

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Church on 1 TV 1:30 Brain Fitness 2:00 Bingo 3:30 Social in the courtyard 6:00 Movie	10:00 Aerobics 2 11:00 Trivia 1:30 Brain Fitness 2:00 Bingo 2:00 Manicures & Hand massages 3:30 Sing along to the oldies 6:00 Movie	10:00 Morning Stretch 3 10:30 Bowling Party 1:30 Resident Council 2:00 Balloon Swat 3:00 Social in The courtyard 6:00 Crafts	10:00 Word Game 4 11:00 Aerobics 1:30 Brain Fitness 2:00 Baking Group 3:00 Left, Right and Center 6:00 Movie	10:00 Morning 5 Stretch 10:30 Cliché Game 2:00 Group Crossword Puzzle 3:00 Rosary & Communion 6:00 Lawrence Welk	10:00 Aerobics 6 10:30 Word Game 1:30 Brain Fitness 2:00 Happy Hour 3:30 Game Shows 6:00 Bingo	10:00 Animal 7 Planet 2:00 Bingo 3:30 Social in the Courtyard 6:00 Movie
10:00 Church on 8 TV 1:30 Brain Fitness 2:00 Bingo 3:30 Social in the courtyard 6:00 Movie	10:00 Aerobics 9 11:00 Trivia 1:30 Brain Fitness 2:00 Bingo 2:00 Manicures & Hand massages 3:30 Sing along to the oldies 6:00 Movie	10:00 Morning Stretch 10 10:30 Bowling Party 1:30 Brain Fitness 2:00 Balloon Swat 3:00 Social in The courtyard 6:00 Crafts	10:00 Word Game 11 11:00 Aerobics 1:30 Brain Fitness 2:00 Mass 3:00 Left, Right and Center 6:00 Movie	10:00 Morning 12 Stretch 10:30 Cliché Game 2:00 Group Crossword Puzzle 3:00 Rosary & Communion 6:00 Lawrence Welk	10:00 Aerobics 13 10:30 Word Game 1:30 Brain Fitness 2:00 Happy Hour 3:30 Game Shows 6:00 Bingo	10:00 Animal 14 Planet 2:00 Palace Theatre Entertains 3:30 Social in the Courtyard 6:00 Movie
10:00 Church on 15 TV 1:30 Brain Fitness 2:00 Entertainment/ Peter Ole 3:30 Social in the courtyard 6:00 Movie	10:00 Aerobics 16 11:00 Trivia 1:30 Brain Fitness 2:00 Bingo 2:00 Manicures & Hand massages 3:30 Sing along to the oldies 6:00 Movie	Bagel Day 17 10:00 Morning Stretch 10:30 Bowling Party 1:30 Brain Fitness 2:00 Bagel & Cream cheese Social 3:00 Social in The courtyard 6:00 Crafts	10:00 Word Game 18 11:00 Aerobics 1:30 Brain Fitness 2:00 Baking Group 3:00 Left, Right and Center 6:00 Movie	10:00 Morning 19 Stretch 10:30 Cliché Game 2:00 Group Crossword Puzzle 3:00 Rosary & Communion 6:00 Lawrence Welk	Australia Day 20 10:00- Aerobics 11:00 Trivia about Australia 2:00 Cooking 6:00 Armchair Travel/ Australia	10:00 Animal 21 Planet 2:00 Bingo 3:30 Social in the Courtyard 6:00 Movie
10:00 Church on 22 TV 1:30 Brain Fitness 2:00 Bingo 3:30 Social in the courtyard 6:00 Movie	10:00 Aerobics 23 11:00 Trivia 1:30 Brain Fitness 2:00 Bingo 2:00 Manicures & Hand massages 3:30 Sing along to the oldies 6:00 Movie	10:00 Morning Stretch 24 10:30 Bowling Party 1:30 Brain Fitness 2:00 Balloon Swat 3:00 Social in The courtyard 6:00 Crafts	10:00 Word Game 25 11:00 Aerobics 1:30 Brain Fitness 2:00 Entertainment/ Boot Scootin Boomers 3:30 Left, Right and Center 6:00 Movie	10:00 Morning 26 Stretch 10:30 Cliché Game 2:00 Group Crossword Puzzle 3:00 Rosary & Communion 6:00 Lawrence Welk	10:00 Aerobics 27 10:30 Word Game 1:30 Brain Fitness 2:00 Happy Hour 3:30 Game Shows 6:00 Bingo	10:00 Animal 28 Planet 2:00 Bingo 3:30 Social in the Courtyard 6:00 Movie
10:00 Church on 29 TV 1:30 Brain Fitness 2:00 Bingo 3:30 Social in the courtyard 6:00 Movie	10:00 Aerobics 30 11:00 Trivia 1:30 Brain Fitness 2:00 Bingo 2:00 Manicures & Hand massages 3:30 Sing along to the oldies 6:00 Movie	10:00 Morning 31 Stretch 10:30 Bowling Party 1:30 Brain Fitness 2:00 Birthday Party 3:00 Social in The courtyard 6:00 Crafts	 <h1 style="text-align: center;">August 2010</h1> <h2 style="text-align: center;">BELKNAP & STRAFFORD ACTIVITIES</h2>			