




goodbye July, hello
AUGUST

Golden Meadows Activity Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Move to the groove 11:30 LUNCH 2:00 Music w/Andy 3:00 Tasty Treat 4:30 DINNER 6:00 News	2 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH 2:00 John's 1 Man Band 3:00 Snack Attack 4:30 DINNER 6:00 Evening News	3 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Holy Communion 11:00 Chair Dancing 11:30 LUNCH 2:00 Guitarist Daryl 3:00 Tasty Treats 4:30 Dinner 6:00 News	4 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH 2:00 Bingo 3:00 Snack Attack 4:30 DINNER 6:00 Evening News
5 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Family Visits 11:30 LUNCH 2:00 Church 3:00 Snack Attack 4:30 DINNER 6:00 Evening News	6 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Catch A Ball 11:00 Snack 2:00 Keyboards w/ Gil 3:00 Tasty Treat 4:30 DINNER 6:00 News	7 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH 1:00 Singing with Rex 3:00 Snack Attack 4:30 DINNER 6:00 Evening News	8 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Move to the groove 11:30 LUNCH 2:00 Root Beer Floats 4:30 DINNER 6:00 News	9 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH 1:30 Endtime Gospel 3:00 Snack Attack 4:30 DINNER 6:00 Evening News	10 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Holy Communion 11:00 Chair Dancing 11:30 LUNCH 2:00 Country w/ Johnny 3:00 Tasty Treats 4:30 Dinner 6:00 News	11 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH 2:00 Bingo 3:00 Snack Attack 4:30 DINNER 6:00 Evening News
12 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Family Visits 11:30 LUNCH 2:00 Church 3:00 Snack Attack 4:30 DINNER 6:00 Evening News	13 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Catch A Ball 11:30 LUNCH 2:00 J&J Entertainers 3:00 Tasty Treat 4:30 DINNER 6:00 News	14 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH 2:00 Nail Care 3:00 Snack Attack 4:30 DINNER 6:00 Evening News	15 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Move to the groove 11:30 LUNCH 1:00 Singing with Rex 3:00 Tasty Treat 4:30 DINNER 6:00 News	16 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH 2:00 John's 1 Man Band 3:00 Snack Attack 4:30 DINNER 6:00 Evening News	17 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Holy Communion 11:00 Chair Dancing 11:30 LUNCH 2:00 Ice Cream Social 4:30 Dinner 6:00 News	18 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH 2:00 Bingo 3:00 Snack Attack 4:30 DINNER 6:00 Evening News
19 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Family Visits 11:30 LUNCH 2:00 Church 3:00 Snack Attack 4:30 DINNER 6:00 Evening News	20 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Catch A Ball 11:00 Snack 2:00 Keyboards w/ Gil 3:00 Tasty Treat 4:30 DINNER 6:00 News	21 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH 1:00 Singing with Rex 3:00 Snack Attack 4:30 DINNER 6:00 Evening News	22 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Move to the groove 11:30 LUNCH 1:00 Resident Council 2:00 Music w/Andy 3:00 Tasty Treat 4:30 DINNER 6:00 News	23 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH 1:30 Endtime Gospel 3:00 Snack Attack 4:30 DINNER 6:00 Evening News	24 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Holy Communion 11:00 Chair Dancing 11:30 LUNCH 2:00 Country w/ Johnny 3:00 Tasty Treats 4:30 Dinner 6:00 News	25 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH 2:00 Bingo 3:00 Snack Attack 4:30 DINNER 6:00 Evening News
26 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Family Visits 11:30 LUNCH 2:00 Church 3:00 Snack Attack 4:30 DINNER 6:00 Evening News	27 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Catch A Ball 11:30 LUNCH 2:00 Teri & Her Drums 3:00 Tasty Treat 4:30 DINNER 6:00 News	28 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH 1:00 Singing with Rex 3:00 Snack Attack 4:30 DINNER 6:00 Evening News	29 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Move to the groove 11:30 LUNCH 2:00 Fun & Games 3:00 Tasty Treat 4:30 DINNER 6:00 News	30 7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH 2:00 Singing with Ray 4:30 DINNER 6:00 Evening News	31 7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Holy Communion 11:00 Chair Dancing 11:30 LUNCH 2:00 Tunes w/ Ronald 3:00 Tasty Treats 4:30 Dinner 6:00 News	 No Birthdays in