Afternoon Stretch</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake up &amp; Zumba</li> <li><span style="color: #FF00FF;">■</span> 11:15 Bean Bag Toss</li> <li><span style="color: #008000;">■</span> 1:30 Armchair Travel</li> <li><span style="color: #008000;">■</span> Color Artistry/Puzzles</li> <li><span style="color: #FFA500;">■</span> 2:00 Bean Bag Toss</li> <li><span style="color: #008000;">■</span> Crafter's Corner</li> <li><span style="color: #800080;">■</span> 3:45 Meditation &amp; Reflection</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake-up &amp; Workout</li> <li><span style="color: #FFA500;">■</span> 11:15 Courtyard Games</li> <li><span style="color: #FF00FF;">■</span> Fill in the Blank</li> <li><span style="color: #FFA500;">■</span> 12:00 AUG. B-DAY LUNCHEON</li> <li><span style="color: #FFA500;">■</span> 1:45 Walking Group</li> <li><span style="color: #008000;">■</span> Nail Care</li> <li><span style="color: #FF00FF;">■</span> 2:00 Trivia...Did you Know</li> <li><span style="color: #800000;">■</span> 3:15 Music Sing Along</li> <li><span style="color: #FFA500;">■</span> 3:45 Afternoon Stretch</li> <li><span style="color: #FF00FF;">■</span> Audio Book Club</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake up &amp; Zumba</li> <li><span style="color: #FFA500;">■</span> 11:15 Water Games</li> <li><span style="color: #FF00FF;">■</span> Table Games</li> <li><span style="color: #FFA500;">■</span> 1:30 Tap'n Time</li> <li><span style="color: #008000;">■</span> Crafting Helping Hands</li> <li><span style="color: #0000FF;">■</span> 2:30 Sundae Cart</li> <li><span style="color: #FFA500;">■</span> 3:15 Seated Yoga</li> <li><span style="color: #0000FF;">■</span> Nail Care &amp; Reminisce</li> <li><span style="color: #800000;">■</span> 3:45 Who Sings It?</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake-up &amp; Workout</li> <li><span style="color: #FF00FF;">■</span> 11:15 Word Chains</li> <li><span style="color: #FFA500;">■</span> 1:30 Giant Kerplunk</li> <li><span style="color: #008000;">■</span> Kitchen Creations</li> <li><span style="color: #800000;">■</span> 2:00 Name that Tune</li> <li><span style="color: #FFA500;">■</span> 3:15 Afternoon Stretch</li> <li><span style="color: #008000;">■</span> Puzzles</li> <li><span style="color: #800080;">■</span> 3:45 Mindful Mediation</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 AM Exercise</li> <li><span style="color: #0000FF;">■</span> 10:45 Scenic Ride</li> <li><span style="color: #FF00FF;">■</span> 11:15 Guess the Word</li> <li><span style="color: #0000FF;">■</span> 12:00 COURTYARD COOKOUT</li> <li><span style="color: #FFA500;">■</span> 1:30 Ring Toss</li> <li><span style="color: #800000;">■</span> Relaxation to Music</li> <li><span style="color: #FFA500;">■</span> 3:15 Seated Yoga</li> <li><span style="color: #FF00FF;">■</span> 3:45 Finish the Line</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li><span style="color: #FFA500;">■</span> 10:00 Wake-up &amp; Workout</li> <li><span style="color: #FFA500;">■</span> 11:15 Courtyard Bowling</li> <li><span style="color: #800080;">■</span> Comedy &amp; Laughter</li> <li><span style="color: #FFA500;">■</span> 1:30 Ring Toss</li> <li><span style="color: #800000;">■</span> Music &amp; Relaxation</li> <li><span style="color: #FFA500;">■</span> 2:00 Brain Games</li> <li><span style="color: #FFA500;">■</span> 3:15 Afternoon Stretch</li> <li><span style="color: #800080;">■</span> Rosary</li> <li><span style="color: #800000;">■</span> 3:45 Music &amp; Meditation</li> </ul>

Subject to change: Daily Schedules Made Available & Displayed in Community

All outings are weather permitting

MEAL TIMES: 12:00-1:00p; 4:30-5:30p