

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2018



Namaste Suite & The Rose Garden Neighborhoods

Please see the Spiritual calendars on the bulletin board and in Tall Oaks Newsletters

<p>9:00-12:00 PM Namaste Stimulation (2FI)</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI)</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI)</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI)</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI)</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI)</p>	<p>9:00-12:00 PM Namaste Stimulation (2FI)</p>
<p>10:00 Exercise 10:30 Bible Trivia 11:00 Hymn Sing With Micki 11:45 Sports Workout 1:30 Tables Of Engagement 2:30 Bingo/Arts 3:00 Ice Cream Social 3:30 Games 4:15 Karaoke Hour</p>	<p>10:30 Monday Morning News 11:00 Catholic Mass 11:15 GROOVERCISE WITH KAREN 11:45 Summer Time Trivia 1:30 Walking Club 1:30 Time to Relax 2:30 Yoga 3:15 Games 4:00 Art History/Dining Set Up 4:30 Pre Meal Fun</p>	<p>10:00 Current Event 10:30 Finish the Phrase 11:00 The Price is Right 11:30 Workout with Carolyn 1:30 Time to Relax 2:00 Circuit for Seniors 3:00 Memory Lane 3:30 Clerical Fun 4:00 National Parks/Dining Set Up 4:30 Pre meal Fun</p>	<p>10:00 This day in History 10:30 Walking with Ms Minnie/ CNA 10:30 Tea Social 11:15 Zumba Gold 11:45 Animal Trivia 1:30 Time to Relax 1:30 Bakers Corner- Cookie Pizzas 2:30 Cheese and Wine Social /Jimi 4:00 Audio Books/Dining Set Up 4:30 Pre meal Fun</p>	<p>10:00 News and Views 10:30 Scenic Drive 10:30 News and Views 10:30 Scenic Ride 10:30 Music Circle 11:30 Hang Man 1:30 Time to Relax 1:30 Sensory Moments 2:00 Chair Aerobics 3:00 Bingo /Stress Free Art 4:00 Virtual Museum Tour 4:30 Dining Setup/ Pre Meal Fun</p>	<p>10:00 Discuss and Recall- Professions 10:45 Chair Aerobics 11:00 Reflex Fun 1:30 Walking Club 1:30 What Comes Next 2:30 Travelogue- DC 2:30 Fabulous Friday Happy Hour Mocktails and Music with Marcy 3:30 Sensory Moments 4:00 Nutritional Trivia/Dining Set Up 4:30 Pre Meal Fun</p>	<p>10:00 Chair Aerobics 11:00 Test the Senses 11:30 Fun Facts 1:30 Mclean Bible Church 3:00 Singing With Marcy 3:30 Welcome To Aug. Calendar 4:00 August Trivia 4:30 Dining Setup/ Pre Meal Fun 6:00 Movie</p>
<p>10:00 Inspirational Stories 10:30 St, Anne Episcopalian Church 11:15 Sports Workout 11:45 Hymn Sing 1:30 Time to Relax 2:30 Tom Springer/Ice Cream Social 3:00 Travelogue 4:00 Trivia</p>	<p>10:00 Resident Spotlight: Shirley 10:30 Drum Circle 11:15 GROOVERCISE WITH KAREN 11:45 Interesting Fun Facts 1:30 Tables of Engagement 1:30 Time to Relax 3:30 Team Sports Games 3:30 Sensory Moments 4:00 Country Classics Sing Along 4:30 Pre-meal Fun</p>	<p>10:00 This Day in History 10:30 Stretch and Tone 11:15 Reflex Training 1:30 Time to Relax 2:00 DJ Bill 2:30 Clerical Fun 3:30 What Did It Cost 4:00 Neil Diamond Sing Along 4:30 Pre-meal Fun</p>	<p>10:00 Good Morning News 10:30 Morning Social 10:30 Walking with Ms. Minnie/CNA 11:30 Team Ball Games 1:30 Time to Relax 1:30 Gardening Club 2:30 Circuit Games 3:00 Wine & Cheese Social/ Micki 4:00 Audio Books/Slides 4:30 Pre Meal Fun</p>	<p>10:00 News and Views 10:00 Exercise 11:30 Word Creation 1:30 Tables of Engagement 1:30 Name that Tune 2:00 Chair Aerobics 2:30 Sensory Moments 3:00 Arts & Crafts 4:00 Dining Set Up/Slide Show 4:30 Pre Meal Fun</p>	<p>10:00 Resident Spotlight- 10:30 Lawn Darts 11:00 Ring Toss 1:30 Time to Relax 1:30 Walking Club 2:30 Monthly Birthday Party with Gurda 4:00 Workout with Marcy 4:30 50's Sing Along 4:30 Dining Setup Pre Meal Fun</p>	<p>10:00 Stretch And Tone 10:30 Mclean Bible Church 11:30 Word Games 1:30 Movie And Popcorn Social 1:30 Art Club 2:30 Golfers Challenge 3:30 Sing Along With Marcy 4:00 Chair Aerobics 4:30 Dining Setup/Pre Meal Fun 6:00 Movie</p>
<p>10:00 Good News Stories 10:30 Hymn Sing With Micki 11:15 Chair Aerobics 11:45 Rhyme and Reason 1:30 Time to Relax 2:00 Stretch and Tone 2:30-Dave Lovins/Ice Cream Social 3:30 Word Games 4:15 Pre Meal Fun</p>	<p>10:00 Resident Spotlight: Gloria 10:30 Monday Morning News 11:15 GROOVERCISE WITH KAREN 11:45 World Trivia 1:30 Time to Relax 2:30 Echo of Nature 3:15 Tables of Engagement 4:00 Travelogue: Japan 4:15 Classical Hour/Dining Setup 4:30 Pre-meal Fun</p>	<p>10:00 This Day in History 10:30 Basketball " HORSE" 11:30 Workout with Carolyn 1:30 Puzzles and Pondering 2:00 Ring Toss 2:30 Clerical Fun 3:00 Senses Alive 4:00 Oldies Sing Along/Dining Setup 4:30 Pre Meal Fun</p>	<p>10:00 Reminiscing " The Old Day's" 10:30 Walking with Ms Minnie/CNA 10:30 Tea Social 11:15 Zumba Gold 1:30 Time to Relax 2:30 Bakers Corner- 3:15 Cheese and Wine Social Jimi 4:00 Audio Books 4:30 Dining setup/ Pre meal Fun</p>	<p>10:00 Outing: Scenic with Coffee 10:00 News and Views 10:30 Foam Ball Fitness 11:15 Tongue Twisters 1:30 Time to Relax 2:30 Root Beer Floats 3:00 Chair Aerobics 3:45 Music from the 40's 4:00 Wonders of Virginia/Dining Set Up 4:00 Pre Meal Fun</p>	<p>10:00 Resident Spotlight- Eva 10:30 July Birthday Quiz 11:00 Balloon Volley Ball 1:30 Walking Club 1:30 Tables Of Engagement 2:30 Sensory Moments 3:30 Summer Sizzle/ Happy Hour (TS) 4:00 Karaoke Hour 4:30 Dining Setup/ Pre meal Fun</p>	<p>10:00 Stretch And Tone 10:30 Mclean Bible Church 11:15 Annual Luau 1:30 Movie And Popcorn Social 2:30 Bocce 2:30 Tables Of Engagement 3:30 Sing Along With Marcy 4:00 Sports Workout 4:30 Dining Setup/Pre Meal Fun 6:00 Movie</p>
<p>10:00 News And Views 10:30 St, Anne Episcopalian Church 11:15 Bible Stories 1:30 Time to Relax 2:30 Yoga 3:00 Ice Cream Social 3:30 Table Games 4:00 Tropical Paradise 4:15 Dining Setup/Pre-Meal Fun</p>	<p>10:00 Resident Spotlight: Joyce 10:30 Monday Morning News 11:15 GROOVERCISE WITH KAREN 11:45 USA Trivia 1:30 James Taylor In Concert 1:30 Time To Relax 2:00 Balloon Volleyball 3:00 Sensory Moments 4:00 Musical Appreciation 4:30 Dining Setup/Pre-Meal Fun</p>	<p>10:00 Music with Carolyn 10:30 Finish the Phrase 11:00 The Price is right 11:30 Balloon Volleyball 1:30 Time to Relax 2:30 Clerical Fun 3:00 Tables of Engagement 4:00 Eat Right 4:30 Dining Set-up/Pre Meal Fun</p>	<p>10:00 Good Morning News 10:30 Tea Social 10:30 Waking with Ms. Minnie/ CNA 11:15 Zumba Gold 11:45 Sports Trivia 1:30 Movie Matinee/Gardening Club 3:00 Wine and Cheese/ Jimi 4:00 Who Am I? 4:15 Audio Books/ Slides 4:30 Dining Set up/ Pre Meal Fun</p>	<p>10:00 News and Views 10:30 Outing- Scenic Ride 10:30 Foam Ball Fitness 11:15 Finish The Song 1:30 Time to Relax 2:30 America Trivia 3:00 Chair Aerobics 3:45 Reminiscing 4:00 Music of the 1940' /Dining Set Up 4:30 Pre Meal Fun</p>	<p>10:00 This Day In History 10:30 Cranium Crunches 11:00 Balloon Tennis 1:30 Walking Club 1:30 Time to Relax 3:00 Fabulous Friday Social Hour on the T.S " Back to Broadway TS 3:30 Hang Man 4:00 T Ball 4:15 Dining Setup/ Pre Meal Fun</p>	<p>This calendar is subject to change, please see updates on posted Daily schedules & Locations Key.</p>

