





4 Seasons
SENIOR LIVING

AUGUST

Activities and Event Calendar (1724 Milestone Ridge.)

Shelby York
Life Enrichment Coordinator
Shelby@4seasonsseniorliving.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p>1. <i>Bible Trivia:</i> True or False. (10:00-11:00am)</p> <p>Qwirkle. (2:00-3:00pm)</p>	<p>2. Group Exercise. (10:00-10:30am)</p> <p>Armchair Travel: Peru. (10:30-11:30am)</p> <p>Bible Study. (2:00-3:00pm)</p>	<p>3. Memory Match. (10:00-11:00am)</p> <p>Adult Coloring Club. (2:00-3:00pm)</p> <p><i>National Watermelon Day</i></p>	<p>4. <i>Bingo</i> 10:00-11:00am</p> 	<p>5. Coffee & Convo: Table Talk. (10:00-11:00am)</p> <p>Sit and Fit <i>Saturday</i> Exercises for Seniors. (2:00-3:00pm)</p>	<p>6. Sunday Shows 'Jeopardy.' (10:00-11:00am)</p> <p>Browse Magazines. (2:00-3:00pm)</p>
<p>7. Hula Hoop Ball Catch. (10:00-11:00am)</p> <p>Music Group: 'Bill Haley & His Comets.' (2:00-3:00pm)</p>	<p>8. Puzzle. (10:00-11:00am)</p> <p>Baking Club. (2:00-3:00pm)</p>	<p>9. Group Exercise. (10:00-10:30am)</p> <p>Advice for Students Today. (10:30-11:30am)</p> <p><i>Word Game</i> <i>Wednesday</i> 'Largest U.S Indigenous Groups.' (2:00-3:00pm)</p> <p><i>World Indigenous Day</i></p>	<p>10. Old Maid. (10:00-11:00am)</p> <p>Color by Number. (2:00-3:00pm)</p> <p><i>National S'mores Day</i></p>	<p>11. <i>Game Night</i> Farkle 2:00pm</p> 	<p>12. Morning <i>Meditation</i> (10:00-11:00am)</p> <p><i>Book Club:</i> 'Poems by Robert Burns.' (2:00-3:00pm)</p>	<p>13. Virtual Church: Youtube- 'Life.Church.' (10:00-11:00am)</p> <p>Bird Watching in the Backyard. (2:00-3:00pm)</p>

<p>14. Bird Feeders. (10:00-11:00am)</p> <p>Music Group: 'The Drifters.' (2:00-3:00pm)</p>	<p>15. 'Remember When...' Quiz & Trivia. (10:00-11:00am)</p> <p>Connect 4. (2:00-3:00pm)</p> <p><i>Indian Independence Day</i></p>	<p>16. Group Exercise. (10:00-10:30am)</p> <p>Banana Pops. (10:30-11:30am)</p> <p>Bible Study. (2:00-3:00pm)</p>	<p>17. Go Fish! (10:00-11:00am)</p> <p>Adult Coloring Club. (2:00-3:00pm)</p>	<p>18. PENNY PINCHING (10:00-11:00AM)</p> 	<p>19. Coffee and Convo: Table Talk. (10:00-11:00am)</p> <p>Sit and Fit <i>Saturday</i> Relaxing Chair Exercises for Upper Body. (2:00-3:00pm)</p>	<p>20. Sunday Shows 'Let's Make a Deal.' (10:00-11:00am)</p> <p>Read the Paper. (2:00-3:00pm)</p>
<p>21. Basket Ball Toss. (10:00-11:00am)</p> <p>Music Group: 'Buddy Holly.' (2:00-3:00pm)</p>	<p>22. Optical Illusions. (10:00-11:00am)</p> <p>Baking Club. (2:00-3:00pm)</p>	<p>23. Group Exercise. (10:00-10:30am)</p> <p>Custom Door Mat. (10:30-11:30am)</p> <p><i>Word Game Wednesday</i> 'Waffle Day Word Search.' (2:00-3:00pm)</p>	<p>24. Gin Rummy. (10:00-11:00am)</p> <p>Color by Number. (2:00-3:00pm)</p> <p><i>National Waffle Day</i></p>	<p>25. <i>Spa Day</i> 10:00-11:00am</p>  <p><i>Daffodil Day</i></p>	<p>26. Morning <i>Meditation</i> (10:00-11:00am)</p> <p><i>Book Club:</i> 'We are Survivors.' (2:00-3:00pm)</p> <p><i>Women's Equality Day</i></p>	<p>27. Virtual Church: Youtube- 'Life.Church.' (10:00-11:00am)</p> <p>Ice Cream Sunday Social. (2:00-3:00pm)</p>
<p>28. DIY Picture Frame Wreath. (10:00-11:00am)</p> <p>Music Group: 'Brenda Lee.' (2:00-3:00pm)</p>	<p>29. Flower Trivia. (10:00-11:00am)</p> <p>Snakes and Ladders. (2:00-3:00pm)</p>	<p>30. Group Exercise. (10:00-10:30am)</p> <p>Arts & Crafts: Yarn Balls. (10:30-11:30am)</p> <p>Bible Study. (2:00-3:00pm)</p>	<p>31. Uno! (10:00-11:00am)</p> <p>Adult Coloring Club. (2:00-3:00pm)</p>			