

# August



**PARK REGENCY THORNTON**  
a Bethesda Senior Living Community

## Memory Care

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p style="text-align: center;"><b>ORANGE</b></p> <p style="text-align: center;">Activities occur in activities wing or lobby.</p>	<p><b>1</b></p> <p>9:00– Water color jellyfish 9:30– Bible study, snacks 10:30– Read with Anne 1:30– Word searches 2:15– <b>Patio rootbeer floats</b> 6:00– Evening exercise</p>	<p><b>2</b></p> <p>9:00– Puffer fish 9:30– Morning coffee, snacks 10:30– <b>Zumba class</b> 1:00– <b>John A. music</b> 2:00– Mind joggers 6:00– Evening movie/snacks</p>	<p><b>3 Happy Birthday Dale!</b></p> <p>9:00– Stingray art 9:30– Morning snacks 10:00– <b>Chair exercise</b> 1:00– <b>Catholic Services</b> 2:00– Parachute fun 6:00– Storytime &amp; snacks</p>	<p><b>4</b></p> <p>9:00– CD snails 9:30– Morning snacks 1:30– Creative forecasting 2:00– Afternoon snacks 3:00– Memory game 6:00– Evening stroll</p>
<p><b>5</b></p> <p>9:00– Starfish 9:15– <b>Worship with Mike</b> 9:30– Trivia, snacks 10:30– Memory game 1:30– Inside stroll 3:00– Puzzles 6:00– Evening movie, popcorn</p>	<p><b>6</b></p> <p>9:00– Chicken soup story 9:30– Morning coffee, snacks 10:00– <b>Stretch/Breathe class</b> 1:00– Crossword puzzles 3:00– Card game war 6:00– Storytime &amp; snacks</p>	<p><b>7</b></p> <p>9:00– Puzzles 9:30– Morning snacks 10:30– <b>Exercising</b> 1:00– Kickball 3:00– Scrapbooking 6:00– Tea &amp; crackers</p>	<p><b>8</b></p> <p>9:00– Footprints in the sand 9:30– Bible study, snacks 10:00– <b>Music with Rick W.</b> 12:00– <b>Art Class with Janis</b> 2:00– Afternoon snacks 6:00– Evening exercise</p>	<p><b>9</b></p> <p>9:00– Paint mini figures 9:30– Morning coffee, snacks 10:30– <b>Zumba class</b> 1:30– Card game war 2:00– <b>Young at Heart music</b> 6:00– Evening movie/snacks</p>	<p><b>10</b></p> <p>9:00– Bingo 9:30– Morning snacks 10:00– <b>Chair exercise</b> 1:00– <b>Catholic Services</b> 3:00– Crossword puzzle 6:00– Storytime &amp; snacks</p>	<p><b>11</b></p> <p>9:00– Paint mini pillows 9:30– Tea &amp; crackers 10:30– Mind joggers 1:30– Snazzi match game 3:00– Guesstures game 6:00– Evening movie/snacks</p>
<p><b>12</b></p> <p>9:00– Balloon volleyball 9:15– <b>Worship with Mike</b> 9:30– Trivia, snacks 10:30– Memory game 1:30– Inside stroll 3:00– Bingo 6:00– Evening movie, popcorn</p>	<p><b>13</b></p> <p>9:00– Chicken soup story 9:30– Morning coffee, snacks 10:00– <b>Stretch/Breathe class</b> 1:00– Crossword puzzles 2:00– <b>Music with Chuck F.</b> 6:00– Storytime &amp; snacks</p>	<p><b>14</b></p> <p>9:00– Finish the phrase 9:30– Morning snacks 10:30– <b>Exercising</b> 1:00– Kickball 2:30– <b>Magic show with Dick</b> 6:00– Tea &amp; crackers</p>	<p><b>15</b></p> <p>9:00– Make suncatchers 9:30– Bible study, snacks 10:00– <b>“Heartlanders” music</b> 1:30– Word searches 2:00– Afternoon snacks 6:00– Evening exercise</p>	<p><b>16</b></p> <p>9:00– Noodle balloon 9:30– Morning coffee, snacks 10:30– <b>Zumba class</b> 11:00– <b>Lunch out</b> 2:00– <b>Music with Scott B</b> 6:00– Evening movie/snacks</p>	<p><b>17</b></p> <p>9:00– Felt art 9:30– Morning snacks 10:00– <b>Chair exercise</b> 1:00– <b>Catholic Services</b> 2:00– Parachute fun 6:00– Storytime &amp; snacks</p>	<p><b>18</b></p> <p>9:00– Bingo 9:30– Morning snacks 1:30– Memory game 2:00– Creative forecast 3:00– Afternoon snacks 6:00– Evening stroll</p>
<p><b>19</b></p> <p>9:00– Canvas art 9:15– <b>Worship with Mike</b> 9:30– Trivia, snacks 10:30– Memory game 1:30– Inside stroll 3:00– Balloon noodle 6:00– Evening movie, popcorn</p>	<p><b>20 Spirit Week: 80’s</b></p> <p>9:00– Chicken soup story 9:30– Morning coffee, snacks 10:00– <b>Stretch/Breathe class</b> 1:00– Crossword puzzles 2:00– Jenga 6:00– Storytime &amp; snacks</p>	<p><b>21 Spirit Week: Crazy Hair</b></p> <p>9:00– Bingo 9:30– Morning snacks 10:30– <b>Exercising</b> 1:00– Puzzles 4:00– <b>Family council mtg</b> 6:00– Tea &amp; crackers</p>	<p><b>22 Spirit Week: Team Sports</b></p> <p>9:00– Balloon volleyball 9:30– Bible study, snacks 10:30– Read with Anne 1:30– Word searches 2:15– Bead jewelry 6:00– Evening exercise</p>	<p><b>23 Spirit Week: Western</b></p> <p>9:00– Wood art 9:30– Morning coffee, snacks 10:30– <b>Zumba class</b> 1:30– Memory game 3:00– Guesstures 6:00– Evening movie/snacks</p>	<p><b>24 Spirit Week: Island Day</b></p> <p>9:00– Paint suncatchers 9:30– Morning snacks 10:00– <b>Chair exercise</b> 1:00– <b>Catholic Services</b> 3:00– Crossword puzzle 6:00– Storytime &amp; snacks</p>	<p><b>25</b></p> <p>9:00– Creative forecasting 9:30– Tea &amp; crackers 10:30– Mind joggers 1:30– Snazzi match game 3:00– Jenga 6:00– Evening movie/snacks</p>
<p><b>26</b></p> <p>9:00– Paint birdhouses 9:15– <b>Worship with Mike</b> 9:30– Trivia, snacks 10:30– Felt art 1:30– Inside stroll 3:00– Wood art 6:00– Evening movie, popcorn</p>	<p><b>27</b></p> <p>9:00– Chicken soup story 9:30– Morning coffee, snacks 10:00– <b>Stretch/Breathe class</b> 1:00– <b>Music with Gary S.</b> 3:00– Crossword puzzles 6:00– Storytime &amp; snacks</p>	<p><b>28</b></p> <p>9:00– Balloon volleyball 9:30– Morning snacks 10:30– <b>Exercising</b> 1:00– Kickball 3:00– Jenga 6:00– Tea &amp; crackers</p>	<p><b>29</b></p> <p>9:00– Mind joggers 9:30– Bible study, snacks 10:30– Read with Anne 1:30– Word searches 2:15– <b>Patio rootbeer floats</b> 6:00– Evening exercise</p>	<p><b>30</b></p> <p>9:00– Bingo 9:30– Morning coffee, snacks 10:30– <b>Zumba class</b> 1:30– Word search 3:00– Crossword puzzle 6:00– Evening movie/snacks</p>	<p><b>31</b></p> <p>9:00– Finish the phrase 9:30– Morning snacks 10:00– <b>Chair exercise</b> 1:00– <b>Catholic Services</b> 3:00– Balloon noodle 6:00– Storytime &amp; snacks</p>	<p style="text-align: center;"><b>PURPLE</b></p> <p style="text-align: center;">Activities or outings just for memory care.</p>