


August 2025 Independent Living Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
							<p>10:30 Stretcher exercise (MR) 1</p> <p>1:00 Resident Choice Game (AR)</p> <p>2:00 Summer Cool-down: Strawberry Lemonade & water misters on the porch (Backyard, behind DR)</p>	<p>10:00 Interdenominational Church Service (MR)</p> <p>2:00 Afternoon at the Movies: Father Goose (MR)</p>
<p>3</p> <p>2:00 Afternoon at the movies: The Greatest Showman (MR)</p>	<p>10:30 Stretcher exercise (MR) 4</p> <p>1:30 Bingo (AR)</p> <p>**Alzheimer's Support Group RESCHEDULED for September**</p>	<p>10:30 Scrapbooking Hour (AR) 5</p> <p>2:00 Wordcrafters "Benefits of Writing" (MR)</p>	<p>10:30 Stretcher exercise (MR) 6</p> <p>1:15 Shopping: Winco</p> <p>1:30 "Mindy's Corner" Resident Meeting with</p>	<p>10:30 Card Game: King's Corner (MR) 7</p> <p>1:30 Bingo (AR)</p>	<p>10:30 Stretcher exercise (MR) 8</p> <p>1:00 Resident Choice Game (AR)</p> <p>2:00 Virtual Reality: Travel around the world from the comfort of your chair! (MR)</p>	<p>10:00 Interdenominational Church Service (MR) 9</p> <p>2:00 Afternoon at the Movies: O' Brother Where Art Thou (MR)</p>		
<p>10</p> <p>2:00 Afternoon at the movies: Knives Out (MR)</p>	<p>11</p> <p>10:30 Stretcher exercise (MR)</p> <p>1:30 Bingo (AR)</p>	<p>12</p> <p>10:30 Scrapbooking Hour (AR)</p> <p>2:00 Historian: History of State Parks (DR)</p>	<p>13</p> <p>10:30 Stretcher exercise (MR)</p> <p>1:15 Shopping: Albertsons, Bi-Mart, and Dollar Tree</p>	<p>14</p> <p>10:30 Dominos: Mexican Train (MR)</p> <p>1:30 Bingo (AR)</p>	<p>15</p> <p>10:30 Stretcher exercise (MR)</p> <p>1:00 Resident Choice Game (AR)</p> <p>2:00 Cascade Kids Musical Performance (DR)</p>	<p>16</p> <p>10:00 Interdenominational Church Service (MR)</p> <p>2:00 Afternoon at the Movies: Support Your Local Sheriff (MR)</p>		
<p>17</p> <p>2:00 Afternoon at the movies: Heads of State (MR)</p>	<p>18</p> <p>10:30 Stretcher exercise (MR)</p> <p>1:30 Bingo (AR)</p>	<p>19</p> <p>2:30 Visit from FETCH Therapy Dogs (IL Lobby)</p> <p>3:00 Community Birthday Party (AR)</p>	<p>20</p> <p>10:30 Stretcher exercise (MR)</p> <p>1:15 Shopping: Fred Meyer</p>	<p>21</p> <p>11:00 Senior Brunch (DR)</p> <p>1:30 Bingo (AR)</p>	<p>22</p> <p>10:30 Stretcher exercise (MR)</p> <p>1:00 Resident Choice Game (AR)</p> <p>2:00 Ed Series: Michael Waters Presents "Finding Your Exercise Personality Later in Life" (MR)</p>	<p>23</p> <p>10:00 Interdenominational Church Service (MR)</p> <p>2:00 Afternoon at the Movies: Blue Ridge (MR)</p>		
<p>24</p> <p>2:00 Afternoon at the Movies: The Sting (MR)</p>	<p>25</p> <p>10:30 Stretcher exercise (MR)</p> <p>1:30 Bingo (AR)</p>	<p>26</p> <p>10:30 Scrapbooking Hour (AR)</p> <p>2:00 Singing Group: Memory Tones (DR)</p>	<p>27</p> <p>10:30 Stretcher exercise (MR)</p> <p>1:15 Shopping: Gateway Mall, Hobby Lobby, Target</p>	<p>28</p> <p>10:30 Card Game: King's Corner (MR)</p> <p>1:30 Bingo (AR)</p>	<p>29</p> <p>10:30 Stretcher exercise (MR)</p> <p>1:00 Resident Choice Game (AR)</p> <p>3:00 "Mindy's Corner" Resident Meeting with Culinary Director (DR)</p>	<p>30</p> <p>10:00 Interdenominational Church Service (MR)</p> <p>2:00 Afternoon at the Movies: Queen Bees (MR)</p>		
<p>31</p> <p>2:00 Afternoon at the Movies: Fisherman's Friend (MR)</p>								