

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026 Northshore Heights Senior Living – Memory care						1 10:00 Easy Listening – DR 1:30 Reading Circle – DR 2:00 Hallmark Movie – DR 3:00 Hydration Station – DR 6:00 Relaxing Music Hour – LR
Self-Care Sunday 9:00-11:30AM 2 1:30 One on One Visit 2:00 Temple Baptist Church Service – AR 2:45 Sunday Matinee w/Hydrations & Snacks – LR 4:15 Balloon Bounce – LR 6:00 Relaxing Music Hour – LR	3 9:30 Coffee & Chat – DR 10:00 Music & Sensory – DR 11:00 Gentle Stretch – DR 1:30 One on One Visit 2:30 Tabletop Bowling – DR 3:30 Hydration Station – DR 4:00 Table Talk – DR 6:00 Relaxing Music Hour – LR	4 9:30 Coffee & Chat – DR 10:00 Name Five – DR 10:30 Bingo – DR 1:30 One on One Visit 2:30 Dog Visits w/Kortney from UT HM. Care Services– BP 3:30 Hydration Station – DR 4:00 Sing Along Oldies – DR 4:30 Ball Toss – DR 6:00 favorite TV Show – DR	5 9:30 Coffee & Chat – DR 10:00 Music & Sensory – DR 11:00 Balloon Bounce – DR 1:30 One on One Visit 2:30 MC Rhythm Band/Sing Along – DR 3:30 Happy Hour – DR 4:00 Match Game/Maze – DR 6:00 Relaxing Music Hour – LR	6 9:30 Coffee & Chat – DR 10:30 Morning Devotional w/Calvary Chapel – MDR 1:30 One on One Visit 2:30 Bean Bag Toss– DR 3:30 Hydration Station – DR 4:00 Reading Circle – DR 6:00 Relaxing Music Hour – LR	7 <i>10:00 Morning Devotional w/AD from Smoky MTN. Hospice – DR</i> 11:00 Sit & Fit w/Bob w/UT HM Care Services – DR 2:00 Favorite TV Show – LR 3:15 Hydration Station – DR 3:30 One on One Visit 6:00 Relaxing Music Hour – LR	8 10:00 Easy Listening – DR 1:30 Reading Circle – DR 2:00 Hallmark Movie – DR 3:00 Hydration Station – DR 6:00 Relaxing Music Hour – LR
Self-Care Sunday 9:00-11:30AM 9 1:30 One on One Visit 2:00 Temple Baptist Church Service – AR 2:45 Sunday Matinee w/Hydrations & Snacks – LR 4:15 Balloon Bounce – LR 6:00 Relaxing Music Hour – LR	10 9:30 Coffee & Chat – DR 10:00 Music & Sensory – DR 11:00 Gentle Stretch – DR 1:30 One on One Visit 2:30 Tabletop Bowling – DR 3:30 Hydration Station – DR 4:00 Table Talk – DR 6:00 Relaxing Music Hour – LR	11 9:30 Coffee & Chat – DR 10:00 Name Five – DR 10:30 Fun Fitness w/Sandy – DR 2:00 Live Music w/Marc Beecher – MDR 3:30 Hydration Station – DR 4:00 Sing Along Oldies – DR 4:30 Ball Toss – DR 6:00 favorite TV Show – DR	12 9:30 Coffee & Chat – DR 10:00 Puzzle Club – DR 10:30 Hymns & Harmony – DR 11:00 Morning Devotional w/Mark from Central Baptist Bearden – DR 1:30 One on One Visit 2:30 MC Rhythm Band/Sing Along – DR 3:30 Happy Hour – DR 4:00 Color Me Happy – DR 6:00 Relaxing Music Hour – LR	13 9:30 Coffee & Chat – DR 10:30 Bingo – DR 1:30 One on One Visit 2:30 Bean Bag Toss– DR 3:30 Hydration Station – DR 4:00 Reading Circle – DR 6:00 Relaxing Music Hour – LR	14 10:30 MC Brain Teaser – DR 11:00 Sit & Fit w/Bob w/UT HM Care Services – DR 2:00 Favorite TV Show – LR 3:15 Hydration Station – DR 3:30 One on One Visit – DR 6:00 Relaxing Music Hour – LR	15 10:00 Easy Listening – DR 1:30 Reading Circle – DR 2:00 Hallmark Movie – DR 3:00 Hydration Station – DR 6:00 Relaxing Music Hour – LR
Self-Care Sunday 9:00-11:30AM 16 1:30 One on One Visit 2:00 Temple Baptist Church Service – AR 2:45 Sunday Matinee w/Hydrations & Snacks – LR 4:15 Balloon Bounce – LR 6:00 Relaxing Music Hour – LR	17 9:30 Coffee & Chat – DR 10:00 Music & Sensory – DR 11:00 Gentle Stretch – DR 1:30 One on One Visit 2:30 Tabletop Bowling – DR 3:30 Hydration Station – DR 4:00 Table Talk – DR 6:00 Relaxing Music Hour – LR	18 9:30 Coffee & Chat – DR 10:00 Name Five – DR 10:30 Bingo – DR 2:00 Live Music w/Timothy Stoffberg – MDR 3:30 Hydration Station – DR 4:00 Sing Along Oldies – DR 4:30 Ball Toss – DR 6:00 favorite TV Show – DR	19 9:30 Coffee & Chat – DR 10:00 Music & Sensory – DR 11:00 Balloon Bounce – DR 1:30 One on One Visit 2:30 MC Rhythm Band/Sing Along – DR 3:30 Happy Hour – DR 4:00 Match Game/Maze – DR 6:00 Relaxing Music Hour – LR	20 9:30 Coffee & Chat – DR 10:30 Morning Devotional w/Calvary Chapel – MDR 1:30 One on One Visit 2:30 Monthly Birthday Party & Hydration – DR 3:30 Junk Drawer Detective – DR 4:00 Reading Circle – DR 6:00 Relaxing Music Hour – LR	21 Podiatry Day 9AM – 12PM 2:00 Favorite TV Show – LR 3:15 Hydration Station – DR 3:30 One on One Visit 6:00 Relaxing Music Hour – LR	22 10:00 Easy Listening – DR 1:30 Reading Circle – DR 2:00 Hallmark Movie – DR 3:00 Hydration Station – DR 6:00 Relaxing Music Hour – LR
Self-Care Sunday 9:00-11:30AM 23 1:30 One on One Visit 2:00 Temple Baptist Church Service – AR 2:45 Sunday Matinee w/Hydrations & Snacks – LR 4:15 Balloon Bounce – LR 6:00 Relaxing Music Hour – LR	24 9:30 Coffee & Chat – DR 10:00 Music & Sensory – DR 11:00 Gentle Stretch – DR 1:30 One on One Visit 2:30 Tabletop Bowling – DR 3:30 Hydration Station – DR 4:00 Table Talk – DR 6:00 Relaxing Music Hour – LR	25 9:30 Coffee & Chat – DR 10:00 Name Five – DR 10:30 Fun Fitness w/Sandy – DR 2:00 Live Music w/Frank & Friends – MDR 3:30 Hydration Station – DR 4:00 Sing Along Oldies – DR 4:30 Ball Toss – DR 6:00 favorite TV Show – DR	26 9:30 Coffee & Chat – DR 10:00 Puzzle Club – DR 11:00 Morning Devotional w/Mark from Central Baptist Bearden – DR 1:30 One on One Visit 2:30 MC Rhythm Band/Sing Along – DR 3:30 Happy Hour – DR 4:00 Color Me Happy – DR 6:00 Relaxing Music Hour – LR	27 9:30 Coffee & Chat – DR 10:30 Bingo – DR 1:30 One on One Visit 2:30 Bean Bag Toss– DR 3:30 Hydration Station – DR 4:00 Reading Circle – DR 6:00 Relaxing Music Hour – LR	28 <i>10:00 Morning Devotional w/AD from Smoky MTN. Hospice – DR</i> 10:30 MC Brain Teaser – DR 11:00 Sit & Fit w/Bob w/UT HM Care Services – DR 2:00 Favorite TV Show – LR 3:15 Hydration Station – DR 3:30 One on One Visit – DR 6:00 Relaxing Music Hour – LR	29 10:00 Easy Listening – DR 1:30 Reading Circle – DR 2:00 Hallmark Movie – DR 3:00 Hydration Station – DR 6:00 Relaxing Music Hour – LR
Self-Care Sunday 9:00-11:30AM 30 1:30 One on One Visit 2:00 Temple Baptist Church Service – AR 2:45 Sunday Matinee w/Hydrations & Snacks – LR 4:15 Balloon Bounce – LR 6:00 Relaxing Music Hour – LR	31 9:30 Coffee & Chat – DR 10:00 Music & Sensory – DR 11:00 Gentle Stretch – DR 1:30 One on One Visit 2:30 Tabletop Bowling – DR 3:30 Hydration Station – DR 4:00 Table Talk – DR 6:00 Relaxing Music Hour – LR	 All activities on the calendar are subject to change. Please refer to the Daily Activities Board for the most up to date schedule.				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2026 Northshore Heights Senior Living – Night Owl Activities						9:00pm Current Events 1 11:00pm Midnight Movie 1:00am Go Fish 3:00am Trivia 5:00am Bible Studies
9:00pm Billiards 2 11:00pm Midnight Movie 1:00am Dominoes 3:00am Solitaire 5:00am Sunrise Stroll	9:00pm Listening to Music 3 11:00pm Checkers 1:00am Puzzles 3:00am Reading Hour 5:00am TV Land	9:00pm Relaxing Music 4 11:00pm Brain Teasers 1:00am Pyramid Solitaire 3:00am Adult Coloring 5:00am Chair Stretches	9:00pm Finish the Song 5 11:00pm Midnight Movie 1:00am Match Game 3:00am Amazing Mazes 5:00am Sunrise Stroll	9:00pm Tic-Tac-Toe 6 11:00pm Crosswords 1:00am Clock Solitaire 3:00am 20 Questions 5:00am Bible Studies	9:00pm Tea & Hand Massage 7 11:00pm Word Search 1:00am Name 5 3:00am Spelling Bee 5:00am Chair Stretches	9:00pm Current Events 8 11:00pm Midnight Movie 1:00am Go Fish 3:00am Trivia 5:00am Bible Studies
9:00pm Billiards 9 11:00pm Midnight Movie 1:00am Dominoes 3:00am Solitaire 5:00am Sunrise Stroll	9:00pm Listening to Music 10 11:00pm Checkers 1:00am Puzzles 3:00am Reading Hour 5:00am TV Land	9:00pm Relaxing Music 11 11:00pm Brain Teasers 1:00am Pyramid Solitaire 3:00am Adult Coloring 5:00am Chair Stretches	9:00pm Finish the Song 12 11:00pm Midnight Movie 1:00am Match Game 3:00am Amazing Mazes 5:00am Sunrise Stroll	9:00pm Tic-Tac-Toe 13 11:00pm Crosswords 1:00am Clock Solitaire 3:00am 20 Questions 5:00am Bible Studies	9:00pm Tea & Hand Massage 14 11:00pm Word Search 1:00am Name 5 3:00am Spelling Bee 5:00am Chair Stretches	9:00pm Current Events 15 11:00pm Midnight Movie 1:00am Go Fish 3:00am Trivia 5:00am Bible Studies
9:00pm Billiards 16 11:00pm Midnight Movie 1:00am Dominoes 3:00am Solitaire 5:00am Sunrise Stroll	9:00pm Listening to Music 17 11:00pm Checkers 1:00am Puzzles 3:00am Reading Hour 5:00am TV Land	9:00pm Relaxing Music 18 11:00pm Brain Teasers 1:00am Pyramid Solitaire 3:00am Adult Coloring 5:00am Chair Stretches	9:00pm Finish the Song 19 11:00pm Midnight Movie 1:00am Match Game 3:00am Amazing Mazes 5:00am Sunrise Stroll	9:00pm Tic-Tac-Toe 20 11:00pm Crosswords 1:00am Clock Solitaire 3:00am 20 Questions 5:00am Bible Studies	9:00pm Tea & Hand Massage 21 11:00pm Word Search 1:00am Name 5 3:00am Spelling Bee 5:00am Chair Stretches	9:00pm Current Events 22 11:00pm Midnight Movie 1:00am Go Fish 3:00am Trivia 5:00am Bible Studies
9:00pm Billiards 23 11:00pm Midnight Movie 1:00am Dominoes 3:00am Solitaire 5:00am Sunrise Stroll	9:00pm Listening to Music 24 11:00pm Checkers 1:00am Puzzles 3:00am Reading Hour 5:00am TV Land	9:00pm Relaxing Music 25 11:00pm Brain Teasers 1:00am Pyramid Solitaire 3:00am Adult Coloring 5:00am Chair Stretches	9:00pm Finish the Song 26 11:00pm Midnight Movie 1:00am Match Game 3:00am Amazing Mazes 5:00am Sunrise Stroll	9:00pm Tic-Tac-Toe 27 11:00pm Crosswords 1:00am Clock Solitaire 3:00am 20 Questions 5:00am Bible Studies	9:00pm Tea & Hand Massage 28 11:00pm Word Search 1:00am Name 5 3:00am Spelling Bee 5:00am Chair Stretches	9:00pm Current Events 29 11:00pm Midnight Movie 1:00am Go Fish 3:00am Trivia 5:00am Bible Studies
9:00pm Billiards 30 11:00pm Midnight Movie 1:00am Dominoes 3:00am Solitaire 5:00am Sunrise Stroll	9:00pm Listening to Music 31 11:00pm Checkers 1:00am Puzzles 3:00am Reading Hour 5:00am TV Land	All programs will be facilitated upon request by the Nursing Staff. Any questions you have may be directed to Pattaya in Activities				