



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>August 2023</p>	<p>The Full "Sturgeon" Moon 1</p> <p>10:00 Morning Seminar - Strengthen Your Mind/Axe Throwing /Ladies Pampering/ Seminar Cont'd / Bean Bag Toss /Searching for August</p> <p>10:45 Exercise/Singing</p> <p>11:30 Sing Fit: A World Tour of Boating Adventures / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Wacky Wordies / /Enrichment</p> <p>3:00 Bingo(cont'd) / Fact or Crap /Enrichment</p> <p>3:45 Word Train/ Light and Lively</p> <p>4:15 Listmania/Boggle</p>	<p>Watermelon Smashing Party 2</p> <p>10:00 Morning Seminar - Book Club/Parachute /Jailhouse Laffy Taffy/</p> <p>10:45 Seminar Cont'd / Chair Volleyball /Lucky Dog Card Game</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: An Island Hopping Adventure / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Totally Trivia /Enrichment</p> <p>3:00 Watermelon Party / Enrichment</p> <p>3:45 Conversation Cards/ Light and Lively</p> <p>4:15 20 Questions/TV Bingo</p>	<p>Tony Bennett Day 3</p> <p>10:00 Morning Seminar - Tony Bennett/Darts /Moon Phase Spinner/</p> <p>10:45 Seminar Cont'd / Finish the Phrase /PEACH Categories</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Great American Songwriters / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Loaded Questions / /Enrichment</p> <p>3:00 Bingo(cont'd) / Decade Trivia /Enrichment/Crochet @3:30</p> <p>3:45 The Common Factor/ Light and Lively</p> <p>4:15 Wheel of Fortune/Crochet/ Knitting</p>	<p>Chocolate Chip Cookie Day 4</p> <p>10:00 Morning Seminar - Fascinating Cephalopods/Question Ball /Back to School Detective/</p> <p>10:45 Seminar Cont'd / Bowling /Back to School Detective</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Celebrating Country Artists / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Boggle / /Enrichment</p> <p>3:00 Bingo(cont'd) / Madlibs /Enrichment</p> <p>3:45 Name 5/ Light and Lively</p> <p>4:15 This, That and Everything/Odd One Out</p>
<p>What's Good Today? 7</p> <p>10:00 Morning Seminar - The Navajo Code Talkers/The Good News Story Hour /Dot to Dot Drawings/</p> <p>10:45 Seminar Cont'd / Question Ball /Adult Coloring</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Imagining a Peaceful Summer Day / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Family Feud / /Enrichment</p> <p>3:00 Bingo(cont'd) / Game of Things /Enrichment</p> <p>3:45 Animals Quiz/ Light and Lively</p> <p>4:15 Ungame/Sequencing</p>	<p>Happy Birthday Smokey Bear 8</p> <p>10:00 Morning Seminar - Smokey Bear/Ring Toss /Confetti Cookies/</p> <p>10:45 Seminar Cont'd / Darts /Never Have I Ever</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Summer Festivals Around the Globe/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Wacky Wordies / /Support Group</p> <p>3:00 Bingo(cont'd) / Dictionary Dictation /Support Group</p> <p>3:45 Chat Pack/ Light and Lively</p> <p>4:15 A-Z Categories/The Common Factor</p>	<p>Jazzin' it up with Sierra Leone 9</p> <p>10:00 Morning Seminar - Book Club/Basketball /Wax Paper Lantern/</p> <p>10:45 Seminar Cont'd / Finishing Lyrics /Wax Paper Lantern</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Inventors Who Improved Our Lives/ Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:00 Sierra Leone Performs</p> <p>3:00 Bingo/ Taboo /Enrichment</p> <p>3:45 Listmania/ Light and Lively</p> <p>4:15 Boggle/What Would You Do</p>	<p>S'mores Day 10</p> <p>10:00 Morning Seminar - Virtual Museum Tours/Question Ball /Fruity Felt Coasters/</p> <p>10:45 Seminar Cont'd / Parachute /Fruity Felt Coasters</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Nashville Songwriters Hall of Fame / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Making and Eating S'mores/ Game of Things/ /Enrichment</p> <p>3:00 Bingo(cont'd) / Family Feud /Enrichment/ Crochet @3:30</p> <p>3:45 Taboo/ Light and Lively</p> <p>4:15 Loaded Questions/Crochet/ Knitting</p>	<p>Yama No Hi 11</p> <p>10:00 Morning Seminar - Yama No Hi in Japan/Golf /Mountain Paper Craft/</p> <p>10:45 Seminar Cont'd / Nerf Guns /Mountain Paper Craft</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: On Stage At Carnegie Hall / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Dictionary Dictation / /Enrichment</p> <p>3:00 Bingo(cont'd) / Name That... /Enrichment</p> <p>3:45 Scattergories/ Light and Lively</p> <p>4:15 5 Second Rule/Never Have I Ever</p>
<p>What's Cooking Day 14</p> <p>10:00 Morning Seminar - Strengthen Your Mind/Axe Throwing /Banana Bread/</p> <p>10:45 Seminar Cont'd / Cornhole /String Pull Painting</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Songs that Generations Have Sung In School / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Odd One Out / /Enrichment</p> <p>3:00 Bingo(cont'd) / Hidden Meanings /Enrichment</p> <p>3:45 Act It Out/ Light and Lively</p> <p>4:15 Word Scramblers/A-Z categories</p>	<p>Groovin' to the Oldies with Gary Freeman 15</p> <p>10:00 Morning Seminar - Candid Camera/Parachute /Ladies Pampering/</p> <p>10:45 Seminar Cont'd / Bean Bag Toss /PORCH Categories</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Famous Magic Tricks and Spells / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:00 Crooner Gary Freeman</p> <p>3:00 Bingo(cont'd) / Ungame /Enrichment</p> <p>3:45 Word Teasers/ Light and Lively</p> <p>4:15 Family Feud/Dice Baseball</p>	<p>Klondike Gold Day 16</p> <p>10:00 Morning Seminar - Book Club/Penny Pitching /Making Stained "Glass"/</p> <p>10:45 Seminar Cont'd / Ping Pong Ball Race /Making Stained "Glass" / Heart of Texas Therapy Dogs Visit</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Moving to Hits Through the Decades / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Word Train / /Enrichment</p> <p>3:00 Bingo(cont'd) / Pictionary /Enrichment</p> <p>3:45 Rhyme Tyme/ Light and Lively</p> <p>4:15 Totally Trivia/USA Brainbox</p>	<p>Mars' Moons Day 17</p> <p>10:00 Morning Seminar - UFOs/UAPs/Word Train /Paint By Numbers/</p> <p>10:45 Seminar Cont'd / Chair Volleyball /Paint By Numbers</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Songs For A Summer Party / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Word Teasers / /Enrichment</p> <p>3:00 Bingo(cont'd) / Listmania /Enrichment/Crochet @3:30</p> <p>3:45 Who Wants to Be a Millionaire/ Light and Lively</p> <p>4:15 Word Train/Crochet/ Knitting</p>	<p>Beat The Heat Day 18</p> <p>10:00 Morning Seminar - How It's Made/Golf /Art With Stephanie/</p> <p>10:45 Seminar Cont'd / Basketball /Art With Stephanie</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Parades Across America / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Alphabet Quiz/ Beat the Heat Treats / /Enrichment</p> <p>3:00 Bingo(cont'd) / Numbers Quiz /Enrichment</p> <p>3:45 Dictionary Dictation/ Light and Lively</p> <p>4:15 CHIRP Categories/Golden Carers Quizzes</p>
<p>Exploring China's Ancient Temples 21</p> <p>10:00 Morning Seminar - Temples in China/The Good News Story Hour /Connect the Dots/</p> <p>10:45 Seminar Cont'd / Question Ball /Chinese Scenic Painting</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Dance Party Hits from the 50s and 60s / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Word Scramblers / /Enrichment</p> <p>3:00 Bingo(cont'd) / Hangman /Enrichment</p> <p>3:45 Are You Smarter Than a 5th Grader/ Light and Lively</p> <p>4:15 Boggle/SONGS Categories</p>	<p>A Taste of China 22</p> <p>10:00 Morning Seminar - Chinese Cuisine/Parachute /Tanghulu (Chinese Candied Fruit)/</p> <p>10:45 Seminar Cont'd / Bean Bag Toss /Lucky Dog Card Game</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Stars of Music and Television/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Would You Rather / /Support Group</p> <p>3:00 Bingo(cont'd) / Chat Pack /Enrichment</p> <p>3:45 Boggle/ Light and Lively</p> <p>4:15 USA Brainbox/Boggle</p>	<p>Birthday Celebration with Jim Gatlin 23</p> <p>10:00 Morning Seminar - Book Club/Bowling /Writing Chinese Characters/</p> <p>10:45 Seminar Cont'd / Basketball /Writing Chinese Characters</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Gospel and Church Songs on a Church Sunday/ Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:00 Jim Gatlin Celebrates August Birthdays</p> <p>3:00 Bingo(cont'd) / This, That and Everything / Enrichment</p> <p>3:45 USA Brainbox/ Light and Lively</p> <p>4:15 Wacky Wordies/Word Mining</p>	<p>Climbing the Great Wall 24</p> <p>10:00 Morning Seminar - The Great Wall/Chair Volleyball /Paper Cutting/</p> <p>10:45 Seminar Cont'd / Golf /Paper Cutting</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Rock and Roll from the 60s and 70s / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ A-Z Trivia / /Enrichment</p> <p>3:00 Bingo(cont'd) / Act It Out /Enrichment/ Crochet @3:30</p> <p>3:45 Table Topics/ Light and Lively</p> <p>4:15 Chat Pack/Crochet/ Knitting</p>	<p>Melodic Melodies with Texas Winds 25</p> <p>10:00 Morning Seminar - Must Visit Chinese Cities/Question Ball /Chinese Zodiac Word Mining/</p> <p>10:45 Texas Winds Melodic Memories @ 11</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Celebrating Motown / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Decade Trivia / /Enrichment</p> <p>3:00 Bingo/ Movie Day(cont'd) / Movie Day /Movie Day</p> <p>3:45 Wheel of Fortune/ Movie Day</p> <p>4:15 Boggle/Movie Day</p>
<p>Illusion Confusion Day 28</p> <p>10:00 Morning Seminar - MC Escher/Penny Pitching /Famous August Birthdays/</p> <p>10:45 Seminar Cont'd / Parachute /WRIST Categories</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Moving to Famous Foxtrots / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ The Wikipedia Game / /Enrichment</p> <p>3:00 Bingo(cont'd) / Word Teasers /Enrichment</p> <p>3:45 Conversation Cards/ Light and Lively</p> <p>4:15 Taboo/Boggle</p>	<p>Take Care of Yourself Tuesday 29</p> <p>10:00 Morning Seminar - Strengthen Your Mind/Washers /Ladies Pampering/</p> <p>10:45 Seminar Cont'd / Finish the Phrase /High Card Low Card</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Music From the Movies of the 1950s / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Are You Smarter Than a 5th Grader / /Enrichment</p> <p>3:00 Bingo(cont'd) / Scattergories /Enrichment</p> <p>3:45 Question Ball/ Light and Lively</p> <p>4:15 A-Z Trivia/OCEAN Categories</p>	<p>Blue Moon Day 30</p> <p>10:00 Morning Seminar - Book Club/Bean Bag Toss /Chocolate Dipped Bananas/</p> <p>10:45 Seminar Cont'd / The Amen Corner /Never Have I Ever</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: A Tour of Classic Drive In Theaters / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Family Feud / /Enrichment</p> <p>3:00 Bingo(cont'd) / Word Train /Enrichment</p> <p>3:45 Decade Trivia/ Light and Lively</p> <p>4:15 Loaded Questions/TV Bingo</p>	<p>Helping Hands Day 31</p> <p>10:00 Morning Seminar - Elvis/Axe Throwing /Pillow Project/</p> <p>10:45 Seminar Cont'd / Bean Bag Toss /Pillow Project</p> <p>11:30 Exercise/Singing</p> <p>1:30 Sing Fit: Songs About Names / Enrichment/ Dominoes/Checkers/Outside/</p> <p>2:30 Bingo/ Table Topics / /Enrichment</p> <p>3:00 Bingo(cont'd) / A-Z Categories /Enrichment/ Crochet @3:30</p> <p>3:45 Totally Trivia/ Light and Lively</p> <p>4:15 Boggle/Crochet/ Knitting</p>	 <p>Friends Place Adult Day Services DeSoto, Tx.</p>

Breakfast/ Chit-chat 8:00 am – 10:00 am. Lunch 12:30. Afternoon Snack 3:00 pm