




August 2021

Adult Day Center Activities

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday 8/19 - L.V. Massengale	1 Olympics on NBC 8:15 → Chair Aerobics [CH81] 11:00 † Worship Service - Ch. 81	2 Olympics on NBC 9:00 → Balance Class [CH81] 9:15 Music Therapy 9:45 → Strength & Stretch [CH81] 10:00 Mental Monday 10:30 → Chair Yoga [CH81] 11:30 → Daily Chronicles 1:00 ♣ Dominoes 2:00 Bingo (HLS DR) 2:00 † FUMC Worship Service [CH81] 3:00 🎮 Game Shows 3:00 Tai Chi w Jesse 4:00 → Seated Tai Chi [CH81]	3 Olympics on NBC 9:00 → Balance Class [CH81] 9:15 Music Therapy 9:45 → Strength & Stretch [CH81] 10:00 Weights and More (HLS MP) 10:30 → Chair Pilates [CH81] 11:30 → Daily Chronicles 1:00 ♣ Daily Chores 2:00 Water Games On the Patio 3:00 🎮 Family Feud 3:00 → Sit and Get Fit [CH81] 4:00 Texas News	4 Olympics on NBC 9:00 → Balance Class [CH81] 9:30 Morning Exercise (HLS MP) 9:45 → Strength & Stretch [CH81] 10:00 Wii Bowling (HLS MP) 10:30 → Chair Yoga [CH81] 11:00 Brain Games (4th FL) 11:30 → Daily Chronicles 1:30 Manicures (HLS MP) 1:30 Stick W/ It 3:00 🎨 Paint Wednesday 4:00 → Seated Tai Chi [CH81]	5 Olympics on NBC 9:00 → Balance Class [CH81] 9:15 Music Therapy 9:45 → Strength & Stretch [CH81] 10:00 ♣ Pictionary 10:30 → Chair Pilates [CH81] 11:30 → Daily Chronicles 1:00 ♣ Daily Chores 2:00 Men's Social (HLS AR) [BR] 2:30 Moving to Heal w/ Jule (MP) 3:00 🎵 Musical Moments 3:00 → Sit and Get Fit [CH81]	6 Olympics on NBC 8:15 → Chair Aerobics [CH81] 9:00 → Balance Class [CH81] 9:30 Morning Exercise (HLS MP) 9:45 → Strength & Stretch [CH81] 10:00 Chair Volleyball (MP) 10:30 → Chair Yoga [CH81] 11:00 Fun Facts (4th FL) 11:30 → Daily Chronicles 1:30 Happy Hour Snacks 2:00 Active Afternoons 3:00 Arts/Crafts 3:30 ♣ Mani Day Friday 4:00 → Seated Tai Chi [CH81]	7 Olympics on NBC 8:15 → Chair Aerobics [CH81] 9:00 Sit & Get Fit [CH81]
	8 Olympics on NBC 8:15 → Chair Aerobics [CH81] 11:00 † Worship Service - Ch. 81	9 Olympics on NBC 9:00 → Balance Class [CH81] 9:15 Music Therapy 9:45 → Strength & Stretch [CH81] 10:00 Mental Monday 10:30 → Chair Yoga [CH81] 11:30 → Daily Chronicles 1:00 ♣ Dominoes 2:00 Bingo (HLS DR) 2:00 † FUMC Worship Service [CH81] 3:00 🎮 Game Shows 3:00 Tai Chi w Jesse 4:00 → Seated Tai Chi [CH81]	10 Olympics on NBC 9:00 → Balance Class [CH81] 9:15 Music Therapy 9:45 → Strength & Stretch [CH81] 10:00 Weights and More (HLS MP) 10:30 → Chair Pilates [CH81] 11:30 → Daily Chronicles 1:00 ♣ Daily Chores 2:00 Water Games On the Patio 3:00 → Sit and Get Fit [CH81] 3:00 🥤 Smoothie Talk 4:00 Texas News	11 Olympics on NBC 9:00 → Balance Class [CH81] 9:30 Morning Exercise (HLS MP) 9:45 → Strength & Stretch [CH81] 10:00 Wii Bowling (HLS MP) 10:30 → Chair Yoga [CH81] 11:00 Brain Games (4th FL) 11:30 → Daily Chronicles 1:30 Manicures (HLS MP) 1:30 Stick W/ It 3:00 🎨 Paint Wednesday 4:00 → Seated Tai Chi [CH81]	12 Olympics on NBC 9:00 → Balance Class [CH81] 9:15 Music Therapy 9:45 → Strength & Stretch [CH81] 10:00 ♣ Pictionary 10:30 → Chair Pilates [CH81] 11:30 → Daily Chronicles 1:00 ♣ Daily Chores 2:00 Men's Social (HLS AR) [BR] 2:30 Moving to Heal w/ Jule (MP) 3:00 🎵 Musical Moments 3:00 → Sit and Get Fit [CH81]	13 Olympics on NBC 8:15 → Chair Aerobics [CH81] 9:00 → Balance Class [CH81] 9:30 Morning Exercise (HLS MP) 9:45 → Strength & Stretch [CH81] 10:00 Chair Volleyball (MP) 10:30 → Chair Yoga [CH81] 11:00 Fun Facts (4th FL) 11:30 → Daily Chronicles 1:30 Happy Hour Snacks 2:00 Active Afternoons 3:00 Arts/Crafts 4:00 → Seated Tai Chi [CH81]	14 Olympics on NBC 8:15 → Chair Aerobics [CH81] 9:00 Sit & Get Fit [CH81]
	15 Olympics on NBC 8:15 → Chair Aerobics [CH81] 11:00 † Worship Service - Ch. 81	16 Olympics on NBC 9:00 → Balance Class [CH81] 9:15 Music Therapy 9:45 → Strength & Stretch [CH81] 10:00 Mental Monday 10:30 → Chair Yoga [CH81] 11:30 → Daily Chronicles 1:00 ♣ Dominoes 2:00 Bingo (HLS DR) 2:00 † FUMC Worship Service [CH81] 3:00 🎮 Game Shows 3:00 Tai Chi w Jesse 4:00 → Seated Tai Chi [CH81]	17 Olympics on NBC 9:00 → Balance Class [CH81] 9:15 Music Therapy 9:45 → Strength & Stretch [CH81] 10:00 Weights and More (HLS MP) 10:30 → Chair Pilates [CH81] 11:30 → Daily Chronicles 1:00 ♣ Daily Chores 2:00 Water Games On the Patio 3:00 🎮 Family Feud 3:00 → Sit and Get Fit [CH81] 4:00 Texas News	18 Olympics on NBC 9:00 → Balance Class [CH81] 9:30 Morning Exercise (HLS MP) 9:45 → Strength & Stretch [CH81] 10:00 Wii Bowling (HLS MP) 10:30 → Chair Yoga [CH81] 11:00 Brain Games (4th FL) 11:30 → Daily Chronicles 1:30 Manicures (HLS MP) 1:30 Stick W/ It 3:00 🎨 Paint Wednesday 4:00 → Seated Tai Chi [CH81]	19 Olympics on NBC 9:00 → Balance Class [CH81] 9:15 Music Therapy 9:45 → Strength & Stretch [CH81] 10:00 ♣ Pictionary 10:30 → Chair Pilates [CH81] 11:30 → Daily Chronicles 1:00 ♣ Daily Chores 2:00 Men's Social (HLS AR) [BR] 2:30 Moving to Heal w/ Jule (MP) 3:00 🎵 Musical Moments 3:00 → Sit and Get Fit [CH81]	20 Olympics on NBC 8:15 → Chair Aerobics [CH81] 9:00 → Balance Class [CH81] 9:30 Morning Exercise (HLS MP) 9:45 → Strength & Stretch [CH81] 10:00 Chair Volleyball (MP) 10:30 → Chair Yoga [CH81] 11:00 Fun Facts (4th FL) 11:30 → Daily Chronicles 1:30 Happy Hour Snacks 2:00 Active Afternoons 3:00 Wet & Wild Happy Hour 3:30 ♣ Mani Day Friday 4:00 → Seated Tai Chi [CH81]	21 Olympics on NBC 8:15 → Chair Aerobics [CH81] 9:00 Sit & Get Fit [CH81]
22 Olympics on NBC 8:15 → Chair Aerobics [CH81] 11:00 † Worship Service - Ch. 81	23 Olympics on NBC 9:00 → Balance Class [CH81] 9:15 Music Therapy 9:45 → Strength & Stretch [CH81] 10:00 Mental Monday 10:30 → Chair Yoga [CH81] 11:30 → Daily Chronicles 1:00 ♣ Dominoes 2:00 Bingo (HLS DR) 2:00 † FUMC Worship Service [CH81] 3:00 🎮 Game Shows 3:00 Tai Chi w Jesse 4:00 → Seated Tai Chi [CH81]	24 Olympics on NBC 9:00 → Balance Class [CH81] 9:15 Music Therapy 9:45 → Strength & Stretch [CH81] 10:00 Weights and More (HLS MP) 10:30 → Chair Pilates [CH81] 11:30 → Daily Chronicles 1:00 ♣ Daily Chores 2:00 Water Games On the Patio 3:00 → Sit and Get Fit [CH81] 3:00 🥤 Smoothie Talk 4:00 Texas News	25 Olympics on NBC 9:00 → Balance Class [CH81] 9:30 Morning Exercise (HLS MP) 9:45 → Strength & Stretch [CH81] 10:00 Wii Bowling (HLS MP) 10:30 → Chair Yoga [CH81] 11:00 Brain Games (4th FL) 11:30 → Daily Chronicles 1:30 Manicures (HLS MP) 1:30 Stick W/ It 2:00 Resident Birthday Party 3:00 🎨 Paint Wednesday 4:00 → Seated Tai Chi [CH81]	26 Olympics on NBC 9:00 → Balance Class [CH81] 9:15 Music Therapy 9:45 → Strength & Stretch [CH81] 10:00 ♣ Pictionary 10:30 → Chair Pilates [CH81] 11:30 → Daily Chronicles 1:00 ♣ Daily Chores 2:00 Men's Social (HLS AR) [BR] 2:30 Moving to Heal w/ Jule (MP) 3:00 🎵 Musical Moments 3:00 → Sit and Get Fit [CH81]	27 Olympics on NBC 8:15 → Chair Aerobics [CH81] 9:00 → Balance Class [CH81] 9:30 Morning Exercise (HLS MP) 9:45 → Strength & Stretch [CH81] 10:00 Chair Volleyball (MP) 10:30 → Chair Yoga [CH81] 11:00 Fun Facts (4th FL) 11:30 → Daily Chronicles 1:30 Happy Hour Snacks 2:00 Active Afternoons 3:00 Arts/Crafts 4:00 → Seated Tai Chi [CH81]	28 Olympics on NBC 8:15 → Chair Aerobics [CH81] 9:00 Sit & Get Fit [CH81]	
 29 Olympics on NBC 8:15 → Chair Aerobics [CH81] 11:00 † Worship Service - Ch. 81	30 Olympics on NBC 9:00 → Balance Class [CH81] 9:15 Music Therapy 9:45 → Strength & Stretch [CH81] 10:00 Mental Monday 10:30 → Chair Yoga [CH81] 11:30 → Daily Chronicles 1:00 ♣ Dominoes 2:00 Bingo (HLS DR) 2:00 † FUMC Worship Service [CH81] 3:00 🎮 Game Shows 3:00 Tai Chi w Jesse 4:00 → Seated Tai Chi [CH81]	31 Olympics on NBC 9:00 → Balance Class [CH81] 9:15 Music Therapy 9:45 → Strength & Stretch [CH81] 10:00 Weights and More (HLS MP) 10:30 → Chair Pilates [CH81] 11:30 → Daily Chronicles 1:00 ♣ Daily Chores 2:00 Water Games On the Patio 3:00 🎮 Family Feud 3:00 → Sit and Get Fit [CH81] 4:00 Texas News				<ul style="list-style-type: none"> 🎨 Creative 🎮 Games ♣ Intellectual 🎵 Music → Physical ♣ Purposeful 🍴 Snack † Spiritual 	Activities are subject to change. See daily calendar for updates.