

August

2021

Activity Calendar

8:00-10:30



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Fact or Fiction This day in history Breakfast Lawn Darts JuanCarlos @10:30	Yardzee Brain Games Breakfast Tai Chi EFNEP @ 10:00	Pictionary 4 Pictures 1 Word Breakfast Balance and posture Exercises Name That Tune!	Dice Breaker Cognitive Workbooks Breakfast Mini Golf White Laced Flowers (Planting)	Penny Ante Familiar phrases Breakfast Chair yoga Pet Therapy @ 10
9	10	11	12	13
Card Games Name 5 Breakfast Horseshoes JuanCarlos @10:30	Boggle Fact or Fiction Breakfast Tai Chi EFNEP @ 10:00	Jar of Questions Tangrams/Puzzles Breakfast Stronger Seniors Stretch Emotional Sorting	Dice Breaker Cognitive Workbooks Breakfast Mini Golf Globe Amaranth (Planting)	Penny Ante Familiar phrases Breakfast Chair yoga Pet Therapy @ 10
16	17	18	19	20
Blurt Thinking Cards Breakfast Morning Walk JuanCarlos @10:30	Yardzee Smart board Crossword Breakfast Cornhole EFNEP @ 10:00	Pictionary Brain Games Breakfast Tai Chi Reminiscing Pictures	Dice Breaker Cognitive Workbooks Breakfast Mini Golf YouTube Laughs	Blurt Smart board Wordsearch Breakfast Morning Walk Pet Therapy @ 10
23	24	25	26	27
Card Games Name 5 Breakfast Horseshoes JuanCarlos @10:30	Dice Breaker 4 Pictures 1 Word Breakfast "Basket" Ball EFNEP @ 10:00	Would you rather Fact or Fiction Breakfast Hot-Potato Exercises What's in the bag? (Back to school edition)	TimeSlips Cognitive Workbooks Breakfast Tai Chi Current events	Dice Breaker Smart board Jeopardy Breakfast Mini Golf Pet Therapy @ 10
30	31			
Fact or Fiction Name 5 Breakfast Lawn Darts JuanCarlos @10:30	Yardzee Tangrams/puzzles Breakfast Tai Chi Emotional Sorting			

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Activity Calendar

11:00-1:30



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
JuanCarlos @10:30 Duct Tape Flowers Lunch Find someone who... Heart & Soul (Zoom) @ 1:00	Intergenerational @ 11:00 Intergenerational @ 11:00 Lunch TimeSlips Summertime would you rather	DIY Stuffed animal Dumb bell exercises Lunch Boggle JuanCarlos (Zoom) @ 1:00	Bingo W/ Nancy Bingo W/ Nancy Lunch Everyday Pantomime (Charades) Watercolor luminaries	Dance W/ Joni (Zoom) @ 11 Dance W/ Joni (Zoom) @ 11 Lunch EFNEP @ 1:00 EFNEP @ 1:00
9	10	11	12	13
JuanCarlos @10:30 August IQ 2 Lunch Exercise to Increase Your Self-Awareness Heart & Soul (Zoom) @ 1:00	Intergenerational @ 11:00 Intergenerational @ 11:00 Lunch Name That Tune! Thinking Cards	Music Therapy W/ Beth Music Therapy W/ Beth Lunch States and Capitols JuanCarlos (Zoom) @ 1:00	Yardzee Current events Lunch Conversation Jenga Stretching bands	Dance W/ Joni (Zoom) @ 11 Dance W/ Joni (Zoom) @ 11 Lunch EFNEP @ 1:00 EFNEP @ 1:00
16	17	18	19	20
JuanCarlos @10:30 Conversation Jenga Lunch Would you rather Questions Heart & Soul (Zoom) @ 1:00	Intergenerational @ 11:00 Intergenerational @ 11:00 Lunch DIY Doll Dumb bell exercises	Black-eyed Susan (Planting) Hot-Potato Exercises Lunch Jar of Questions JuanCarlos (Zoom) @ 1:00	Science Quizzes True or False Current events Lunch Stretching bands Flower lei	Dance W/ Joni (Zoom) @ 11 Dance W/ Joni (Zoom) @ 11 Lunch EFNEP @ 1:00 EFNEP @ 1:00
23	24	25	26	27
JuanCarlos @10:30 Reminiscing Pictures Lunch Hot-Potato Exercises Heart & Soul (Zoom) @ 1:00	Intergenerational @ 11:00 Intergenerational @ 11:00 Lunch Dumb bell exercises Cranberry oatmeal balls	Music Therapy W/ Beth Music Therapy W/ Beth Lunch School Word Scramble JuanCarlos (Zoom) @ 1:00	Bingo W/ Nancy Bingo W/ Nancy Lunch National Women's Equality Day Quiz Stretching bands	Dance W/ Joni (Zoom) @ 11 Dance W/ Joni (Zoom) @ 11 Lunch Left-Handed Trivia Doily wreath
30	31			
JuanCarlos @10:30 Smart board Wordsearch Lunch TimeSlips Heart & Soul (Zoom) @ 1:00	Intergenerational @ 11:00 Intergenerational @ 11:00 Lunch Dumb bell exercises Sensory Dominoes			

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Activity Calendar

2:00-4:30



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Heart & Soul (Zoom) @ 1:00 Ladder golf Snack	Music W/ Maggie @ 1:30 Music W/ Maggie @ 1:30 Snack Indoor Bowling YouTube Laughs	JuanCarlos (Zoom) @ 1:00 Reminiscing Pictures Snack Cornhole Fact or Fiction	Stretching bands August IQ 1 Snack Emotional Sorting Card Games	Wooden Car kit TimeSlips Snack Bean Bag Target Toss Sensory activities
9	10	11	12	13
Heart & Soul (Zoom) @ 1:00 Indoor Bowling Snack Balance and posture Exercises Smart board Jeopardy	Vincent Van Gogh and sunflower art Dumb bell exercises Snack Hot-Potato Exercises An umbrella of emotions	JuanCarlos (Zoom) @ 1:00 Blurt Snack Trivia ABC's about me	Sensory activities Reminiscing Pictures Snack Exercise Dice Chicken Soup for the Soul	Wreath Client Choice Tai Chi Snack YouTube Laughs Thinking Cards
16	17	18	19	20
Heart & Soul (Zoom) @ 1:00 Indoor Bowling Snack Exercise by Body part Wii Sports	Music W/ Maggie @ 1:30 Music W/ Maggie @ 1:30 Snack An umbrella of emotions Tangrams/puzzles	JuanCarlos (Zoom) @ 1:00 Familiar phrases Snack Ladder golf Exercise to Increase Your Self-Awareness	Otai TimeSlips Snack Thinking Cards Chicken Soup for the Soul	An umbrella of emotions Cornhole Snack Sensory Dominoes Chicken Soup for the Soul
23	24	25	26	27
Heart & Soul (Zoom) @ 1:00 Utah Trivia Snack Balance and posture Exercises Brain Games	Penny Ante Science Quizzes Animals Snack Lawn Darts Tangrams/puzzles	JuanCarlos (Zoom) @ 1:00 Reminiscing Pictures Snack Horseshoes Pictionary	Conversation Jenga Pencil Cookies Snack Guided imagery Jar of Questions	Frisbee basket toss School Days reminiscing Snack Thinking Cards Chicken Soup for the Soul
30	31			
Heart & Soul (Zoom) @ 1:00 Ladder golf Snack An umbrella of emotions 4 Pictures 1 Word	Music W/ Maggie @ 1:30 Music W/ Maggie @ 1:30 Snack Left Brain/Right Brian Quiz States and Capitols			

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Outings and Special events



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5 Museum of Contemporary Art	6
9	10	11	12 Picnic at the park	13
16	17	18	19 Conservation Garden	20
23	24	25	26 Jordan River Trail Walk	27
30	31			