

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Wellness Month Back-to-School Month National Dog Month		<u>JULY BIRTHDAYS</u> Kris B.- 8/17				1 9:30 -Coffee Social- Resident Led 10:30 -Chair Exercise W/Kris 1pm- Heritage Hikers in MC 2pm- BINGO 3pm- Cards- Residents Choice
2 9:30- Sunday Bakery Delivery 10:30 -Catholic Mass 11:00- Chair Exercise W/ Kris 1pm- Heritage Hikers in MC 2pm- POKENO 3pm- Sundaes on Sunday	<u>National Watermelon Day</u> 3 9:30-Coffee Social (Resident run) 10:30- Chair Exercise 1pm- Heritage Hikers in MC 2pm- Watermelon Treats & Trivia 3pm- Manicure Monday	4 9:30-Coffee Social (Resident run) 10:30- Balloon Volleyball 11:00- Hangman 1pm- Heritage Hikers in MC 2pm- BINGO 3pm-Left, Right, Center	5 9:30-Coffee Social (Resident run) 10:30- Chair Exercise followed by Kickball 1pm- Heritage Hikers in MC 2pm- Crafty Corner 3:30pm- Praying the Rosary- Resident Led	<u>ROOT BEER FLOAT DAY</u> 6 9:30- Coffee Social- Resident Run 10:30-Chair Exercise 1pm- Heritage Hikers in MC 1:30pm- State Fair in AL Activities room	7 9:30-Coffee Social (Resident run) 10:30- Balloon Volleyball 11:00- Name that Slogan 1pm- Heritage Hikers in MC 2pm- Happy Hour & Bingo	8 9:30 -Coffee Social- Resident Led 10:30 -Chair Exercise W/Kris 1pm- Heritage Hikers in MC 2pm- BINGO 3pm- Grab a friend and play a game or two
9 9:30- Sunday Bakery Delivery 10:30- Catholic Mass 11:00- Chair Exercise W/ Kris 1pm- Heritage Hikers in MC 2pm- POKENO 3pm- Puzzles & Board Games with a friend	10 9:30-Coffee Social (Resident run) 10:30 – Chair Exercise followed by Balloon Volleyball 1pm- Heritage Hikers in MC 2pm- Manicure Monday 3pm- Movie Matinee & Popcorn	11 9:30-Coffee Social (Resident run) 10:30- Chair Exercises 11:00- Try it Tuesday 1pm- Heritage Hikers in MC 1:30- RESIDENT COUNCIL 2pm- BINGO 3pm- Kings Corner	12 9:30-Coffee Social (Resident run) 10:30- Chair Exercise followed by Bean Bag Toss 1pm- Heritage Hikers in MC 1:30- Bus trip to Dollar Tree 2pm- Crafty Corner 3:30pm- Praying the Rosary-	13 9:30- Coffee Social- Resident Run 10:30- Chair Exercise 1pm- Heritage Hikers in MC 2pm- BINGO 3pm-Entertainment W/ Joe Kadlec @ 3pm	14 9:30-Coffee Social (Resident run) 10:30- Balloon Volleyball 11:00- Trivia 1pm- Heritage Hikers in MC 2pm- Happy Hour 3pm-UNO- Resident Led	15 9:30 -Coffee Social- Resident Led 10:30 -Chair Exercise W/Kris 1pm- Heritage Hikers in MC 2pm- BINGO 3pm- Puzzles & Board Games
16 9:30- Sunday Bakery Delivery 10:30 -Catholic Mass 11:00- Chair Exercise W/ Kris 1pm- Heritage Hikers in MC 2pm- POKENO 3pm- Sundaes on Sunday	<u>National S'MORES Day</u> 17 9:30-Coffee Social (Resident run) 10:30- Chair Exercises followed by Kickball 1pm- Heritage Hikers in MC 2pm- Manicure Monday 3pm- Make your own S'mores	18 9:30-Coffee Social (Resident run) 10:30 -Chair Exercises 1pm- Heritage Hikers in MC 2pm- BINGO 3pm-UNO	19 9:30-Coffee Social (Resident run) 10:30- Chair Exercise followed by Kickball 1pm- Heritage Hikers in MC 2pm- Crafty Corner 3:30pm- Praying the Rosary- Resident Led	20 9:30- Chair Exercise 10:30- Chair Exercise followed by Balloon Volleyball 1pm- Heritage Hikers in MC 2pm- BINGO 3pm-Hangman	<u>Senior Citizen Day</u> 21 9:30-Coffee Social (Resident run) 10:30 -Balloon Volleyball 1pm- Heritage Hikers in MC 2pm- Happy Hour/ July Birthday Party 3pm-Puzzles	22 9:30- Coffee Social- Resident Led 10:30- Chair Exercise W/Kris 1pm- Heritage Hikers in MC 2pm- BINGO 3pm- Kings Corner
23 *Activities are the same as listed on the 16 th *	24 *Activities are the same as listed on the 17 th *	25 9:30-Coffee Social (Resident run) 10:30- Chair Exercises 1pm- Heritage Hikers in MC 2pm- BINGO 3pm- TRIVIA	<u>National Dog Day</u> 26 9:30-Coffee Social (Resident run) 10:30- Chair Exercise followed by Ax throwing 1pm- Heritage Hikers in MC 2pm- Crafty Corner 3:30pm- Praying the Rosary-	27 9:30- Chair Exercise 10:30- Chair Exercise followed by Balloon Volleyball 1pm- Heritage Hikers in MC 2pm- BINGO 3pm-Higher or Lower	28 9:30- Coffee Social – Resident Led 10:30- Chair Exercise 4-6pm-HUBS HOEDOWN	29 9:30- Coffee Social- Resident Led 10:30- Chair Exercise W/Kris 1pm- Heritage Hikers in MC 2pm- BINGO 3pm- Grab a friend and play a game or two
30 *Activities are the same as listed on the 16 th *	31 *Activities are the same as listed on the 17 th * 3pm-Back to School Photos					

Assisted Living

Community Life Enrichment Calendar

SPECIAL EVENTS

State Fair at Heritage in AL 8/6 @ 1:30pm

HUBS HOEDOWN Friday, 8/28 from 4-6pm

**All activities are subject to change when necessary. Residents' families are invited to participate in community events.*

HERITAGE
SENIOR LIVING

Aspire | LINCOLN VILLAGE