2021 The Hughes Center's August Activities Calendar

Wednesday Monday **Thursday** Saturday Sunday **Tuesday** Friday (4) 10:00 Snack/ Hydration (2) 10:00 (3) 10:00 Snack/ Hydration (5) 10:00 Snack/Hydration (6) 9:45 Devotion/Exercise (7) 10:00 -11:30 9:00 TV MASS Snack/Hydration 10:15 Devotion/Exercise/ 10:15 Devotion/ Exercise/ 10:15 Devotion/Exercise/Perfect 10:15 Spiritual Movie and Popcorn Devotion/ Snack/Hydration/ Daily On Unit August's MAD LIB Story/ Flower Craft/ Walk Day (Reading and Discussion)/ Art 1:00 Activities in the Binder or Exercise/ Cognitive -Trivia and Devotions 9:45 Snack/ Hydration Reading and Discussion/Cross 1:00 Activities in the Binder or Therapy Activities Cart/Music Therapy **Table Games Activities Cart/Music Therapy** 2:15 Snack Time/ TV Oldies Hour/ 10:00 Worship Service Off Word/Searching for in the Atrium **August Word Search Puzzle** 2:15 Snack Time & Hydration/Art National Root Beer Float Day 10:15 Balloon/Beach **Cognitive Stimulation** Therapy/ National Chocolate Chip Volleyball/ Tennis Activities Cookie Day Balloon/ Dance and 3:00 Bible Jingo/ UNO (Sorting by 1:00 Activities in the Binder or **Music Therapy** 1:00 TV Sports / Rest & **Activities Cart/Music Therapy** numbers and colors)/Connect Four 1:00 Activities in the Relaxation B I N G O 7 25 44 57 62 1:30 Bridge with Nancy & **Binder or Activities** 2:00 Magazine Scavenger Hunt 1:00 Activities in the Binder or 15 22 40 50 70 Priscilla Cart/Music Therapy 4:00 Bingo 11 30 25 46 74 **Activities Cart/Music Therapy** 2:00 Snacks/ 4:30 Stretching Exercises 2 28 37 55 68 10:30 Flexibility 2:15 Snack Time/ Andy Griffith 10 27 39 59 75 Reading Club 7:00 Lawrence Welk Social 3:00 Relaxing Footcare Exercise Show 3:00 Large Picture 11:00 Current 2:15 Snack Time & 3:00 Hands and Nails Care/ Painting/Which 4:30 Lets Walk (Aerobic Exercise)/ **Hydration/ Hand Massage** Mediation (15 minutes) with soft Events/Art Therapy/ Word Is Spelled Word Search Therapy/ Reminiscence Music/ Easy Does It Trivia Correctly/National 6:00 Music Therapy and Relaxation Puzzles/Patio **Cognitive Stimulation Activities** 3:00 Dear Abby Ice Cream 2:00 Popcorn and TV Discussion/August's Monthly (Activities Folder) Sandwich Day Oldies Gazette/National Watermelon 4:30 Trivia 3:00 1:1 Therapy Day/ Watermelon's Art and 6:30 Music Therapy 4:30 1:1 Therapy 6:00 Music Therapy Craft/ Patio Hou and Relaxation 6:00 Music Therapy and Relaxation 4:30 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns 4:30 Upper Limbs Extremities Exercises/Music Therapy 6:30 TV Westerns National Watermelon

9:00 TV MASS On Unit 9:45 Snack/ Hydration 10:00 Worship Service in the Atrium

10:30 Flexibility Exercise 11:00 Current Events/Art Therapy/ Word Search Puzzles/Patio 2:00 Popcorn and TV Oldies 3:00 1:1 Therapy 6:00 Music Therapy

10:00 Snack/Hydration 10:15

Reading Club

(Activities Folder)

3:00 Balloon/Beach

Balloon/ Dance and Music Therapy 4:30 Trivia 6:30 Music Therapy and Relaxation

> National Book Lover Day

Volleyball/ Tennis

Daily **Devotions**

Exercise/ Which Word Does Not Belong/Item 2:15 Snack Time & Locator Cognitive Hydration/ Paint By Number/ Stimulation Activities 1:00 Activities in the **Binder or Activities** Cart/Music Therapy Reminiscence 2:00 Snacks/

Priscilla

3:00 The Gaither's Musical Performance and Sing Along

10:00 Snack/ Hydration

10:15 Devotion/Exercise/

Patio/National S'mores Day

1:30 Bridge with Nancy &

1:00 Activities in the Binder or

Activities Cart/Music Therapy



4:30 Upper Limbs Extremities Exercises/Music Therapy 6:30 TV Westerns

(11) 10:00 Snack/ Hydration 10:15 Devotion/ Chair Exercise (DVD) Mediation (15 Minutes) with soft music/ Walk



1:00 Activities in the Binder or **Activities Cart/Music Therapy** 2:15 Snack Time & Hydration/Art Therapy 3:00 Bible Jingo/ UNO (Sorting by numbers and colors)/Connect Four

7 25 44 57 62 15 22 40 50 70 11 30 44 6 74 2 28 37 55 68 10 27 39 59 75 4:30 1:1 Therapy

6:30 Music Therapy and Relaxation

(12) 10:00 Snack/ Hydration **Destination Stations:** 10:15 Devotion/Exercise/ Three of a Kind and Password Clues/ Lets Go Walking Mississippi 1:00 Activities in the Binder or **Activities Cart/Music Therapy** 2:15 Snack Time & Hydration/TV Western



3:00 Hand and Nail Care/ Andy **Griffith Show** 4:30 Lower Limbs Extremities **Exercises/ Music Therapy** 6:30 TV Westerns



(13) 10:00 Snack/ Hydration/Devotion 10:15 Spiritual Movie and Popcorn 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time & Hydration/ Patio Hour 3:00 Relaxing Foot Care/Soft Music 4:30 Lets Walk (Aerobic Exercise)/ Trivia



International Left Handers Day

(14) 10:00 Snack Time/Hydration 10:15-11:00 Devotion/ Exercise/ Reminiscence/Table Games 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bible Story 4:00 Stretching Exercises 6:30 TV Westerns



9:00 Worship Service on the Television 9:45 Snack Time/Hydration 10:00 Worship Service in the Atrium

(16)10:00 Snack/ Hydration/ Devotion 10:15 Balloon Volleyball/Music Therapy/ Tennis Balloon



10:00 Snack/Hydration 10:15 Devotion/ Exercise/ Phrases and Proverbs/ Word Search Puzzle/ Art Therapy 1:00 Activities in the Binder or Activities Cart/Music Therapy 1:30 Bridge with Nancy & Priscilla 2:15 Snack Time/ Hand Massage Therapy

10:00 Snacks/Hydration/ Devotion 10:15 Parachute/Kickball and Ball Toss (Atrium)



1:00 Activities in the Binder or **Activities Cart/Music Therapy**

10:00 Snack/Hydration 10:15 Devotion/ Exercise/ Phrases and Proverbs/ Word Search Puzzle/ Art Therapy 1:00 Activities in the Binder or **Activities Cart/Music Therapy** 1:30 Bridge with Nancy & Priscilla 2:15 Snack Time/ Hand Massage Therapy

9:45 Devotion/Exercise 10:15 Spiritual Movie and Popcorn

10:00 Snack Time/Hydration 10:15-11:00 Devotion/ Exercise/ Reminiscence 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bible Story 4:00 Stretching Exercises 6:30 TV Westerns



10:30 Flexibility
Exercise/ Current
Events
2:00 Popcorn and TV
Oldies/Rest Time
3:00 1:1 Therapy
6:00 Music Therapy
National Relaxation Day

1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time & Hydration/ Reading and Discussion (Activities Folder) 3:00 Large Patio/Ice Cream Social/Music Therapy 4:30 1:1Therapy 6:30 Music Therapy and Relaxation National Tell A Joke Day



3:00 The Gaither's Musical/ Sing along/ Genesis 45 Bible Discussion



4:30 Upper Limbs Extremities Exercises/Music Therapy 6:30 TV Westerns 2:15 Snack Time/ 24/48 Pieces Jigsaw Puzzles/Connect Four



3:00 Bingo (Wing) /Walk 4:30 1:1 Therapy 6:30 Music Therapy and Relaxation



3:00 Hands and Nails Care/ Mediation (15 minutes) with soft music/ Patio Hour and Ice Cream Social 4:30 Music Therapy 6:30 TV Westerns 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ TV Oldies Hour 3:00 Relaxing Foot Care/Soft Music



4:30 Lets Walk (Aerobic Exercise)/ Trivia 6:00 Music Therapy and Relaxation



(22) 9:00 Worship Service on the Television 9:45Snack Time/Hydration 10:00 Worship Service in Atrium Seek the

VLORD WHILE HE MAY BE FOUND. 10:30 Flexibility **Exercise/ Current Events** 2:00 Popcorn and TV Oldies 3:00 1:1 Therapy

(reading, etc.)

6:00 Music Therapy

(23) 10:00 Snack/Hydration 10:15 Devotion/ Chair Exercise (DVD)/Large Print Art Therapy/Patio Hour



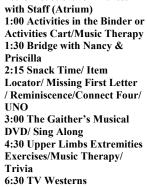
1:00 Activities in the **Binder or Activities** Cart/Music Therapy 2:15 Snack Time/Word Search Puzzle/Reading Club 3:00 Balloon Volleyball/ Tennis Balloon/ Music



4:30 1:1 Therapy 6:30 Music Therapy and Relaxation



Trivia therapy/Dance



10:00 Snack/ Hydration

10:15 Devotion/Fun Fitness

(25) 10:00 Snack/ Hydration 10:15 August's Birthday Party/ August's Birthday Poem/Favorite Songs Sing Along



1:00 Activities in the Binder or **Activities Cart/Music Therapy** 2:15 Snack Time/TV Western 3:00 Chair Exercises (DVD)/ Lets Walk/Trivia (Activity Folder) 6:30 Family Feud



(26) 10:00 Snack/Hydration **Destination Stations:** 10:15 Devotion/ Exercise/Elvis Blue Hawaii DVD/ Hawaii Art Therapy and Word Search Puzzle 12:00 Hawaii Luau Social (Atrium) 1:00 Activities in the Binder or **Activities Cart/Music Therapy** 2:15 Snack Time/ Music Therapy/TV Western 3:00 Hands and Nails Care/The **Andy Griffith Show** 4:30 Lower Limbs Extremities **Exercises/ Music Therapy** 6:30 TV Westerns



(27) 10:00 Devotion/Exercise 10:15 Spiritual Movie and Popcorn 1:00 Activities in the Binder or **Activities Cart/Music Therapy** 2:15 Snack Time/Rest and Relaxation



TV Oldies 3:00 Relaxing Foot Care/Soft Music 4:30 Trivia



6:00 Music Therapy and Relaxation

(28) 10:00 Snack Time/Hydration 10:15-11:00 Devotion/ Exercise/ Sorting the Cards (colors and numbers) 1:00 Rest and Relaxation 2:00 Popcorn Social



3:00 Bible Story 4:00 Stretching Exercises 6:30 TV Westerns

(29) Holidays: **Andy Griffith Show or Golden** 9:00 Worship Service 10:00 10:00 Snack/ Hydration August is the 8th month of the Girls at 8-10:00 am and 2 pm on the Television Snack/Hydration 10:15 Devotion/Exercise/ vear and has 31 days. Friendship Day daily 9:45 Snack 10:15 Karaoke Time/Hydration Devotion/Exercise/ Let's Make a Deal Game Show 2 Season (Northern Hemisphere): Women's Equality Day 10:00 Worship Service Balloon Volleyball/ pm daily Summer in the Atrium Music **National Catfish Month** therapy/Dance August has two birthstones: Therapy peridot and sardonyx. Peridot is 1:00 Activities in the among the oldest known **Newspapers & Coffee- Morning Harvest Month Binder or Activities** gemstones and is green in color. **Hours** Cart/Music Therapy Sardonyx, which is lesser-2:15 Snack 1:00 Activities in the Binder or **National Water Quality Month** known, is a white- and brown-**Activities Cart/Music Therapy** Time/Patio Hour banded gemstone once believed 1:30 Bridge with Nancy & 3:00 National Beach **Peach Month** to have mystical powers. Priscilla Day/Flip Flop Craft/ The official flower for August is 2:15 Snack Time/ Paint by Footprint in the 10:30 Flexibility the gladiolus. These vertical-**National Immunization Awareness** Happy Birthday to all Number **Exercise/ Current** Sand Poem Month growing flowers were named 3:00 The Gaither's Musical **August's Residents, Family** 4:30 1:1 Therapy **Events** from the Latin "gladius," 6:30 Music Therapy Performance/Easy Does It Members, & Employees 2:00 Popcorn and TV meaning a sword. Trivia/ Patio Hour Oldies and Relaxation 4:30 Upper Limbs Extremities 3:00 1:1 Therapy Exercises/Music Therapy/ 6:00 Music Therapy 6:30 TV Westerns

^{****} Our schedule is flexible and subject to change. Therefore, activities may occasionally be different than those scheduled.