

## AUGUST

## Activities and Event Calendar (3805 Gillespie Dr.)

Shelby 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. 2:00PM Spa Day Manicures	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 Poetry Club: Poems to Share.  2:00PM Color & Shape Matching Card Game.	7. 10:00AM Word Game Wednesday: Horse Coat Colors Word Search. 2:00PM Whac A Mole.	8. 10:00AM Mega Maze. 2:00PM Seated Tai Chi. 2:30PM Cooking Club: Quesadillas.	9. 2:00PM Film Friday 'Uncharted.'	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 Baking Club. 2:00PM Go Fish.	14. 10:00AM Word Game Wednesday: Cat Breeds Word Search. 2:00PM Hula Hoop Ball Catch.	15. 10:00AM Group Puzzle. 2:00PM 3 Relaxing Ball Exercises. 2:30PM Advice for the Younger Generation.	16. 1:30PM Floats & Tunes	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 Poetry Club: Poems about Horses. 2:00PM Uno.	21. 10:00AM Word Game Wednesday: Wild Cats Word Search. 2:00PM Noodle Soccer.	22. 10:00AM Tetris. 2:00PM Chair Yoga. 2:30PM Gardening Club: Plant Beets.	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 Baking Club. 2:00PM Fairytale Movies Matching Card Game.	28. 10:00AM Word Game Wednesday: Book Titles Word Search. 2:00PM Basket Ball Game.	29. 10:00AM Magnetic Puzzle. 2:00PM Gentle Stretches. 2:30PM Pool Noodle Art Stamping.	30. 2:00PM Game Time Scrabble. D, S, C, R, A, B, B, L, E, Y,	31. 10:00AM Morning Meditation.  2:00PM Book Club: 'Aesops Fables.'	