

August 2024

Exercise Sensory Stimulation Physical Game Living Room
Social Events Self Care Religious Services
□ Crafting/Cooking Music Bus Trips
□ Table Game Entertainment Rest & Restorative Activities
■ Movies/Shows Animal Therapy ↑↑ Dining Room

BY BLUE MOUNTAIN SENIOR LIVING				Movies/Shows	Animal Therapy 11 Dining Ro	oom
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	U S A		All Events Are Subject to Change		National Ice Cream Sandwich 2 Day 10:00 Exercise: Seated Chair Stretching 10:30 Balloon Games 10:30 Ice Cream Sandwiches on the Patio 12:00 Rest and Relax: Quiet Music and Tea 1:30 Puzzles and Pretzels with Care Staff 3:30 Matching Games	10:00 Exercise: Chair Dancing 10:30 Bean Bag Toss 12:00 Rest and Relax: book on Tape 1:30 Tabletop Games: Checkers and Memory Games with Care Staff 2:30 Watermelon Craft 3:00 Catholic Communion
National Chocolate Chip Cookie 4 Day 9:30 Seated Chair Stretches 10:30 Religious Services 12:00 Rest and Relax: Quiet Music 1:00 Concerts and Chocolate Chip Cookies 2:30 Dexterity Activities: Coupon Clipping and Sorting	Little Orphan Annie Day 5 10:00 Exercise: Monday Movement 10:30 Sorting and Beading	9:45 Outdoor Walking Club 10:00 Seated Chair Exercises 10:30 Board Games: dominoes 12:00 Rest and Relax: Calming Videos II 1:30 Lila, The Therapy Dog, Visits 2:30 Manicures & Hand Massages 3:00 Men's Programming: Snacks and Sports	Wiser Now Wednesday 7 10:00 Exercise: Seated Chair Dancing 10:30 Lemonade and Trivia: Wiser Now Wednesday 12:00 Rest and Relax: Poetry and Stories 1:30 Mira the Therapy Dog Visits 1:30 Music with Michael O	1:30 Mens Programming: Building	9 10:00 Exercise: Seated Chair Stretching 10:30 Outing: Sonoma County Fair 12:00 Rest and Relax: Quiet Music and Tea 1:30 Puzzles and Pretzels with Care Staff 3:30 Matching Games	10:00 Exercise: Chair Dancing 10:30 Velcro Dart Board 12:00 Rest and Relax: book on Tape 1:30 Tabletop Games: Checkers and Memory Games with Care Staff 3:00 Catholic Communion
Happy Birthday Marilyn 11 9:30 Pool Noodle Table Hockey 10:30 Religious Services 12:00 Rest and Relax: Quiet Music 1:00 Concerts and Popcorn 2:30 Dexterity Activities: Clay Creations 3:00 National S'more Day: Making Chocolate S'more Cupcakes	World Melon Day 12 10:00 Exercise: Monday Movement 10:30 Sorting and Beading Activities 12:00 Rest and Relax: Newspaper and Tea 1:30 Belly Dancer Performance 1:30 Coloring Pages (Caregiver Led) 2:30 Melon Tasting 3:00 Hank the Therapy Dog Visits	<u>'</u>	National Creamsicle Day 14 10:00 Exercise: Seated Chair Dancing 12:00 Rest and Relax: Poetry and Stories 1:30 Bingo 1:30 Mira the Therapy Dog Visits 2:30 Elvis Presley Week Sing Along 3:00 HAPPY HOUR		16:00 Exercise: Seated Chair Stretching 10:30 Balloon Games 12:00 Rest and Relax: Quiet Music and Tea 1:30 Puzzles and Pretzels with Care Staff 3:30 Matching Games	17 10:00 Exercise: Chair Dancing 10:30 Bean Bag Toss 12:00 Rest and Relax: book on Tape 1:30 Tabletop Games: Checkers and Memory Games with Care Staff 3:00 Catholic Communion
9:30 Seated Chair Stretches 10:30 Religious Services 12:00 Rest and Relax: Quiet Music 1:00 Concerts and Popcorn 2:30 Dexterity Activities: Coupon Clipping and Sorting	National Kool-Aid Day 10:00 Exercise: Monday Movement 10:30 Kool-aid on the patio 10:30 Sorting and Beading	National Lemonade Day 9:45 Outdoor Walking Club 10:00 Seated Chair Exercises 10:30 Board Games: Snakes and Ladders 12:00 Rest and Relax: Calming Videos ■ 1:30 Lila, The Therapy Dog, Visits 1:30 Outing: Frozen Yogurt 2:30 Manicures & Hand Massages 3:00 Mens Programming: Snacks and Sports with Frozen Lemonade	National Senior Citizen Day 21 10:00 Exercise: Seated Chair Dancing 12:00 Rest and Relax: Poetry and Stories 1:30 Bingo 1:30 Mira the Therapy Dog Visits 2:30 Sing Along	Happy Birthday, Virginia! 22 9:45 Outdoor Walking Club 10:00 Exercise: Seated Chair Mazes 10:30 Craft Corner: Sunflower Craft 11:30 Luau Lunch 11 12:00 Rest and Relax: Juice on the Patio □ 1:30 Mens Programming: Building 1:30 Passport to Hawaii: Luau Hula performance 3:00 Movie and Popcorn: Singing in the Rain	10:00 Exercise: Seated Chair Stretching 10:30 Balloon Games 12:00 Rest and Relax: Quiet Music and Tea 1:30 Puzzles and Pretzels with Care Staff 3:30 Matching Games	10:00 Exercise: Chair Dancing 10:30 Velcro Dart Board 12:00 Rest and Relax: book on Tape 1:30 Tabletop Games: Checkers and Memory Games with Care Staff 3:00 Catholic Communion
National Banana Split Day 25 9:30 Pool Noodle Table Hockey 10:30 Religious Services 12:00 Rest and Relax: Quiet Music 1:00 Concerts and Popcorn 2:30 Banana Splits Social 2:30 Dexterity Activities: Clay Creations	Cherry Popsicle Day 10:00 Exercise: Monday Movement 10:30 Sorting and Beading	9:45 Outdoor Walking Club 10:00 Seated Chair Exercise 10:30 Board Games: Qwirkle 11:00 Outing: Picnic in the Park 12:00 Rest and Relax: Calming Videos Videos Manicures & Hand Massages 3:00 Men's Programming: Snacks and Sports	10:00 Exercise: Seated Chair Dancing 12:00 Rest and Relax: Poetry and Stories 1:30 Bingo 1:30 Mira the Therapy Dog Visits 2:30 Sing Along 3:00 BIRTHDAY HAPPY HOUR: Root Beer Freezes	9:45 Outdoor Walking Club 10:00 Exercise: Seated Chair Mazes 12:00 Rest and Relax: Juice on the Patio 1:30 Mens Programming: Sanding and Painting 1:30 Scrapbooking Project 2:30 Movie and Popcorn: Mary Poppins	Trail Mix Day 30 10:00 Exercise: Seated Chair Stretching 10:30 Balloon Games 12:00 Rest and Relax: Quiet Music and Tea 1:30 Puzzles and Trail Mix with Care Staff 3:30 Matching Games	10:00 Exercise: Chair Dancing 10:30 Bean Bag Toss 12:00 Rest and Relax: book on Tape 1:30 Tabletop Games: Checkers and Memory Games with Care Staff 3:00 Catholic Communion