

| Sunday                                                                                                                                                                                                                                                                                                                             | Monday                                                                                                                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                                                                       | Saturday                                                                                                                                                                                                                                                                                                                                                                 |
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| <h1>August 2026</h1>                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                          |
| Independent & Assisted Living Life Engagement Calendar                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                          |
| 10:00-Morning Movement w/ Baxie-CR<br>11:00-Westminster Presbyterian Livestream-MCR<br>1:30-Movie & Popcorn- MCR<br>2:30-Bridge Game-M<br>3:00-Mahjong Game-GR<br>3:30- <b>Ice Cream Sandwiches</b> - M<br>6:00-Sunday Evening Movie-MCR<br>6:00-Sunday Night Baseball-M                                                           | 9:45-Exercise – CR<br>10:30-Good Morning Nashville -2nd Floor Balcony<br>1:00-Meditation & Reflection with Heidi-MCR<br>2:00-BINGO-M<br>3:00-Tech Help with Gracie – M<br>4:00- <b>Before Dinner Bubbly</b> – DR<br>6:00-Abe's Book Club w/ Annette - CR                                                           | 9:45-Exercise-CR<br>10:30-Good Morning Nashville – 2nd FI Balcony<br>1:00- <b>NEW!</b> Cardio Drumming! - CR<br>2:00- Mahjong Game- M<br>2:00-Team Trivia - M<br>3:00-Travel Club: San Juan, Puerto Rico -MCR<br>6:00- <b>Bobi's Casino Night w/ Dealer McKenzie Moss</b> - GR                                        | 9:45-Exercise with Cassidy – CR<br>10:30-Good Morning Nashville – 2nd FI Balcony<br>1:00-Hope Chorus Practice – P<br>2:00-Abe's Theater Club-3 <sup>rd</sup> FI CG Rm<br>2:00-Mahjong Game-GR<br>2:30-Music Therapy-MCR<br>3:15-Israeli Dance - CR<br>4:00-Happy Hour – 2nd FI Terrace | 9:45-Exercise with Judy – CR<br>10:30-Good Morning Nashville-2nd Floor Balcony<br>1:00-Tai Chi with Dr. Cindy – 2 <sup>nd</sup> Floor<br>1:30-Flower Arranging Committee-M<br>2:00-Mahjong Game – M<br>2:30- <b>Walking Through Grief with Bev</b> – 3 <sup>rd</sup> Floor CG Room<br>4:00- <b>Wine &amp; Cheese with Live Music by Exit 196 &amp; Friends</b> - P | 9:45-Exercise – CR<br>10:30-Good Morning Nashville – 2nd FI Balcony<br>1:00-Raspberries + Cream Tasting - M<br>2:00-BINGO - M<br>3:15- <b>American Lighthouses Talk!</b> (National Lighthouse Day!)<br>6:30- Movie & Popcorn-MCR                                                             | 9:30- <b>NEW!</b> Morning Movement with Instructor Cynthia - CR<br>9:30-Bridge Game-M<br>10:00- <b>Share Your Stories:</b> Treasure Sessions – 2nd Floor Balcony<br>1:30- <b>Watermelon Agua Fresca Social</b> - M<br>2:00- <b>Art Class w/ Philo</b> – 3 <sup>rd</sup> FI CG Room<br>3:00-Drop in Rummikub – M<br>6:00-Movie & Popcorn- MCR                             |
| 10:00-Morning Movement w/ Baxie-CR<br>11:00-Westminster Presbyterian Livestream-MCR<br>1:00 <b>Dance Performance Outing!</b><br>1:30-Movie & Popcorn- MCR<br>2:30-Bridge Game-M<br>3:00-Mahjong Game-GR<br>3:30- <b>Irish Folk Music w/ Harrison Bieschke</b> - P<br>6:00-Sunday Evening Movie-MCR<br>6:00-Sunday Night Baseball-M | 9:45-Exercise-CR<br>10:30-Good Morning Nashville-2nd Floor Balcony<br>1:00-Meditation & Reflection with Heidi-MCR<br>2:00-BINGO-M<br>3:00- Stage Outing Committee - MCR<br>4:00- <b>Monday Concert Series with Piano Music by Cole Landry</b> - P                                                                  | 9:45-Exercise-CR<br>10:30-Good Morning Nashville – 2nd Floor Balcony<br>1:00- <b>Taste of Puerto Rico</b> - M<br>2:00- Mahjong Game- M<br>2:00- <b>NEW!</b> Music + Dance w/ Jai - CR<br>3:00-Travel Club: Ponce, Puerto Rico – MCR<br>3:30- <b>Sip + Paint with Katrina</b> - M                                      | 9:45-Exercise with Cassidy – CR<br>10:30-Good Morning Nashville – 2nd FI Balcony<br>1:00-Hope Chorus Practice – P<br>2:00-Mahjong Game-GR<br>2:30-Music Therapy-MCR<br>3:15-Israeli Dance - CR<br>4:00-Happy Hour – 2nd FI Terrace                                                     | 9:45-Exercise with Judy – CR<br>10:30-Good Morning Nashville - 2nd Floor Balcony<br>1:00-Tai Chi with Dr. Cindy – 2 <sup>nd</sup> Floor<br>1:30-Flower Arranging Committee-M<br>2:00-Mahjong Game – M<br>2:30- <b>Speaker Series: Life With Animals w/ Gail Rivin from Love On A Leash</b> – P<br>4:00-Wine & Cheese - P                                           | 9:45-Exercise – CR<br>10:30-Good Morning Nashville – 2nd FI Balcony<br>1:00- <b>Sports + Spices w/ Volunteers</b> - M<br>2:00-BINGO - M<br>3:15- <b>Oboe Spotlight with Gracie</b> -P<br>4:30 <b>Fine Dining Music</b> - DR<br>6:00 Shabbat Service – Club Room<br>6:30- Movie & Popcorn-MCR | 9:30-Chair Yoga w/ Courtney-CR<br>9:30-Bridge Game-M<br>10:00- <b>Share Your Stories</b> – 2nd Floor Balcony<br>1:30- <b>Sweet Treat Social</b> - M<br>3:00- <b>Creative Writing Group with Sandra Plant</b> -3 <sup>rd</sup> FI CG Room<br>3:00-Drop in Rummikub – M<br>6:00-Movie & Popcorn- MCR                                                                       |
| 10:00-Morning Movement w/ Baxie-CR<br>11:00-Westminster Presbyterian Livestream-MCR<br>1:30-Movie & Popcorn- MCR<br>2:30-Bridge Game-M<br>3:00-Mahjong Game-GR<br>3:30- <b>Jazz Flute Performance by Nadya Z</b> - P<br>6:00-Sunday Evening Movie-MCR<br>6:00-Sunday Night Baseball-M                                              | 9:45-Exercise – CR<br>10:30-Good Morning Nashville -2nd Floor Balcony<br>1:00-Culinary Committee - M<br>2:00-BINGO-M<br>3:00- <b>Thrift Store Outing!</b> (National Thrift Shop Day!)<br>4:00-Volunteer Committee w/ Jai - M                                                                                       | 9:45-Exercise-CR<br>10:30-Good Morning Nashville – 2nd Floor Balcony<br>1:00- <b>NEW!</b> Junk Journal Craft - M<br>2:00- Mahjong Game- M<br>2:00-Team Trivia-M<br>3:00-Travel Club: Bayamon, Puerto Rico - MCR<br>4:00- <b>Before Dinner Bubbly</b> - DR                                                             | 9:45-Exercise with Cassidy – CR<br>10:30-Good Morning Nashville – 2nd FI Balcony<br>1:00-Hope Chorus Practice – P<br>2:00-Abe's Theater Club- 3 <sup>rd</sup> CG Rm<br>2:00-Mahjong Game-GR<br>2:30-Music Therapy-MCR<br>3:15-Israeli Dance - CR<br>4:00-Happy Hour – 2nd FI Terrace   | 9:45-Exercise with Judy – CR<br>10:30-Good Morning Nashville-2nd Floor Balcony<br>1:00-Tai Chi with Dr. Cindy – 2 <sup>nd</sup> Floor<br>1:30-Flower Arranging Committee-M<br>2:00-Mahjong Game – M<br>3:15 Town Hall - P<br>4:00- <b>Wine &amp; Cheese w/ Live Jazz</b> - P                                                                                       | 9:45-Exercise – CR<br>10:30-Good Morning Nashville – 2nd FI Balcony<br>12:45- <b>Brushfire Pottery Painting Outing!</b><br>2:00-BINGO - M<br>3:00- <b>Live Music with Stevenson Everett</b> – P<br>6:30- Movie & Popcorn-MCR                                                                 | 9:00- <b>NEW!</b> Morning Movement with Instructor Cynthia - CR<br>9:30-Bridge Game-M<br>10:00- <b>Share Your Stories</b> – 2nd Floor Balcony<br>1:30 <b>Piano Music with Hudson Sellers</b> - P<br>2:00- <b>Art Class w/ Philo</b> – 3 <sup>rd</sup> FI CG Room<br>3:00-Drop in Rummikub – M<br>6:00-Movie & Popcorn- MCR                                               |
| 10:00-Morning Movement w/ Baxie-CR<br>11:00-Westminster Presbyterian Livestream-MCR<br>1:30-Movie & Popcorn- MCR<br>2:30-Bridge Game-M<br>3:00-Mahjong Game-GR<br>3:30- <b>Live Music w/ Cody Campbell</b> - P<br>6:00-Sunday Evening Movie-MCR<br>6:00-Sunday Night Baseball-M                                                    | 9:45-Exercise-CR<br>10:30-Good Morning Nashville-2nd Floor Balcony<br>1:00-Meditation & Reflection with Heidi-MCR<br>1:30- <b>Writing Class w/ Amy Lyles</b> – 3 <sup>rd</sup> FI CG Room<br>2:00-BINGO-M<br>3:15-Tech Help with Gracie – MCR<br>4:00- <b>Monday Concert Series with Music by Bill Sleeter</b> - P | 9:45-Exercise-CR<br>10:30-Good Morning Nashville – 2nd Floor Balcony<br>1:00- <b>NEW!</b> Junk Journal Craft - M<br>2:00- Mahjong Game- M<br>2:00- <b>Banana Split Social</b> - M<br>3:00-Travel Club: Vieques, Puerto Rico – MCR<br>6:00- <b>Bobi's Casino Night w/ Dealer McKenzie Moss</b> – GR                    | 9:45-Exercise with Cassidy – CR<br>10:30-Good Morning Nashville – 2nd FI Balcony<br>1:00-Hope Chorus Practice – P<br>2:00-Mahjong Game-GR<br>2:30-Music Therapy-MCR<br>3:15-Israeli Dance - CR<br>4:00-Happy Hour – 2nd FI Terrace                                                     | 9:45-Exercise with Judy– CR<br>10:30-Good Morning Nashville-2nd Floor Balcony<br>1:00-Tai Chi with Dr. Cindy – 2 <sup>nd</sup> Floor<br>1:30-Flower Arranging Committee-M<br>2:00-Mahjong Game – M<br>2:30- <b>Speaker Series: Pets Are Like Family w/ Sonya Allyn</b> – P<br>4:00-Wine & Cheese - P                                                               | 9:45-Exercise – CR<br>10:30-Good Morning Nashville – 2nd FI Balcony<br>1:00- <b>Composer Spotlight with Gracie</b> -MCR<br>2:00-BINGO - M<br>3:15- <b>Taste of Puerto Rico!</b> – M<br>4:30 <b>Fine Dining Music</b> - DR<br>6:30- Movie & Popcorn-MCR                                       | 9:30-Chair Yoga w/ Courtney-CR<br>9:30-Bridge Game-M<br>10:00- <b>Share Your Stories:</b> Treasure Sessions – 2nd Floor Balcony<br>1:30- <b>Cookies + Conversation</b> – M<br>2:00- <b>Live Music w/ Julia Weller</b> - P<br>3:00- <b>Creative Writing Group with Sandra Plant</b> -3 <sup>rd</sup> FI CG Room<br>3:00-Drop in Rummikub – M<br>6:00-Movie & Popcorn- MCR |
| 10:00-Morning Movement w/ Baxie-CR<br>11:00-Westminster Presbyterian Livestream-MCR<br>1:30-Movie & Popcorn- MCR<br>2:30-Bridge Game-M<br>3:00-Mahjong Game-GR<br>3:30- <b>Jewish Family Services</b> -Club Rm<br>3:30- <b>Piano Music w/ David Zhang!</b> - P<br>6:00-Sunday Evening Movie-MCR<br>6:00-Sunday Night Baseball-M    | 9:45-Exercise – CR<br>10:30-Good Morning Nashville -2nd Floor Balcony<br>1:00-Meditation & Reflection with Heidi-MCR<br>2:00-BINGO-M<br>3:00-Brain Games – MCR<br>3:30-Popsicles + Prosecco - ILC<br>5:00- <b>August Birthday Dinner</b> -CR                                                                       | <div> <b>Location Finder:</b><br/>           DR = Dining Room<br/>           M = Mall<br/>           MCR = Mall Card Room         </div> <div>           GR = Game Room<br/>           CR = Community Room         </div> <div>           ILC = Independent Living Courtyard<br/>           P = Parlor         </div> |                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                          |

All activities are subject to change. Please see the daily sheets for the most up to date itinerary.