

August 2026

SUN VALLEY ASSISTED LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



"August is the border between summer and autumn; it is the most beautiful month I know."
-Tove Jansson



10 - 11:45 Morning
Exercise Games Trivia
1:00 Crafts
3:00 Snack Cart
3:30 Upstairs Social
National Watermelon Day

3

9:00 Beauty shop
10 - 11:45 Morning
Exercise Games Trivia
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

4

10:00 Music
w/Debbie
11:00 Exercise/Trivia
1:00 Clock Game
3:00 Snack Cart
3:30 Upstairs Social

5

10 - 11:45 Morning
Exercise Games Trivia
1:00 Duffy and Ro
2:00 Sing-a-long
3:00 Snack Cart
3:30 Upstairs Social

6

10 - 11:45 Morning
Exercise Games Trivia
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social
National Lighthouse Day

7



10:00 Music
w/Lynn
11:00 Exercise/Trivia
1:00 Crafts
3:00 Snack Cart
3:30 Upstairs Social

10

9:00 Beauty shop
10:00 Exercise
10:45 Devotional
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

11

10 - 11:45 Morning
Exercise Games Trivia
1:00 Clock Game
3:00 Snack Cart
3:30 Upstairs Social
World Elephant Day

12

10 - 11:45 Morning
Exercise Games Trivia
1:00 Sing-a-long
3:00 Snack Cart
3:30 Upstairs Social

13

10 - 11:45 Morning
Exercise Games Trivia
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

14



10 - 11:45 Morning
Exercise Games Trivia
1:00 Crafts
3:00 Snack Cart
3:30 Upstairs Social

17

9:00 Beauty shop
10:00 Exercise
10:45 Devotional
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

18

10:00 Music
w/Debbie
11:00 Exercise/Trivia
1:00 Clock Game
3:00 Snack Cart
3:30 Upstairs Social

19

10 - 11:45 Morning
Exercise Games Trivia
1:00 Forever Young
2:00 Sing-a-long
3:00 Snack Cart
3:30 Upstairs Social

20

10 - 11:45 Morning
Exercise Games Trivia
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

21



10:00 Music
w/Lynn
11:00 Exercise/Trivia
1:00 Crafts
3:00 Snack Cart
3:30 Upstairs Social

24

9:00 Beauty shop
10:00 Exercise
10:45 Devotional
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

25

10 - 11:45 Morning
Exercise Games Trivia
1:00 Clock Game
3:00 Snack Cart
3:30 Upstairs Social

26

10 - 11:45 Morning
Exercise Games Trivia
1:00 Music w/Jessica
2:00 Sing-a-long
3:00 Snack Cart
3:30 Upstairs Social

27

10 - 11:45 Morning
Exercise Games Trivia
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social
National Cherry Turnover Day

28



10 - 11:45 Morning
Exercise Games Trivia
1:00 BINGO
3:00 Snack Cart
3:30 Upstairs Social

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"Let the sunshine of August inspire you to shine
your brightest." ~ Unknown.

All Activities are Subject to Change Without Notice

