

# Northshore Heights Senior Living - Assisted Living Activity Calendar

## August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>BIRTHDAY - Betty B. 1</b> 10:30 Monday Movin' & Groovin' - AR 11:00 Devotions w/Nate - AR 1:45 Movie Matinee - AR 2:00 Shopping at Walmart - FE 6:30 Nightly News - DR	<b>2</b> 10:30 Devotions w/David-AR 11:00 Fun Fitness w/Sandy-AR <b>2:00 Music w/Danny - DR</b> <b>3:00 National Ice Cream Sandwich Day - DR</b>	<b>3</b> 10:30 Catholic Service - AR 11:00 Sit Fit w/UT Home Health-AR <b>1:30 Bus Trip to the East Tennessee History Center-FE</b> 6:30 Nightly News - DR	<b>4</b> 10:30 Sittercise w/Intrepid - AR 11:00 Devotions w/AD - DR 2:00 Lukcy Pennies - AR 3:30 Bingo - AR 7:00 Game Shows	<b>5</b> <b>10:30 Dog Days of Summer Craft w/Phyllis - AR</b> 2:00 Happy Hour - DR 3:00 Sing-A-Long w/Tom-DR 6:30 Poker Night - IA	<b>6</b> 9:00 Morning News - DR 10:30 Exercise - AR 2:00 Bingo - DR 3:30 Puzzles - IA 7:00 Billiards - IA
<b>7</b> 10:30 Coffee & Chat with Friends - IA 11:00 Church Service - DR 1:30 Baptist Service - AR 3:00 Activity Packets - IA 7:00 60 Minutes - IA	<b>8</b> <b>10:30 Frames of Reflection: The American Southwest - AR</b> 1:45 Movie Matinee - AR 2:00 Shopping at Gabe's - FE 6:30 Nightly News - DR	<b>9</b> 10:30 Devotions w/David-AR 11:00 Fun Fitness w/Sandy-AR <b>2:00 Ice Cream Social - DR</b> 3:30 Tenzi - AR 7:00 Game Shows - DR	<b>10</b> 10:30 Catholic Service - AR 11:00 Sit Fit w/UT Home Health-AR <b>2:00 Gardening w/UT Gardens - AR</b> 3:30 Ticket Roll - AR 6:30 Nightly News - DR	<b>11</b> 10:30 Sittercise - AR 11:00 Devotions w/AD - DR 2:00 Chicken Foot - AR 3:30 Bingo - AR 7:00 Game Shows	<b>12</b> <b>10:30 S.T.A.R. Mini Ponies &amp; Popsicles - BP</b> 2:00 Happy Hour - DR 3:00 Sing-A-Long w/Tom-DR 6:30 Poker Night - IA	<b>13</b> 9:00 Morning News - DR 10:30 Exercise - AR 2:00 Bingo - DR 3:30 Puzzles - IA 7:00 Billiards - IA
<b>BIRTHDAY - Clevonne T. 14</b> 10:30 Coffee & Chat with Friends - IA 11:00 Church Service - DR 1:30 Baptist Service - AR 3:00 Activity Packets - IA 7:00 60 Minutes - IA	<b>BIRTHDAY - Carl M. 15</b> 10:30 Monday Movin' & Groovin' - AR 11:00 Devotions w/Nate - AR <b>2:00 Music w/Dennis - DR</b> 3:30 Uno - AR 6:30 Nightly News - DR	<b>16</b> 10:30 Devotions w/David-AR 11:00 Chair Yoga - AR <b>2:00 Finding Yukon Gold Scavenger Hunt - AR</b> 7:00 Game Shows - DR	<b>17</b> 10:30 Catholic Service - AR 11:00 Sit Fit w/UT Home Health-AR <b>1:15 Resident Council &amp; Food Committee - AR</b> <b>2:15 Bus Trip to Brusters - FE</b> 6:30 Nightly News - DR	<b>18</b> 10:30 Sittercise - AR 11:00 Devotions w/AD - DR <b>2:00 Monthly Birthday Party for All August B-Day's - DR</b> 3:30 Bingo - AR 7:00 Game Shows	<b>19</b> <b>10:30 Lunch Around Town at Cheesecake Factory - FE</b> 2:00 Happy Hour - DR 3:00 Sing-A-Long w/Tom-DR 6:30 Poker Night - IA	<b>20</b> 9:00 Morning News - DR 10:30 Exercise - AR 2:00 Bingo - DR 3:30 Puzzles - IA 7:00 Billiards - IA
<b>21</b> 10:30 Coffee & Chat with Friends - IA 11:00 Church Service - DR 1:30 Baptist Service - AR 3:00 Activity Packets - IA 7:00 60 Minutes - IA	<b>22</b> 10:00 Shopping at Food City or Dollar Tree - FE <b>2:00 Music w/Fredda - DR</b> 3:00 Mocktail Monday - DR 6:30 Nightly News - DR	<b>23</b> 10:30 Devotions w/David-AR 11:00 Fun Fitness w/Sandy-AR 2:00 Arts & Crafts - AR 3:30 Bunco - AR 7:00 Game Shows - DR	<b>24</b> 10:30 Catholic Service - AR 11:00 Sit Fit w/UT Home Health-AR <b>2:00 Rhythm Band w/Rise-AR</b> 3:30 Mexican Train - AR 6:30 Nightly News - DR	<b>25</b> 10:30 Sittercise - AR 11:00 Devotions w/AD - DR <b>2:00 Sno Cones - DR</b> 3:30 Bingo - AR 7:00 Game Shows	<b>26</b> 10:30 Jeopardy - AR 2:00 Happy Hour - DR 3:00 Sing-A-Long w/Tom-DR 6:30 Poker Night - IA	<b>27</b> 9:00 Morning News - DR 10:30 Exercise - AR 2:00 Bingo - DR 3:30 Puzzles - IA 7:00 Billiards - IA
<b>28</b> 10:30 Coffee & Chat with Friends - IA 11:00 Church Service - DR 1:30 Baptist Service - AR 3:00 Activity Packets - IA 7:00 60 Minutes - IA	<b>29</b> 10:30 Devotions w/Amanda-AR 11:00 Monday Movin' & Groovin'-AR <b>2:00 Homemade Salsa Demo with Bobby - AR</b> 6:30 Nightly News - DR	<b>BIRTHDAY - Elaine A. 30</b> 10:30 Devotions w/David-AR 11:00 Fun Fitness w/Sandy-AR <b>2:00 Music w/Frank &amp; Friends-DR</b> 3:30 Throw Away Bingo - AR 7:00 Game Shows - DR	<b>BIRTHDAY - Willa G. 31</b> 10:30 Catholic Service - AR 11:00 Sit Fit w/UT Home Health-AR <b>2:00 Banana Split Social with Amedysis - DR</b> 6:30 Nightly News - DR	<p><b>Room Location Codes</b>  <b>AR = Activity Room</b>                      <b>DR = Dining Room</b>                      <b>BP = Back Patio</b>  <b>FE = Front Entrance</b>                      <b>IA - Independent Activity</b>                      <b>MC = Memory Care</b></p> <p><b>Activities are subject to change. Please refer to the Daily Activities Board in the Dining Room for the most updated schedule.</b></p>		