





**4 Seasons**  
SENIOR LIVING

# AUGUST

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

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p><b>1.</b> Group Exercise. (10:00-10:30am)</p> <p>Footprints in the Sand. (10:30-11:30am)</p> <p>Go Fish! (2:00-3:00pm)</p>	<p><b>2.</b> Puzzle. (10:00-11:00am)</p> <p>Bible Study. (2:00-3:00pm)</p>	<p><b>3.</b> Armchair Travel: Peru. (10:00-11:00am)</p> <p>Adult Coloring Club. (2:00-3:00pm)</p> <p><i>National Watermelon Day</i></p>	<p><b>4</b> <i>Film Friday</i> <i>'The Karate Kid'</i> 10:00am</p> 	<p><b>5</b> Coffee &amp; Convo: Table Talk. (10:00-11:00am)</p> <p>Sit and Fit <i>Saturday</i> Exercises for Seniors. (2:00-3:00pm)</p>	<p><b>6</b> Sunday Shows 'Jeopardy.' (10:00-11:00am)</p> <p>Browse Magazines. (2:00-3:00pm)</p>
<p><b>7</b> <i>Music Group:</i> 'Bill Haley &amp; His Comets.' (10:00-11:00am)</p> <p>Poetry Club: 'Shakespeare's Sonnets.' (2:00-3:00pm)</p>	<p><b>8.</b> Meditation Yoga. (10:00-10:30am)</p> <p>Hula Hoop Ball Catch. (10:30-11:30am)</p> <p>Matching Card Game. (2:00-3:00pm)</p>	<p><b>9.</b> Ball Toss with Staff. (10:00-11:00am)</p> <p><i>Word Game Wednesday</i> 'Largest U.S Indigenous Groups.' (2:00-3:00pm)</p> <p><i>World Indigenous Day</i></p>	<p><b>10.</b> Advice for Students Today. (10:00-11:00am)</p> <p>Color by Number. (2:00-3:00pm)</p> <p><i>National S'mores Day</i></p>	<p><b>11.</b> <i>National Peach Month</i> <b>Peach Pies</b> 10:00am</p> 	<p><b>12.</b> Morning Meditation (10:00-11:00am)</p> <p><i>Book Club:</i> 'Poems by Robert Burns.' (2:00-3:00pm)</p>	<p><b>13.</b> Virtual Church: Youtube- 'Life.Church.' (10:00-11:00am)</p> <p>Bird Watching in the Backyard. (2:00-3:00pm)</p>

<p><b>14</b> <b>Music Group:</b> ‘The Drifters.’ (10:00-11:00am)</p> <p>Baking Club. (2:00-3:00pm)</p>	<p><b>15.</b> <b>Group Exercise.</b> (10:00-10:30am)</p> <p><b>Painted Pavers.</b> (10:30-11:30am)</p> <p>Sequence Card Game. (2:00-3:00pm)</p> <p><i>Indian Independence Day</i></p>	<p><b>16.</b> Optical Illusions. (10:00-11:00am)</p> <p>Bible Study. (2:00-3:00pm)</p>	<p><b>17.</b> <b>Banana Pops.</b> (10:00-11:00am)</p> <p>Adult Coloring Club. (2:00-3:00pm)</p>	<p><b>18.</b> <b>Game Night</b> <b>Parcheesi</b> 2:00pm</p> 	<p><b>19</b> 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><b>20</b> <i>Sunday Shows</i> ‘Let’s Make a Deal.’ (10:00-11:00am)</p> <p>Read the Paper. (2:00-3:00pm)</p>
<p><b>21</b> <b>Music Group:</b> ‘Buddy Holly.’ (10:00-11:00am)</p> <p>Poetry Club: ‘Poems about Horses.’ (2:00-3:00pm)</p>	<p><b>22.</b> <b>Meditation</b> <b>Yoga.</b> (10:00-10:30am)</p> <p><b>Basket Ball</b> <b>Toss.</b> (10:30-11:30am)</p> <p>Red or Black: Card Game. (2:00-3:00pm)</p>	<p><b>23.</b> My Bonnie Chair Exercise. (10:00-11:00am)</p> <p><b>Word Game</b> <i>Wednesday</i> ‘Waffle Day Word Search.’ (2:00-3:00pm)</p>	<p><b>24.</b> <b>Custom Door Mat.</b> (10:00-11:00am)</p> <p>Color by Number. (2:00-3:00pm)</p> <p><i>National Waffle Day</i></p>	<p><b>25.</b> <b>Spa Day</b> 10:00-11:00am</p>  <p><i>Daffodil Day</i></p>	<p><b>26.</b> 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><b>27.</b> Virtual Church: Youtube- ‘Life.Church.’ (10:00-11:00am)</p> <p>Ice Cream Sunday Social. (2:00-3:00pm)</p>
<p><b>28</b> <b>Music Group:</b> ‘Brenda Lee.’ (10:00-11:00am)</p> <p>Baking Club. (2:00-3:00pm)</p>	<p><b>29.</b> <b>Group Exercise.</b> (10:00-10:30am)</p> <p><b>DIY Picture</b> <b>Frame Wreath.</b> (10:30-11:30am)</p> <p>Uno! (2:00-3:00pm)</p>	<p><b>30.</b> Scrabble. (10:00-11:00am)</p> <p>Bible Study. (2:00-3:00pm)</p>	<p><b>31.</b> <b>Arts &amp; Crafts:</b> <b>Yarn Balls.</b> (10:00-11:00am)</p> <p>Adult Coloring Club. (2:00-3:00pm)</p>			