





Golden View - Activity Calendar

August 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat		
1 7:30 Breakfast 8:00-10:30 ADL's 10:00 Church/Family 11:30 Lunch 1:00 Popcorn Snack 2:00 Flower Arranging 4:00 Suppertime 6:00 Jeopardy 7:30 Dispense meds	2 7:30 Breakfast 8:00-10:30 ADL's 11:00 Exercise 11:30 Lunch 1:00 Nail Care 2:00 Tic Tac Toe 4:00 Suppertime 6:00 Deal or No Deal 7:30 Dispense meds	3 7:30 Breakfast 8:00-10:30 ADL's 11:00 Chair Dance 11:30 Lunch 1:00 BINGO! 2:00-3:00 <i>Sing along w/Rex</i> 4:00 Suppertime 6:00 Jeopardy 7:30 Dispense meds	4 7:30 Breakfast 8:00-10:30 ADL's 11:00 Ball Toss 11:30 Lunch 1:00 Fun w/Colors 2:00 Snack Attack 4:00 Suppertime 6:00 Nightly News 7:30 Dispense meds	5 7:30 Breakfast 8:00-10:30 ADL's 11:00 Stretch & Bend 11:30 Lunch 1:30 Lite Snack 2:30 Nature Walk 4:00 Suppertime 6:00 I Love Lucy 7:30 Dispense meds	6 7:30 Breakfast 8:00-10:30 ADL's 11:00 Exercise 11:30 Lunch 1:00 Dominoes 2:00 Crunchy snack 4:00 Suppertime 6:00 Sing-Along 7:30 Dispense meds	7 7:30 Breakfast 8:00-10:30 ADL's 11:00 Sit N' Be Fit 11:30 Lunch 1:30 BINGO! 2:00 Popcorn & a Movie 4:00 Suppertime 6:00 Wheel of Fortune 7:30 Dispense meds		
8 7:30 Breakfast 8:00-10:30 ADL's 10:00 Church/Family 11:30 Lunch 2:00 Picture Puzzle 3:00 Fruit Bar 4:00 Suppertime 6:00 Comedy on Tape 7:30 Dispense meds	9 7:30 Breakfast 8:00-10:30 ADL's 11:00 Sit N'be Fit 11:30 Lunch 1:00 Popsicle Treat 1:30 BINGO 4:00 Supper time 6:00 Nightly News 7:30 Dispense meds	10 Hawaiian Day 7:30 Breakfast 8:00-10:30 ADL's 11:00 Catch a Ball 11:30 Luau Lunch 1:00 Puzzle Games 2:00 Lite snack 4:00 Suppertime 6:00 Deal or No Deal 7:30 Dispense meds 	11 7:30 Breakfast 8:00-10:30 ADL's 11:00 Lawn Bowling 11:30 Lunch 1:00 Brain Games 2:00 Pudding cup 4:00 Suppertime 6:00 Lawrence Welk 7:30 Dispense meds	12 7:30 Breakfast 8:00-10:30 ADL's 11:00 Ball Kick 11:30 Lunch 1:30 Arts & Crafts 4:00 Suppertime 6:00 Jeopardy 7:30 Dispense meds	13 7:30 Breakfast 8:00-10:30 ADL's 11:00 Sit N' Be Fit 11:30 Lunch 1:00 Flower Arranging 2:30 Snack Attack 4:00 Suppertime 6:00 Deal or No Deal 7:30 Dispense meds	14 7:30 Breakfast 8:00-10:30 ADL's 11:00 Seniorise 11:30 Lunch 1:30 Crunch N' Munch 2:00-3:00 <i>Sing along w/Rex</i> 4:00 Suppertime 6:00 Comedy on tape 7:30 Dispense meds		
15 7:30 Breakfast 8:00-10:30 ADL's 10:00 Church/Family 11:30 Lunch 2:00 Bingo! 3:00 Snack Attack 4:00 Suppertime 6:00 Evening Music 7:30 Dispense meds	16 7:30 Breakfast 8:00-10:30 ADL's 11:00 Walking & Wheeling 11:30 Lunch 1:30 Fruit Medley 2:30 Brain Games 4:00 Suppertime 6:00 Gospel on Tape 7:30 Dispense meds	17 7:30 Breakfast 8:00-10:30 ADL's 11:00 Exercise 11:30 Lunch 1:30 Crunch & Munch 2:30-3:00 <i>Sing along w/Rex</i> 4:00 Supper time 6:00 Wheel of Fortune 7:30 Dispense meds	18 7:30 Breakfast 8:00-10:30 ADL's 11:00 Seniorise 11:30 Lunch 1:00 Card Games 2:00 Healthy Snack 4:00 Suppertime 6:00 Deal or No Deal 7:30 Dispense meds	19 7:30 Breakfast 8:00-10:30 ADL's 11:00 Chair Dance 11:30 Lunch 1:30 BINGO! 2:30 Crunchy Snack 4:00 Suppertime 6:00 I Love Lucy 7:30 Dispense meds	20 7:30 Breakfast 8:00-10:30 ADL's 11:00 Simple Stretch 11:30 Lunch 1:00 Peanut Party 3:00 Arts & Crafts 4:00 Suppertime 6:00 Jeopardy 7:30 Dispense meds	21 7:30 Breakfast 8:00-10:30 ADL's 11:00 Ball Kick 11:30 Lunch 1:00 Root Beer Floats 3:00 Dominoes 4:00 Suppertime 6:00 AMC Movie 7:30 Dispense meds		
22 7:30 Breakfast 8:00-10:30 ADL's 10:00 Church/Family 11:30 Lunch 1:00 Arts & Crafts 3:00 Crunchy Snack 4:00 Suppertime 6:00 Nightly News 7:30 Dispense meds	23 7:30 Breakfast 8:00-10:30 ADL's 11:00 Exercise 11:30 Lunch 2:00 Card games 4:00 Suppertime 6:00 I Love Lucy 7:30 Dispense meds	24 7:30 Breakfast 8:00-10:30 ADL's 11:00 Sit N' Be Fit 11:30 Lunch 2:00 Veggie Snack 2:00-3:00 <i>Birthday Celebrations w/Rex</i> 4:00 Suppertime 6:00 Nightly News 7:30 Dispense meds 	25 7:30 Breakfast 8:00-10:30 ADL's 11:00 Let's Walk 11:30 Lunch 3:00 Tasty Treats 4:00 Suppertime 6:00 Big Band Music 7:30 Dispense meds	26 7:30 Breakfast 8:00-10:30 ADL's 11:00 Ball Toss 11:30 Lunch 1:00 Coffee Social 2:30 Card Games 4:00 Suppertime 6:00 Deal or No Deal 7:30 Dispense meds	27 7:30 Breakfast 8:00-10:30 ADL's 11:00 Exercise 11:30 Lunch 1:30 Gospel Music 2:00 Snack Attack 4:00 Suppertime 6:00 CNN News 7:30 Dispense meds	28 7:30 Breakfast 8:00-10:30 ADL's 11:00 Sit N' Be Fit 11:30 Lunch 1:30 Bingo 4:00 Suppertime 6:00 Jeopardy 7:30 Dispense meds		
29 7:30 Breakfast 8:00-10:30 ADL's 10:00 Church/Family 11:30 Lunch 2:00 Sweet Treats 3:00 Ring Toss 4:00 Suppertime 6:00 Gospel on Tape 7:30 Dispense meds	30 7:30 Breakfast 8:00-10:30 ADL's 11:00 Move to the groove 11:30 Lunch 1:30 Snack Attack 2:30 Sing Along 4:00 Suppertime 6:00 Current Events 7:30 Dispense meds	31 7:30 Breakfast 8:00-10:30 ADL's 11:00 Disco Moves 11:30 Lunch 1:30 Tasty Treats 2:00 Word Search 4:00 Suppertime 6:00 Deal or No Deal 7:30 Dispense meds	<u>ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</u> <i>Birthdays</i> 22 nd Bertha Murrell 93 years young!					