

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2026 Northshore Heights Senior Living – Night Owl Activities						1 9:00pm Current Events 11:00pm Midnight Movie 1:00am Go Fish 3:00am Trivia 5:00am Bible Studies
2 9:00pm Billiards 11:00pm Midnight Movie 1:00am Dominoes 3:00am Solitaire 5:00am Sunrise Stroll	3 9:00pm Listening to Music 11:00pm Checkers 1:00am Puzzles 3:00am Reading Hour 5:00am TV Land	4 9:00pm Relaxing Music 11:00pm Brain Teasers 1:00am Pyramid Solitaire 3:00am Adult Coloring 5:00am Chair Stretches	5 9:00pm Finish the Song 11:00pm Midnight Movie 1:00am Match Game 3:00am Amazing Mazes 5:00am Sunrise Stroll	6 9:00pm Tic-Tac-Toe 11:00pm Crosswords 1:00am Clock Solitaire 3:00am 20 Questions 5:00am Bible Studies	7 9:00pm Tea & Hand Massage 11:00pm Word Search 1:00am Name 5 3:00am Spelling Bee 5:00am Chair Stretches	8 9:00pm Current Events 11:00pm Midnight Movie 1:00am Go Fish 3:00am Trivia 5:00am Bible Studies
9 9:00pm Billiards 11:00pm Midnight Movie 1:00am Dominoes 3:00am Solitaire 5:00am Sunrise Stroll	10 9:00pm Listening to Music 11:00pm Checkers 1:00am Puzzles 3:00am Reading Hour 5:00am TV Land	11 9:00pm Relaxing Music 11:00pm Brain Teasers 1:00am Pyramid Solitaire 3:00am Adult Coloring 5:00am Chair Stretches	12 9:00pm Finish the Song 11:00pm Midnight Movie 1:00am Match Game 3:00am Amazing Mazes 5:00am Sunrise Stroll	13 9:00pm Tic-Tac-Toe 11:00pm Crosswords 1:00am Clock Solitaire 3:00am 20 Questions 5:00am Bible Studies	14 9:00pm Tea & Hand Massage 11:00pm Word Search 1:00am Name 5 3:00am Spelling Bee 5:00am Chair Stretches	15 9:00pm Current Events 11:00pm Midnight Movie 1:00am Go Fish 3:00am Trivia 5:00am Bible Studies
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30 9:00pm Billiards 11:00pm Midnight Movie 1:00am Dominoes 3:00am Solitaire 5:00am Sunrise Stroll	31 9:00pm Listening to Music 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.