

# August 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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10:00 Who Am I Quiz  
10:30 Morning Aerobics  
11:00 Adult Paint By Numbers  
1:00 Peaches On The Porch

Chocolate Chip Cookie Day  
10:00 Morning Stretches  
11:00 Custom Cookie Bags  
1:00 Homemade Chocolate Chip Cookies  
2:00 Card Bingo

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10:00 Chair Yoga  
11:00 Diamond Painting  
1:00 Younger or Older than 1985?  
2:00 Bowling  
2:30 Meditation Music

6

19:00 Cardio with Shelly  
11:00 Crafters Choice  
1:00 Never Have I Ever Game  
1:30 Lucynt Table  
2:00 Joggin Your Noggin

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Purple Heart Day  
10:00 Walk and Talk  
11:00 Gratitude Cards for Service Members  
1:00 ADB Theater: Purple Heart Warriors: Tears of a Warrior

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10:00 Chair Aerobics  
11:00 Marble Suncatcher Craft  
1:00 Find the Hidden Objects  
1:30 ADB Theater and Popcorn Social

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10:00 Chair Yoga  
11:00 Melted Crayon Craft  
1:00 The Bowl Game  
2:00 Uno  
2:30 Favorite Tunes of The 50's

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Vinyl Record Day  
10:00 Walk and Talk  
11:00 Crafters Choice  
1:00 Show and Share/Vinyl Record From Home  
2:00 Corn Hole

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10:00 Balloon Volley Ball  
11:00 Mosaic Tile Hot Mat Craft  
1:00 Lucynt Table  
1:30 Bingo  
2:00 Name That Tune

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10:00 Chair Aerobics  
11:00 Windsock Craft  
1:00 What are They Thinking?  
2:00 Uno  
2:30 Jazz Time Music

National Relaxation Day 15

10:00 Morning Stretches  
11:00 What are the Benefits of Relaxation  
1:00 Crafters Choice  
2:00 Read Aloud Story

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10:00 Cardio with Shelly  
11:00 Progressive Peacock Group Project  
1:00 Find the Hidden Objects  
2:00 Roll to 100's

19

10:00 Morning Stroll  
11:00 Progressive Peacock Group Project  
1:00 Fact or Fiction Quiz  
2:00-3:00 Croquet and Snacks on the Patio

Fellowship Funday Field Trip  
8:30 Field Trip Safety Meeting  
10:00-1:30 Food and Fellowship at Gloucester Active Lifestyle Center

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10:00 Chair Aerobics  
11:00 Candy Gift Box Craft  
1:00 Grocery Store Scavenger Hunt  
2:00 Lucynt Table  
2:30 Corn Hole

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10:00 Chair Yoga  
10:30 Milky Way Night Sky Craft  
11:30 Telling Campfire Stories

Cuban Culture Week 25

10:00 Cuba Fact File  
11:00 Morning Yoga  
1:00 Mocktail Monday/Mojitos  
2:00 Cuba Coloring Pages

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10:00 Balloon Volley Ball  
11:00 Cuban Trivia  
1:00 Cuban Dancing Dolls  
1:30 Uno  
2:30 Cuban Landscapes

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10:00 Morning Stroll  
11:00 Cuba Word Search  
1:00 Cuban Dance and Music  
2:00 Dominos  
2:30 Name That Tune

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Virtual Travel to Cuba  
10:00 Cardio with Shelly  
11:00-2:30 Get your passports ready! Virtual Travel to Cuba with crafts, authentic Cuban snacks and much more!

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10:00 Chair Aerobics  
11:00 Crafters Choice  
1:00 Parachute Game  
1:30 ADB Theater and Popcorn Social