

SUN	MON	TUES	WED	THURS	FRI	SAT
Activities subject to change, please refer to the daily activity sheet.	<u>Happy Birthday</u>  Sally C. 8/26	<u>Mind & Spirit Support</u> <u>Creative Expression</u> <u>Physical Fitness</u> <u>Entertainer/Instructor</u> <u>Music</u> <u>Cooking & Social</u> <u>Brain Fitness/Montessori</u>				1 9:30 Morning Check In 10:00 Word In A Word And Daily Chronicle Reading 10:30 Exercise CD 11:00 Outside Time 1:00 Easy Listening CD 1:30 Afternoon Spa And Nails 2:00 Creative Expression 3:00 Armchair Travel – Canada 4:00 Puzzles/Cards/ Games 6:00 Residents Choice
2 10:00 Spiritual Time – Spiritual Elders 10:30 Folk music with Paul and Pam 1:30 Walking Group 2:30 Youtube Concert 4:00 Puzzles/Cards/ Games 6:00 Netflix Series “The West Wing”	3 9:30 Morning Check in 10:00 Cranium Crunches 10:30 Singfit Movement 11:15 Daily Chronicle Reading 1:00 Nature Series Netflix “Our Planet” 2:00 Writing Group 3:00 Board Games 4:00 m4d Radio 1940’s 6:00 Musical Movie	4 9:30 Morning Check In 10:00 Word In a Word 10:30 Twist and Turn 11:15 Daily Chronicle Reading 1:00 Montessori Activity 2:00 Tuesday Tidbits 3:00 Classical Music & Zen Coloring 4:00 Tuesday Talks 6:00 Hollywood classics	5 9:30 Morning Check In 10:00 Cranium Crunches 10:30 Exercise Class 11:15 Daily Chronicle Reading 1:00 Creative Expression 2:30 Tunefoolery Musical Group 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie	6 9:30 Morning Check In 10:00 WORDLE 10:30 Balance & Fit Class 11:15 Daily Chronicle Reading 1:30 Joel and Dan 2:00 Community Time 3:00 Afternoon Games 4:00 Lifelong Learners 6:00 Netflix Series “The Crown” 6:30 Jazz Series: Annie and the Fur Trappers	7 9:30 Morning Check In 10:00 Whiteboard Game 10:30 Dance Movement w/Ivy 11:15 Daily Chronicle Reading 1:00 Montessori Activity or Afternoon Games 2:30 Cadbury Singalong 3:00 Bananagrams 4:00 Mindfulness 6:00 Classic Show	8 9:30 Morning Check In 10:00 Word In A Word And Daily Chronicle Reading 10:30 Exercise CD 11:00 Outside Time 1:00 Easy Listening CD 1:30 Afternoon Spa And Nails 2:00 Creative Expression 3:00 Armchair Travel – Canada 4:00 Puzzles/Cards/ Games 6:00 Residents Choice
9 10:00 Spiritual Time – Spiritual Elders 10:30 Morning Singalong 1:30 Walking Group 2:30 Live Barbershop Quartet Performance 4:00 Puzzles/Cards/ Games 6:00 Netflix Series “The West Wing”	10 9:30 Morning Check in 10:00 Cranium Crunches 10:30 Singfit Movement 11:15 Daily Chronicle Reading 1:00 Nature Series Netflix “Our Planet” 2:00 Writing Group 3:00 Board Games 4:00 m4d Radio 1940’s 6:00 Musical Movie	11 9:30 Morning Stretch 9:30 Morning Check In 10:00 Word In a Word 10:30 Twist and Turn 1:00 Montessori Activity 1:30 Ballroom Dancing 2:00 Tuesday Tidbits 3:00 Classical Music & Zen Coloring 4:00 Tuesday Talks 6:00 Hollywood classics	12 9:30 Morning Check In 10:00 Cranium Crunches 10:30 Exercise Class 11:15 Daily Chronicle Reading 1:00 Creative Expression 2:30 Tunefoolery Musical Group 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie	13 9:30 Morning Check In 10:00 WORDLE 10:30 Balance & Fit Class 11:15 Daily Chronicle Reading 1:00 Music & Reminiscing 2:00 Community Time 3:00 Afternoon Games 4:00 Lifelong Learners 6:00 Netflix Series “The Crown” 6:30 Jazz Series: Billy Novick Quartet	14 9:30 Morning Check In 10:00 Whiteboard Game 10:30 Twist and Turn 11:15 Daily Chronicle Reading 1:00 Montessori Activity or Afternoon Games 2:30 Cadbury Singalong 3:00 bananagrams 4:00 Mindfulness 6:00 Classic Show	15 9:30 Morning Check In 10:00 Word In A Word And Daily Chronicle Reading 10:30 Exercise CD 11:00 Outside Time 1:00 Easy Listening CD 1:30 Afternoon Spa And Nails 2:00 Creative Expression 3:00 Armchair Travel – Canada 4:00 Puzzles/Cards/ Games 6:00 Residents Choice

Morningside Community Calendar

August 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
16 10:00 Spiritual Time – Spiritual Elders 10:30 Folk music with Paul and Pam 1:30 Walking Group 2:30 Youtube Concert 4:00 Puzzles/Cards/ Games 6:00 Netflix Series “The West Wing”	17 9:30 Morning Check in 10:00 Cranium Crunches 10:30 Chaboom Dance & Movement 11:15 Daily Chronicle Reading 1:00 Nature Series Netflix “Our Planet” 2:00 Writing Group 3:00 Board Games 4:00 m4d Radio 1940’s 6:00 Musical Movie	18 9:30 Morning Check In 10:00 Word In a Word 10:30 Twist and Turn 11:15 Daily Chronicle 1:00 Montessori Activity 2:00 Tuesday Tidbits 2:30 Live Folk Music by Adam Johnson 4:00 Tuesday Talks 6:00 Hollywood classics	19 9:30 Morning Check In 10:00 Cranium Crunches 10:30 Exercise Class 11:15 Daily Chronicle Reading 1:00 Creative Expression 2:30 Tunefoolery Musical Group 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie	20 9:30 Morning Check In 10:00 WORDLE 10:30 Balance & Fit Class 11:15 Daily Chronicle Reading 1:00 Music & Reminiscing 2:00 Community Time 3:00 Afternoon Games 4:00 Lifelong Learners 6:00 Netflix Series “The Crown” 6:30 Jazz Series: Greg Hopkins and his Band	21 9:30 Morning Check In 10:00 Whiteboard Game 10:30 Dance Movement w/Ivy 11:15 Daily Chronicle Reading 1:00 Montessori Activity or Afternoon Games 2:30 Cadbury Singalong 3:00 Bananagrams 4:00 Mindfulness 6:00 Classic Show	22 9:30 Morning Check In 10:00 Word In A Word And Daily Chronicle Reading 10:30 Exercise CD 11:00 Outside Time 1:00 Easy Listening CD 1:30 Afternoon Spa And Nails 2:00 Creative Expression 3:00 Armchair Travel – Canada 4:00 Puzzles/Cards/ Games 6:00 Residents Choice
23 10:00 Spiritual Time – Spiritual Elders 10:30 Morning Music with Ben Tree 1:30 Walking Group 2:30 Live Classical Music with String Therapy 4:00 Puzzles/Cards/ Games 6:00 Netflix Series “The West Wing”	24 9:30 Morning Check in 10:00 Cranium Crunches 10:30 Chaboom Dance & Movement 11:15 Daily Chronicle Reading 1:00 Nature Series Netflix “Our Planet” 2:00 Writing Group 3:00 Board Games 4:00 m4d Radio 1940’s 6:00 Musical Movie	25 9:30 Morning Check In 10:00 Word In a Word 10:30 Twist and Turn 11:15 Daily Chronicle 1:00 Montessori Activity 2:00 Tuesday Tidbits 3:00 Celebration of Life for Margarita 4:00 Tuesday Talks 6:00 Hollywood classics	26 9:30 Morning Check In 10:00 Cranium Crunches 10:30 Exercise Class 11:15 Daily Chronicle Reading 1:00 Creative Expression 2:30 Tunefoolery Musical Group 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie	27 9:30 Morning Check In 10:00 WORDLE 10:30 Balance & Fit Class 11:15 Daily Chronicle Reading 1:00 Music & Reminiscing 2:00 Community Time 3:00 Afternoon Games 4:00 Lifelong Learners 6:00 Netflix Series “The Crown” 6:30 Jazz Series: Elan Mehler Trio	28 9:30 Morning Check In 10:00 Whiteboard Game 10:30 Twist and Turn 11:15 Daily Chronicle Reading 1:00 Montessori Activity or Afternoon Games 2:30 Cadbury Singalong 3:00 Bananagrams 4:00 Mindfulness 6:00 Classic Show	29 9:30 Morning Check In 10:00 Word In A Word And Daily Chronicle Reading 10:30 Exercise CD 11:00 Outside Time 1:00 Easy Listening CD 1:30 Afternoon Spa And Nails 2:00 Creative Expression 3:00 Armchair Travel – Canada 4:00 Puzzles/Cards/ Games 6:00 Residents Choice
30 10:00 Spiritual Time – Spiritual Elders 10:30 Morning Singalong 1:30 Walking Group 2:30 Youtube Concert 4:00 Puzzles/Cards/ Games 6:00 Netflix Series “The West Wing”	31 9:30 Morning Check in 10:00 Cranium Crunches 10:30 Chaboom Dance & Movement 11:15 Daily Chronicle Reading 1:00 Nature Series Netflix “Our Planet” 2:00 Writing Group 3:00 Board Games 4:00 m4d Radio 1940’s 6:00 Musical Movie					