





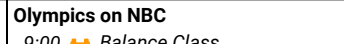






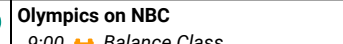





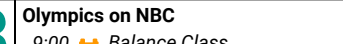







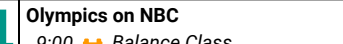






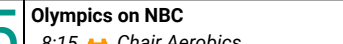








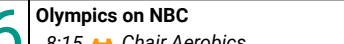












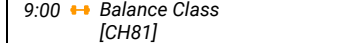






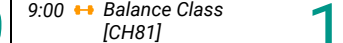





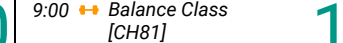







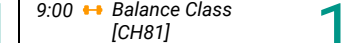






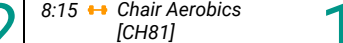








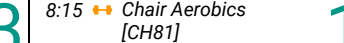






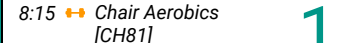




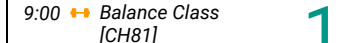






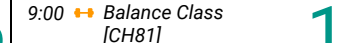





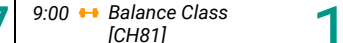







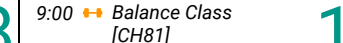






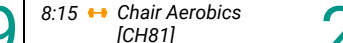








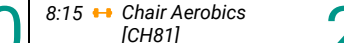







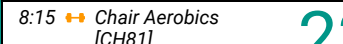




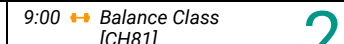






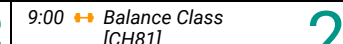






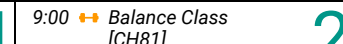







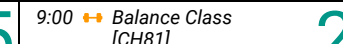






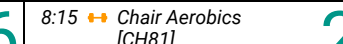








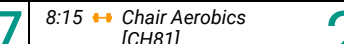






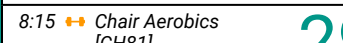




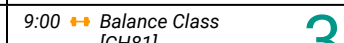






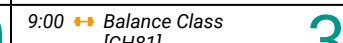


















# August 2021 Activities for Rehab

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p><b>Want something for your room?</b> We have books, magazines, word puzzles, brain games, jigsaw puzzles, art supplies, and more.</p> <p>See your monthly <b>"Lifestyle Guide"</b> for a more complete listing of activities on Channel 80 &amp; 81 and more fun things to do.</p> <p><b>Manicures</b> are provided by our Life Enrichment Staff on Saturdays &amp; Sundays and are no charge. Contact Life Enrichment Director to schedule an appointment.</p> <p><b>Life Enrichment Director</b> <i>Marneca Hodge</i> <a href="mailto:mhodge@ccyoung.org">mhodge@ccyoung.org</a> 469-828-3454</p>	 <p>8:15  Chair Aerobics [CH81] <b>1</b></p> <p>10:30  Manicures with Marneca - By Appointment</p> <p>11:00  Worship Service - Ch. 81</p> <p>1:30  Coloring Project In the Living Room - Vista 8</p>	 <p>9:00  Balance Class [CH81] <b>2</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Yoga [CH81]</p> <p>2:00  FUMC Worship Service [CH81]</p> <p>4:00  Seated Tai Chi [CH81]</p> <p>6:00  Monday Night Game Show - Ch. 92</p>	 <p>9:00  Balance Class [CH81] <b>3</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Pilates [CH81]</p> <p>3:00  Sit and Get Fit [CH81]</p> <p>4:00  Easy Listening Music Hour Ch.1948</p>	 <p>9:00  Balance Class [CH81] <b>4</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Yoga [CH81]</p> <p>11:00  Brain Games &amp; Puzzles In the Living Room - Vista 8</p> <p>2:30  Treats &amp; Trivia - Vista 8</p> <p>3:30  One on One Visits</p> <p>4:00  Seated Tai Chi [CH81]</p>	 <p>9:00  Balance Class [CH81] <b>5</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Pilates [CH81]</p> <p>2:30  Table Games are available in the Multipurpose Room - Vista 7</p> <p>3:00  Sit and Get Fit [CH81]</p> <p>3:30  Crafts In the Living Room - Vista 8</p>	 <p>8:15  Chair Aerobics [CH81] <b>6</b></p> <p>9:00  Balance Class [CH81]</p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Yoga [CH81]</p> <p>11:00  Library Cart - Vista 7</p> <p>2:30  Movie &amp; Popcorn In the Living Room - Vista 7</p> <p>3:30  One on One Visits</p> <p>4:00  Seated Tai Chi [CH81]</p>	 <p>8:15  Chair Aerobics [CH81] <b>7</b></p> <p>9:00  Sit &amp; Get Fit [CH81]</p> <p>10:00  Group Exercise with Therapy - Vista 7</p> <p>10:30  Manicures with Marneca - By Appointment</p> <p>10:30  Pet Therapy with Margaret and Chance</p> <p>11:00  Group Exercise with Therapy - Vista 8</p> <p>1:30  Painting In the Living Room - Vista 8</p>	
		 <p>8:15  Chair Aerobics [CH81] <b>8</b></p> <p>10:30  Manicures with Marneca - By Appointment</p> <p>11:00  Worship Service - Ch. 81</p> <p>1:30  Coloring Project In the Living Room - Vista 8</p>	 <p>9:00  Balance Class [CH81] <b>9</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Yoga [CH81]</p> <p>2:00  FUMC Worship Service [CH81]</p> <p>4:00  Seated Tai Chi [CH81]</p> <p>6:00  Monday Night Game Show - Ch. 92</p>	 <p>9:00  Balance Class [CH81] <b>10</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Pilates [CH81]</p> <p>3:00  Sit and Get Fit [CH81]</p> <p>4:00  Easy Listening Music Hour Ch.1948</p>	 <p>9:00  Balance Class [CH81] <b>11</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Yoga [CH81]</p> <p>11:00  Brain Games &amp; Puzzles In the Living Room - Vista 8</p> <p>2:30  Treats &amp; Trivia - Vista 7</p> <p>3:30  One on One Visits</p> <p>4:00  Seated Tai Chi [CH81]</p>	 <p>9:00  Balance Class [CH81] <b>12</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Pilates [CH81]</p> <p>2:30  Table Games are available in the Multipurpose Room - Vista 7</p> <p>3:00  Sit and Get Fit [CH81]</p> <p>3:30  Crafts In the Living Room - Vista 8</p>	 <p>8:15  Chair Aerobics [CH81] <b>13</b></p> <p>9:00  Balance Class [CH81]</p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Yoga [CH81]</p> <p>11:00  Library Cart - Vista 8</p> <p>2:30  Movie &amp; Popcorn In the Living Room - Vista 7</p> <p>3:30  One on One Visits</p> <p>4:00  Seated Tai Chi [CH81]</p>	 <p>8:15  Chair Aerobics [CH81] <b>14</b></p> <p>9:00  Sit &amp; Get Fit [CH81]</p> <p>10:00  Group Exercise with Therapy - Vista 7</p> <p>10:30  Manicures with Marneca - By Appointment</p> <p>11:00  Group Exercise with Therapy - Vista 8</p> <p>1:30  Painting In the Living Room - Vista 8</p>
		 <p>8:15  Chair Aerobics [CH81] <b>15</b></p> <p>10:30  Manicures with Marneca - By Appointment</p> <p>11:00  Worship Service - Ch. 81</p> <p>1:30  Coloring Project In the Living Room - Vista 8</p>	 <p>9:00  Balance Class [CH81] <b>16</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Yoga [CH81]</p> <p>2:00  FUMC Worship Service [CH81]</p> <p>4:00  Seated Tai Chi [CH81]</p> <p>6:00  Monday Night Game Show - Ch. 92</p>	 <p>9:00  Balance Class [CH81] <b>17</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Pilates [CH81]</p> <p>3:00  Sit and Get Fit [CH81]</p> <p>4:00  Easy Listening Music Hour Ch.1948</p>	 <p>9:00  Balance Class [CH81] <b>18</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Yoga [CH81]</p> <p>11:00  Brain Games &amp; Puzzles In the Living Room - Vista 8</p> <p>2:30  Treats &amp; Trivia - Vista 8</p> <p>3:30  One on One Visits</p> <p>4:00  Seated Tai Chi [CH81]</p>	 <p>9:00  Balance Class [CH81] <b>19</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Pilates [CH81]</p> <p>2:30  Table Games are available in the Multipurpose Room - Vista 7</p> <p>3:00  Sit and Get Fit [CH81]</p> <p>3:30  Crafts In the Living Room - Vista 8</p>	 <p>8:15  Chair Aerobics [CH81] <b>20</b></p> <p>9:00  Balance Class [CH81]</p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Yoga [CH81]</p> <p>11:00  Library Cart - Vista 7</p> <p>2:30  Movie &amp; Popcorn In the Living Room - Vista 7</p> <p>3:30  One on One Visits</p> <p>4:00  Seated Tai Chi [CH81]</p>	 <p>8:15  Chair Aerobics [CH81] <b>21</b></p> <p>9:00  Sit &amp; Get Fit [CH81]</p> <p>10:00  Group Exercise with Therapy - Vista 7</p> <p>10:30  Manicures with Marneca - By Appointment</p> <p>10:30  Pet Therapy with Margaret and Chance</p> <p>11:00  Group Exercise with Therapy - Vista 8</p> <p>1:30  Painting In the Living Room - Vista 8</p>
		 <p>8:15  Chair Aerobics [CH81] <b>22</b></p> <p>10:30  Manicures with Marneca - By Appointment</p> <p>11:00  Worship Service - Ch. 81</p> <p>1:30  Coloring Project In the Living Room - Vista 8</p>	 <p>9:00  Balance Class [CH81] <b>23</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Yoga [CH81]</p> <p>2:00  FUMC Worship Service [CH81]</p> <p>4:00  Seated Tai Chi [CH81]</p> <p>6:00  Monday Night Game Show - Ch. 92</p>	 <p>9:00  Balance Class [CH81] <b>24</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Pilates [CH81]</p> <p>11:30  Small Group</p> <p>3:00  Sit and Get Fit [CH81]</p> <p>4:00  Easy Listening Music Hour Ch.1948</p>	 <p>9:00  Balance Class [CH81] <b>25</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Yoga [CH81]</p> <p>11:00  Brain Games &amp; Puzzles In the Living Room - Vista 8</p> <p>2:30  Explore Hawaii - Vista 8</p> <p>3:30  One on One Visits</p> <p>4:00  Seated Tai Chi [CH81]</p>	 <p>9:00  Balance Class [CH81] <b>26</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Pilates [CH81]</p> <p>2:30  Table Games are available in the Multipurpose Room - Vista 7</p> <p>3:00  Sit and Get Fit [CH81]</p> <p>3:30  Crafts In the Living Room - Vista 8</p>	 <p>8:15  Chair Aerobics [CH81] <b>27</b></p> <p>9:00  Balance Class [CH81]</p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Yoga [CH81]</p> <p>11:00  Library Cart - Vista 8</p> <p>2:30  Movie &amp; Popcorn In the Living Room - Vista 7</p> <p>3:30  One on One Visits</p> <p>4:00  Seated Tai Chi [CH81]</p>	 <p>8:15  Chair Aerobics [CH81] <b>28</b></p> <p>9:00  Sit &amp; Get Fit [CH81]</p> <p>10:00  Group Exercise with Therapy - Vista 7</p> <p>10:30  Manicures with Marneca - By Appointment</p> <p>11:00  Group Exercise with Therapy - Vista 8</p> <p>1:30  Painting In the Living Room - Vista 8</p>
	 <p>8:15  Chair Aerobics [CH81] <b>29</b></p> <p>10:30  Manicures with Marneca - By Appointment</p> <p>11:00  Worship Service - Ch. 81</p> <p>1:30  Coloring Project In the Living Room - Vista 8</p>	 <p>9:00  Balance Class [CH81] <b>30</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Yoga [CH81]</p> <p>2:00  FUMC Worship Service [CH81]</p> <p>4:00  Seated Tai Chi [CH81]</p> <p>6:00  Monday Night Game Show - Ch. 92</p>	 <p>9:00  Balance Class [CH81] <b>31</b></p> <p>9:45  Strength &amp; Stretch [CH81]</p> <p>10:30  Chair Pilates [CH81]</p> <p>11:00  Group Brain Games</p> <p>3:00  Sit and Get Fit [CH81]</p> <p>4:00  Easy Listening Music Hour Ch.1948</p>	 <p>Activities are subject to change. See daily calendar for updates.</p>	<p>“Fairest of the months! Ripe summer's queen The hey-day of the year With robes that gleam with sunny sheen Sweet August doth appear.” — R. Combe Miller</p>	<ul style="list-style-type: none"> <li> Cooking</li> <li> Creative</li> <li> Games</li> <li> Intellectual</li> <li> Music</li> <li> Physical</li> <li> Purposeful</li> <li> Social</li> <li> Spiritual</li> </ul>		