

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>ALL SCHEDULED PROGRAMS WILL BE FACILITATED 1:1 BY TR STAFF UNTIL FURTHER NOTICE</p>	<p>9:30 – Daily Newsletter 1</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Seated Stretches</p> <p>2:00 – Jigsaw Puzzles</p> <p>3:30 – Ice Cream Sundae on Wheels</p>	<p>9:30 – Daily Chronicle 2</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Exercise</p> <p>2:00 – Art Visits</p> <p>3:30 – Music Spotlight: Singalong</p>	<p>9:30 – Daily Newsletter 3</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Power Hour</p> <p>12:00 – Subway for Lunch (Sunflower/Tulip/Lavender)</p> <p>2:00 – Books on Wheels</p> <p>3:30 – Creativity Cart</p>	<p>9:30 – Daily Chronicle 4</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Strength Training</p> <p>2:00 – Outdoor Patio Visits</p> <p>3:30 – Balloon Volleyball</p>	<p>9:30 – Daily Newsletter 5</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Service Project</p> <p>2:00 – Trivia on iN2L</p> <p>3:30 – Happy Hour on Wheels</p>	<p>9:30 – Daily Chronicle 6</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Saturday Workout</p> <p>2:00 – West Winds Distribution</p> <p>3:30 – Refresh with Watermelon</p>
<p>10:30 – Daily Newsletter 7</p> <p>Activity packets (reading material, puzzles, word games, etc.), West Winds, magazines, and books will be available to all residents.</p> <p>Resident activity boxes will be left in the community room and household living room.</p>	<p>9:30 – Daily Chronicle 8</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Range of Motion Movements</p> <p>2:00 – Individualized Room Visits</p> <p>3:30 – Creativity Cart</p>	<p>9:30 – Daily Newsletter 9</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Let's Get Moving</p> <p>2:00 – Outdoor Patio Visits</p> <p>3:30 – Tissue Flower Project</p>	<p>9:30 – Daily Chronicle 10</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Let's Get Active</p> <p>12:00 – Subway for Lunch (Orchid/Cherry Blossom/Magnolia)</p> <p>2:00 – Brain Games</p> <p>3:30 – Travel with the Senses</p>	<p>9:30 – Daily Newsletter 11</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Chair Fitness</p> <p>2:00 – Books on Wheels</p> <p>3:30 – Ice Cream Social</p>	<p>9:30 – Daily Chronicle 12</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Service Project</p> <p>2:00 – Word Games</p> <p>3:30 – Friday Root Beer Floats</p>	<p>9:30 – Daily Newsletter 13</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Saturday Stretches</p> <p>2:00 – West Winds Distribution</p> <p>3:30 – Healthy Snacking: Fruit Cups</p>
<p>10:30 – Daily Newsletter 14</p> <p>Activity packets (reading material, puzzles, word games, etc.), West Winds, magazines, and books will be available to all residents.</p> <p>Resident activity boxes will be left in the community room and household living room.</p>	<p>9:30 – Daily Chronicle 15</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Seated Exercise</p> <p>2:00 – Books on Wheels</p> <p>3:30 – Virtual Travelogue</p>	<p>9:30 – Daily Newsletter 16</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Strength Training</p> <p>2:00 – Trivia on iN2L</p> <p>3:30 – Art Sessions</p>	<p>9:30 – Daily Chronicle 17</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Seated Stretches</p> <p>2:00 – Individualized Room Visits</p> <p>3:30 – Balloon Volleyball</p>	<p>9:30 – Daily Newsletter 18</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Power Hour</p> <p>2:00 – Outdoor Garden Visits</p> <p>3:30 – Music Spotlight: Singalong</p>	<p>9:30 – Daily Chronicle 19</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Service Project</p> <p>2:00 – Brain Games</p> <p>3:30 – Happy Hour on Wheels</p>	<p>9:30 – Daily Newsletter 20</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Saturday Exercise</p> <p>2:00 – West Winds Distribution</p> <p>3:30 – Banana Splits</p>
<p>10:30 – Daily Newsletter 21</p> <p>Activity packets (reading material, puzzles, word games, etc.), West Winds, magazines, and books will be available to all residents.</p> <p>Resident activity boxes will be left in the community room and household living room.</p>	<p>9:30 – Daily Chronicle 22</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Let's Get Active</p> <p>2:00 – Outdoor Patio Visits</p> <p>3:30 – Biography Spotlight</p>	<p>9:30 – Daily Newsletter 23</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Chair Fitness</p> <p>2:00 – Tissue Flower Project</p> <p>3:30 – Karaoke</p>	<p>9:30 – Daily Chronicle 24</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Seated Aerobics</p> <p>2:00 – Books on Wheels</p> <p>3:30 – Specialty Beverages</p>	<p>9:30 – Daily Newsletter 25</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Let's Get Physical</p> <p>2:00 – Trivia on iN2L</p> <p>3:30 – Creative Expression Art</p>	<p>9:30 – Daily Chronicle 26</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Service Project</p> <p>2:00 – Individualized Room Visits</p> <p>3:30 – Hand Massages & Aromatherapy</p>	<p>9:30 – Daily Newsletter 27</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Saturday Stretches</p> <p>2:00 – West Winds Distribution</p> <p>3:30 – Reading with Refreshments</p>
<p>10:30 – Daily Newsletter 28</p> <p>Activity packets (reading material, puzzles, word games, etc.), West Winds, magazines, and books will be available to all residents.</p> <p>Resident activity boxes will be left in the community room and household living room.</p>	<p>9:30 – Daily Chronicle 29</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Chair Exercise</p> <p>2:00 – Trivia on iN2L</p> <p>3:30 – Canvas Creations</p>	<p>9:30 – Daily Newsletter 30</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Seated Strength</p> <p>2:00 – Virtual Travelogue</p> <p>3:30 – Active Games</p>	<p>9:30 – Daily Chronicle 31</p> <p>10:00 – Good Morning Visits & Hydration Cart</p> <p>10:45 – Chair Zumba</p> <p>2:00 – Books on Wheels</p> <p>3:30 – Outdoor Garden Visits</p>	<h1>August 2022</h1> <p>The Health Care Center</p>		

Special events/programs are highlighted on the calendar. West Winds will be distributed on Saturdays. 1:1 TR visits will occur daily. Programs are subject to change.