

						VALPARAISO
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Refreshments are offered at 10:30 am, 2:30 pm, and 6:30 pm.	August Birthdays Liz D 9th Chester M 24th Larry K 26th				Aviva Spirit Day - Sun & Sand 9:30 Daily Chronicles 10:00 Moving to Music Exercise 11:00 EZ Trivia 1:30 Easy Stretches 2:00 Speed BINGO 3:00 The Silver Screen Society 3:30 Room Visits 6:00 Dusk & Devotion	9:30 Daily Chronicles 10:00 Wizard of Oz Exercises 11:00 Group Crosswords 1:30 Afternoon Stroll 'n Roll 2:00 Reminisce: Thrift Store Finds 3:00 What's That? (Technology) 3:30 Room Visits 6:00 Hand Massages
9:30 Morning Stroll and Roll 9:45 Calvary Christian Church (TV) 10:00 St. Paul's Catholic Service 11:00 Card Sharks 1:30 Sit & Be Fit (Video Exercise) 2:00 Singalong Sundays 3:00 MC Puzzlers 6:00 Serenity & Senses	9:30 Daily Chronicles 10:00 Full Body Exercise 11:00 Technivity - Tablet Games 1:30 Manicures w/ Transitions Hospice 3:00 Poppin' Fresh Day 3:30 Room Visits 6:00 Slow TV	9:30 Daily Chronicles 10:00 Senior Sweat Squad 11:00 Share a Favorite Memory 1:30 Let's Play: Bean Bag Toss 2:00 Golf Ball Art 3:00 Short Stories with Kathryn 3:30 Room Visits 6:00 EZ Card Games	9:30 Daily Chronicles 10:00 Chair Dancing 11:00 Puzzles and Pondering 1:30 Indoor Volleyball 2:00 Cooking Demo with Kathryn 3:00 Soak Up the Sun! 3:30 Room Visits 6:00 Blissful Being Meditation	9:30 Daily Chronicles 10:00 Chair Yoga 11:00 Wizard of Oz Word Games 1:30 Balloon Games 2:00 Lighthouse Day & Craft! 3:00 Mocktails on the Patio 3:30 Room Visits 6:00 Relax with Tea & Music	Aviva Spirit Day - Purple Heart Day 9:30 Daily Chronicles 10:00 Moving to Music Exercise 11:00 Finish the Phrase 1:30 Easy Stretches 2:00 Animal Visit with Liz 3:00 The Silver Screen Society 3:30 Room Visits 6:00 Dusk & Devotion	9:30 Daily Chronicles 10:00 Wizard of Oz Exercises 11:00 Find It! Detective Puzzles 1:30 Let's Hike: Waterfalls 2:00 Would You Rather? 3:00 Resident Choice Short Videos 3:30 Room Visits 6:00 Hand Massages
9:30 Morning Stroll and Roll 9:45 Calvary Christian Church (TV) 10:00 St. Paul's Catholic Service 11:00 Card Sharks 1:30 Sit & Be Fit (Video Exercise) 2:00 Singalong Sundays 3:00 MC Puzzlers 6:00 Serenity & Senses	9:30 Daily Chronicles 10:00 Full Body Exercise 11:00 EZ Trivia 11:00 Outing: Scenic Drive 1:30 Monday Manicures 2:00 What's Happening in Sports? 3:00 Stickman Word Games 3:30 Room Visits 6:00 Slow TV	9:30 Daily Chronicles 10:00 Senior Sweat Squad 11:00 Sunflower Wreaths w/ Dunes Hospice 1:30 Let's Play: Table Hockey 2:00 All About Milkman Day 3:00 Short Stories with Kathryn 3:30 Room Visits 6:00 EZ Card Games	9:30 Daily Chronicles 10:00 Chair Dancing 11:00 Cranium Crunches 1:30 Let's Move: Bucket Toss 2:00 Simple Snacks 3:00 Gardening Club 3:30 Room Visits 6:00 Blissful Being Meditation	9:30 Daily Chronicles 10:00 Chair Yoga 11:00 Brain Games: BOAT Categories 1:30 Parachute Games 2:00 Happy Hour Social 3:00 Music Makers 3:30 Room Visits 6:00 Relax with Tea & Music	Aviva Spirit Day - Baseball 9:30 Daily Chronicles 10:00 Moving to Music Exercise 11:00 Make a Match! 1:30 Easy Stretches 2:00 Speed BINGO 3:00 The Silver Screen Society 3:30 Room Visits 6:00 Dusk & Devotion	9:30 Daily Chronicles 10:00 Wizard of Oz Exercises 11:00 Tell a Joke Day 1:30 Afternoon Stroll 'n Roll 2:00 Reminisce: Elvis 3:00 Game: Higher or Lower 3:30 Room Visits 6:00 Hand Massages
9:30 Morning Stroll and Roll 9:45 Calvary Christian Church (TV) 10:00 St. Paul's Catholic Service 11:00 Card Sharks 1:30 Sit & Be Fit (Video Exercise) 2:00 Singalong Sundays 3:00 MC Puzzlers 6:00 Serenity & Senses	9:30 Daily Chronicles 10:00 Full Body Exercise 11:00 Name that Tune! 1:30 Mimic the Movement 2:00 Monday Manicures 3:00 Wizard of Oz Music 3:30 Room Visits 6:00 Slow TV	9:30 Daily Chronicles 10:00 Senior Sweat Squad 11:00 Putting it in Order 1:30 Let's Play: Skeeball 2:00 Women's Group 3:00 Short Stories with Kathryn 3:30 Room Visits 6:00 EZ Card Games	9:30 Daily Chronicles 10:00 Chair Dancing 11:00 Nat'l Lemonade Day 1:30 Stretch! Resistance Bands 2:00 Simple Snacks 3:00 Soak Up the Sun! 3:30 Room Visits 6:00 Blissful Being Meditation	9:30 Daily Chronicles 10:00 Chair Yoga 11:00 Find It: Hidden Objects 1:30 Balloon Games 2:00 Travel Brief: Kansas 3:00 Mocktails on the Patio 3:30 Room Visits 6:00 Relax with Tea & Music	Aviva Spirit Day - Opposite Day 9:30 Daily Chronicles 10:00 Moving to Music Exercise 11:00 Van Gogh: Sunflowers 1:30 Easy Stretches 2:00 EZ Sunflower Art 3:00 The Silver Screen Society 3:30 Room Visits 6:00 Dusk & Devotion	9:30 Daily Chronicles 10:00 Wizard of Oz Exercises 11:00 The Uncle Wiggly Game 1:30 Let's Hike: Sunflower Fields 2:00 Reminisce: Gene Kelly 3:00 Sensory Sort 3:30 Room Visits 6:00 Hand Massages
9:30 Morning Stroll and Roll 9:45 Calvary Christian Church (TV) 10:00 St. Paul's Catholic Service 11:00 Card Sharks 1:30 Sit & Be Fit (Video Exercise) 2:00 Singalong Sundays 3:00 MC Puzzlers 6:00 Serenity & Senses	9:30 Daily Chronicles 10:00 Full Body Exercise 11:00 Outing: Ice Cream at the Park 11:00 Wizard of Oz Day 1:30 Monday Manicures 2:00 Movie & Popcorn: Wizard of Oz 3:30 Room Visits 6:00 Slow TV	9:30 Daily Chronicles 10:00 Senior Sweat Squad 11:00 A to Z Dog Breeds 1:30 Let's Play: Putt-Putt 2:00 Men's Group 3:00 Short Stories with Kathryn 3:30 Room Visits 6:00 EZ Card Games	9:30 Daily Chronicles 10:00 Catholic Mass (AL Cafe at 10 am) 10:00 Chair Dancing 11:00 Banana Lover's Day 1:30 Let's Move: Ring Toss 2:00 Simple Snacks 3:00 Gardening Club 3:30 Room Visits 6:00 Blissful Being Meditation	9:30 Daily Chronicles 10:00 Chair Yoga 11:00 Airplane Photos & Facts 1:30 Game: Apple to Apples 2:00 Happy Hour Social 3:00 Music Makers 3:30 Room Visits 6:00 Relax with Tea & Music	Aviva Spirit Day - Back to School 9:30 Daily Chronicles 10:00 Moving to Music Exercise 11:00 Remembering the Soap Box Derby 1:30 Easy Stretches 2:00 Speed BINGO 3:00 The Silver Screen Society 3:30 Room Visits 6:00 Dusk & Devotion	9:30 Daily Chronicles 10:00 Wizard of Oz Exercises 11:00 Match the Pattern 1:30 Afternoon Stroll 'n Roll 2:00 Animal Fun Facts: Lions & Tigers 3:00 Adult Coloring 3:30 Room Visits 6:00 Hand Massages
9:30 Morning Stroll and Roll 9:45 Calvary Christian Church (TV) 10:00 St. Paul's Catholic Service 11:00 Card Sharks 1:30 Sit & Be Fit (Video Exercise) 2:00 Singalong Sundays 3:00 MC Puzzlers 6:00 Serenity & Senses						All Activities are Subject to Change.