

Northshore Heights Senior Living Night Owl Activity Calendar

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00pm Tea & Hand Massage 11:00pm Word Search 1:00am Name 5 3:00am Spelling Bee 5:00am Chair Stretches	2 9:00pm Listening to Music 11:00pm Checkers 1:00am Puzzles 3:00am Rummy Hour 5:00am TV Land	3 9:00pm Spelling Bee 11:00pm Midnight Movie 1:00am Poetry Reading 3:00am Rook 5:00 Morning Walking Club	4 9:00pm Reading Chicken Soup for the Soul 11:00pm Phase 10 1:00am Sudoku 3:00am Pictionary 5:00 Sunrise Stroll	5 9:00pm Billiards 11:00pm Midnight Movie 1:00am Monopoly 3:00am Zig Zag Word Game 5:00am TV Land	6 9:00pm Family Feud 11:00pm Blackjack 1:00am Match Game 3:00am Dot-to-Dot 5:00 Morning Walking Club
7 9:00pm Tic-Tac-Toe 11:00pm Crosswords 1:00am Clock Solitaire 3:00am 20 Questions 5:00am Bible Studies	8 9:00pm Family Stories 11:00pm Midnight Movie 1:00am Crazy 8's 3:00am Journaling 5:00 Morning Walking Club	9 9:00pm Billiards 11:00pm Midnight Movie 1:00am Dominoes 3:00am Solitaire 5:00am Sunrise Stroll	10 9:00pm Chicken Foot 11:00pm I Spy 1:00am Basket Toss 3:00am Remember When? 5:00 Chair Stretches	11 9:00pm Rummikub 11:00pm Midnight Movie 1:00am Yahtzee 3:00am Word Scramble 5:00 Morning Walking Club	12 9:00pm Relaxing Music 11:00pm Brain Teasers 1:00am Pyramid Solitaire 3:00am Adult Coloring 5:00am Chair Stretches	13 9:00pm Finish the Song 11:00pm Midnight Movie 1:00am Match Game 3:00am Amazing Mazes 5:00am Sunrise Stroll
14 9:00pm Current Events 11:00pm Midnight Movie 1:00am Go Fish 3:00am Trivia 5:00am Bible Studies	15 9:00pm Tea & Hand Massage 11:00pm Word Search 1:00am Name 5 3:00am Spelling Bee 5:00am Chair Stretches	16 9:00pm Listening to Music 11:00pm Checkers 1:00am Puzzles 3:00am Rummy Hour 5:00am TV Land	17 9:00pm Spelling Bee 11:00pm Midnight Movie 1:00am Poetry Reading 3:00am Rook 5:00 Morning Walking Club	18 9:00pm Reading Chicken Soup for the Soul 11:00pm Phase 10 1:00am Sudoku 3:00am Pictionary 5:00 Sunrise Stroll	19 9:00pm Billiards 11:00pm Midnight Movie 1:00am Monopoly 3:00am Zig Zag Word Game 5:00am TV Land	20 9:00pm Family Feud 11:00pm Blackjack 1:00am Match Game 3:00am Dot-to-Dot 5:00 Morning Walking Club
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28 9:00pm Current Events 11:00pm Midnight Movie 1:00am Go Fish 3:00am Trivia 5:00am Bible Studies	29 9:00pm Tea & Hand Massage 11:00pm Word Search 1:00am Name 5 3:00am Spelling Bee 5:00am Chair Stretches	30 9:00pm Listening to Music 11:00pm Checkers 1:00am Puzzles 3:00am Rummy Hour 5:00am TV Land	31 9:00pm Spelling Bee 11:00pm Midnight Movie 1:00am Poetry Reading 3:00am Rook 5:00 Morning Walking Club	All programs will be facilitated up request by the nursing staff. If you have any questions, you may direct them to Shelli in Activities.		