

AUGUST 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Everyday Activities 8:00 Coffee Klatch 10:00 Morning Meeting 10:45 Chair Exercises 11:30 Brain Games 12:30 Lunch 3:00 Refreshment 4:30 Sing A Long & Fun</p> 	<p>1</p> <p>1:30 Did You Know? 2:30 Positivity with Alexis 3:30 Bingo</p> <p>Lunch: Beef with Mojo Cassava & Rice</p> 	<p>2</p> <p>10:00 A Moment with the Pastor 1:30 Bingo 2:30 Reminiscing Corner 3:30 Tai Chi with Mercedes</p> <p>Lunch: Fish Sandwich & Mixed Veggies</p> 	<p>3</p> <p>1:30 Bingo 2:30 Positivity with Alexis 3:30 Things That Go Together</p> <p>Lunch: Pepper Steak with Rice & Beans</p> 	<p>4</p> <p>1:30 Muzikal Treat Entertains 2:30 A Tribute to Louis Armstrong 3:30 Bingo</p> <p>Lunch: Chicken Teriyaki & Plantains</p> 
<p>7</p> <p>1:30 Racy Words 2:30 The Memory Train 3:30 Bigno</p> <p>Lunch: Cuban Stew & Garbanzos</p> 	<p>8</p> <p>1:30 Bingo 2:30 Positivity with Alexis 3:30 Fitness Fun</p> <p>Lunch: Pork Fricassee, Rice & Lentils</p> 	<p>9</p> <p>10:00 A Moment with the Pastor 11:30 Relaxation with Carol 1:30 Bingo 2:30 Where in the World 3:30 Things That are Small</p> <p>Lunch: Chicken Patty & Corn Stew</p> 	<p>10</p> <p>1:30 Bingo 2:30 Positivity with Alexis 3:30 Guessing Game</p> <p>Lunch: Beef Picadillo & Black Beans</p> 	<p>11</p> <p>12:30 Friday Feast 1:30 Muzikal Treat 2:30 Wheel of Fortune 3:30 Bingo</p> <p>Lunch: Chicken Fricassee & Veggies</p> 
<p>14</p> <p>1:30 Bingo 2:30 An Apple a Day 3:30 Listen Up!</p> <p>Lunch: Beef Stew & Mashed Potatoes</p> 	<p>15</p> <p>1:30 Bingo 2:30 Globe Trotting 3:00 Tips For Tuesday 3:30 Sing A Long</p> <p>Lunch: Baked Chicken & Ajiaco Soup</p> 	<p>16</p> <p>10:00 A Moment with the Pastor 1:30 Bingo 2:30 Words From a Word 3:30 Word Scramble</p> <p>Lunch: Beef Picadillo & Split Pea Soup</p> 	<p>17</p> <p>1:30 Bingo 2:30 Discussion Group 3:30 Amen Corner</p> <p>Lunch: Pork Fricassee & Lentils</p> 	<p>18</p> <p>1:30 Gino Entertains 2:30 Wheel of Fortune 3:30 Bingo</p> <p>Lunch: Meatballs & Green Beans</p> 
<p>21</p> <p>1:30 Power Punch 2:30 Chair Yoga 3:30 Bingo</p> <p>Lunch: Chicken Cordon Bleu & Rice</p> 	<p>22</p> <p>1:30 Word From a Word 2:30 Be An Angel 3:30 Bingo</p> <p>Lunch: Beef Stew & Sweet Potato Fries</p> 	<p>23</p> <p>10:00 A Moment with the Pastor 1:30 Bingo 2:30 You Be The Judge 3:30 Common Bonds</p> <p>Lunch: Pork Casserole & Black Beans</p> 	<p>24</p> <p>1:30 Bingo 2:30 Charades 3:30 Simon Says</p> <p>Lunch: Meatsauce Pasta & Fruit Salad</p> 	<p>25</p> <p>1:30 Chuck on the Keyboard 2:30 Wheel Of Fortune 3:30 Bingo</p> <p>Lunch: Chicken Fricassee & Plantains</p> 
<p>28</p> <p>1:30 The Price is Right 2:30 Poetry Club 3:30 Bingo</p> <p>Lunch: Beef Stew & Mixed Veggies</p> 	<p>29</p> <p>1:30 Spa Day 2:30 Sing A Long 3:30 Bingo</p> <p>Lunch: Pork Fricassee & Garbanzos</p> 	<p>30</p> <p>10:00 A Moment with the Pastor 1:30 Bingo 2:30 Science for Seniors 3:30 This Was the Year</p> <p>Lunch: Baked Chicken & Lentils</p> 	<p>31</p> <p>1:30 Bingo 2:30 Who Am I? 3:00 August Birthdays 3:30 Wheel of Fortune</p> <p>Lunch: Beef Picadillo & Split Pea Soup</p> 	<p style="text-align: center;">The Activities Schedule is subject to change</p> <p style="text-align: center;">AUGUST</p> 

