


SUN	MON	TUE	WED	THU	FRI	SAT
	 <p>August 21, 2024, is National Senior Citizen Day!</p>	<p>Please note that some activities may be subject to change.</p>		<p>1 Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit Aromatherapy Watercolor Art Lunch March & Walk <i>Toss & Talk Ball</i></p>	<p>2 Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit Trivia Games Lunch Walk It Out <i>The Price is Right!</i></p>	<p>3</p>
<p>4</p>	<p>5 Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit <i>Aromatherapy Hand Massage</i> Memory Matching Game Lunch Walk It Out <i>Football Throw Contest</i></p>	<p>6 NAT'L ROOT BEER FLOAT DAY Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit <i>Seashell Art Design</i> Lunch Root Beer Float Dessert Walk It Out Balloon Volleyball</p>	<p>7 NAT'L LIGHTHOUSE DAY Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit <i>Lighthouse Travels</i> Lunch Walk It Out <i>Corn Roe Toss Game Competitions</i></p>	<p>8 NAT'L "TAKE A PENNY, PASS A PENNY" Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit Aromatherapy "Take a Penny, Pass a Penny" Game Lunch Walk It Out <i>Pokeno</i></p>	<p>9 NAT'L BOWLING DAY Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit <i>Watercolor Art Project</i> Lunch Walk It Out <i>Big Bowling Game</i></p>	<p>10</p>
<p>11</p>	<p>12 NAT'L SAND PLAY DAY Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit <i>Aromatherapy & Hand Massages</i> <i>Toss & Talk Ball Session</i> Lunch Walk It Out <i>Large Dice Game</i></p>	<p>13 Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit Aromatherapy & Hand Massages <i>Large Dice Game</i> Lunch Walk It Out <i>Putt Putt Golf Contest</i></p>	<p>14 Coffee, Continental Breakfast & Chit Chat Cardio Drumming <i>Play Dough Art Project</i> Lunch Walk It Out <i>Balloon Badminton</i> <i>Tai Chi</i></p>	<p>15 NAT'L LEMON MERINGUE DAY Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit <i>Marble Art Project</i> Lunch <i>Music w/ Peter</i></p>	<p>16 NAT'L HAWAIIAN SHIRT DAY Coffee, Continental Breakfast & Chit Chat Cardio Drumming <i>Hawaiian Shirts and Costumes Contest</i> Hawaiian Music Dancing Lunch Hawaii 5-0 Movie</p>	<p>17</p>
<p>18</p>	<p>19 NAT'L ICE CREAM DAY Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit Aromatherapy <i>Trivia & Memory Games</i> Dominos Lunch Walk It Out <i>Toss & Talk Ball</i></p>	<p>20 NAT'L POETRY DAY Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit <i>Write Your Own Poem Activity</i> Lunch Walk It Out <i>Balloon Tennis</i></p>	<p>21 NAT'L SENIORS DAY Coffee, Continental Breakfast & Chit Chat Cardio Drumming <i>Make Your Own "No Bake Mini Cheesecake"</i> Lunch <i>Music w/ Deware</i></p>	<p>22 NATIONAL BURGER DAY Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit Aromatherapy <i>Peacock Collage Group Project</i> Lunch Corn Hole Toss</p>	<p>23 NAT'L CORN DAY Coffee, Continental Breakfast & Chit Chat Cardio Drumming <i>Memory Tray Games</i> Lunch Walk It Out Movie Matinee</p>	<p>24</p>
<p>25</p>	<p>26 NATIONAL DOG DAY Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit <i>Dog Parade</i> <i>Pokeno/Card Games</i> Lunch Walk It Out <i>Toss and Talk Ball</i></p>	<p>27 Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit Aromatherapy & Hand Massages <i>Marble Art</i> Lunch Walk It Out</p>	<p>28 NAT'L BOW TIE DAY Coffee, Continental Breakfast & Chit Chat Cardio Drumming <i>Aromatherapy & Hand Massages</i> <i>Create Your Own Fun Bow Tie</i> Lunch</p>	<p>29 Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit <i>Group Paint with Skye</i> Lunch Walk It Out <i>Pass the Ball, Stop the Music!</i></p>	<p>30 NAT'L LEMONADE DAY Coffee, Continental Breakfast & Chit Chat Exer Sit & Be Fit <i>Lemonade Guessing Game</i> Lunch March It Out <i>Lemon Soap Making Project</i></p>	