

AUGUST

Activities and Event Calendar (1724 Milestone Ridge.)

00Shelby York Life Enrichment Coordinator Shelby@4seasonsseniorliving.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1. 10:00AM Ball Toss with Staff. 2:00PM Letter Scramble: Days and Months.	2. 9:30AM CAMP 4 SEASONS	3. 10:00AM Morning Meditation. 2:00PM Book Club: 'Jenny the Horse.'	4. 10:00AM Sunday Shows 'Family Feud.' 2:00PM It Happened in August Quiz.
5. 10:00AM Adult Coloring Club. 2:00PM Music Group: Louis Armstrong.	6. 10:00AM Baking Club. 2:00PM Card Game: Ocean Matching Card Game.	7. 9:30AM Whac A Mole. 2:00PM Word Game Wednesday: Horse Coat Colors Word Search.	8. 9:30AM Seated Tai Chi. 10:00AM Cooking Club: Quesadillas. 2:00PM Photo Puzzle.	9. 2:00PM Spa Day Manicures	10. 10:00AM Table Talk. 2:00PM Trivia Horse Trivia.	11. 10:00AM Read the Paper. 2:00PM Workout Video.
12. 10:00AM Bible Study. 2:00PM Music Group: The Rolling Stones.	13. 10:00AM Building Blocks. 2:00PM Card Game: Cupcake Memory Match.	14. 9:30AM Hula Hoop Ball Catch. 2:00PM Word Game Wednesday: Cat Breeds Word Search.	15. 9:30AM 3 Relaxing Ball Exercises. 10:00AM Advice for the Younger Generation. 2:00PM Poetry Club: Poems about Horses.	16. 2:00PM Film Friday 'Uncharted.'	17. 10:00AM Morning Meditation. 2:00PM Book Club: 'In a Spin- A True Cat Story.'	18. 10:00AM Sunday Shows 'Match Game.' 2:00PM No.1 Hits from August.

19. 10:00AM Adult Coloring Club. 2:00PM Music Group: Johnny Cash.	20. 10:00AM Baking Club. 2:00PM Card Game: Famous Duos Matching Game.	21. 9:30AM Noodle Soccer. 2:00PM Word Game Wednesday: Wild Cats Word Search.	22. 9:30AM Chair Yoga. 10:00AM Gardening Club: Plant Beets. 2:00PM Group Puzzle.	23. 2:00PM Bingo Pet Bingo	24. 10:00AM Table Talk. 2:00PM Trivia Big Cats World Trivia.	25. 10:00AM Read the Paper. 2:00PM Workout Video.
26. 10:00AM Bible Study. 2:00PM Music Group: The Everly Brothers.	27. 10:00AM Jenga. 2:00PM Card Game: Pass and Match.	28. 9:30AM Basket Ball Game. 2:00PM Word Game Wednesday: Book Titles Word Search.	29. 9:30AM Gentle Stretches. 10:00AM Pool Noodle Art Stamping. 2:00PM Poetry Club: Poems to Share.	30. 2:00PM Game Time Wheel of Fortune.	31. 10:00AM Morning Meditation. 2:00PM Book Club: 'Aesops Fables.'	