

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Wellness Month National Back-to-School Month National Dog Month		August Birthdays Lynn F. 8/11 Sharon S. 8/12 Juanita O. 8/23	DAILY HYDRATION & SNACK CART 			1 <u>Morning Activities:</u> Chair Exercise Balloon Toss Water Painting <u>Afternoon Activities:</u> Heritage Hikers Bean Bag Toss on the Patio
2 <u>Morning Activities:</u> Chair Exercises Music Therapy Virtual Mass <u>Afternoon Activities:</u> Heritage Hikers Book Reading Ice cream on the Patio	3 NATIONAL WATERMELON DAY <u>Morning Activities:</u> Chair Exercise Ball Toss Manicure Monday <u>Afternoon Activities:</u> Heritage Hikers Watermelon & Trivia on the Patio	4 <u>Morning Activities:</u> Chair Exercises Music W/Susie Q Water Painting <u>Afternoon Activities:</u> Heritage Hikers BINGO Heritage House Calls 1:1	5 <u>Morning Activities:</u> Chair Exercise Ball Toss Crafts- Broccoli Painting <u>Afternoon Activities:</u> Heritage Hikers What's in the Box Reminiscing on the Patio	6 <u>Morning Activities:</u> Chair Exercises Music W/Susie Q Coloring Social <u>Afternoon Activities:</u> Heritage Hikers State Fair in AL at 1:30pm	7 <u>Morning Activities:</u> Chair Exercise Parachute No Bake- Cream Pies <u>Afternoon Activities:</u> Heritage Hikers Seated Kickball on the Patio	8 <u>Morning Activities:</u> Chair Exercise Seated kickball Engagement Bins <u>Afternoon Activities:</u> Heritage Hikers Match Game Coloring & puzzles
9 <u>Morning Activities:</u> Chair Exercises Music Therapy Virtual Mass <u>Afternoon Activities:</u> Heritage Hikers Puzzles Ice Cream on the Patio	10 NATIONAL S'MORES DAY <u>Morning Activities:</u> Chair Exercise Balloon Toss Manicure Monday <u>Afternoon Activities:</u> Heritage Hikers What's in the Box S'mores on the Patio	11 <u>Morning Activities:</u> Chair Exercises Color Matching Resident Council Meeting <u>Afternoon Activities:</u> Heritage Hikers BINGO Heritage House Calls 1:1	12 <u>Morning Activities:</u> Chair Exercise Ball Toss Crafty Corner- Tie Dye Socks <u>Afternoon Activities:</u> Heritage Hikers Match Game Engagement Bins	13 <u>Morning Activities:</u> Chair Exercises Music W/Susie Q Coloring Social <u>Afternoon Activities:</u> Heritage Hikers BINGO Happy Hour	14 <u>Morning Activities:</u> Chair Exercise Ball Toss Engagement Bins <u>Afternoon Activities:</u> Heritage Hikers Reminiscing on the Patio	15 NATIONAL RELAXATION DAY <u>Morning Activities:</u> Chair Exercise Engagement Bins <u>Afternoon Activities:</u> Heritage Hikers Bean Bag Toss on the Patio Relax & Reminisce on the Patio
16 <u>Morning Activities:</u> Chair Exercises Kickball Virtual Mass <u>Afternoon Activities:</u> Heritage Hikers Match game Ice Cream on the Patio	17 <u>Morning Activities:</u> Chair Exercise Balloon Toss Manicure Monday <u>Afternoon Activities:</u> Heritage Hikers Manicure Monday Movie & Snacks	18 <u>Morning Activities:</u> Chair Exercises Music Therapy Water Painting <u>Afternoon Activities:</u> Heritage Hikers BINGO Heritage House Calls 1:1	19 <u>Morning Activities:</u> Chair Exercise Sing Fit Crafty Corner- Rock Painting <u>Afternoon Activities:</u> Heritage Hikers Engagement Bins Reminiscing on the Patio	20 <u>Morning Activities:</u> Chair Exercises BINGO <u>Afternoon Activities:</u> Heritage Hikers Entertainment- Bruce & Mary @2pm / Happy Hour	21 NATIONAL SENIOR CITIZEN DAY <u>Morning Activities:</u> Chair Exercise Parachute No Bake- Chocolate dipped pretzels <u>Afternoon Activities:</u> Heritage Hikers Seated kickball on the Patio	22 <u>Morning Activities:</u> Chair Exercise on the Patio Seated kickball on the Patio Susie Q <u>Afternoon Activities:</u> Heritage Hikers Bowling on the Patio
23 *Same activities as the 9th*	24 *Same activities as the 10th	25 <u>Morning Activities:</u> Chair Exercises Music Therapy Water Painting <u>Afternoon Activities:</u> Heritage Hikers BINGO Heritage House Calls 1:1	26 National Dog Day <u>Morning Activities:</u> Chair Exercise Sing Fit Crafty Corne- Decoupage <u>Afternoon Activities:</u> Heritage Hikers Coloring & Puzzles	27 <u>Morning Activities:</u> Chair Exercises Music Therapy Coloring <u>Afternoon Activities:</u> Heritage Hikers BINGO Happy Hour/ August Birthday Party	28 <u>Morning Activities:</u> Chair Exercise Balloon Toss Heritage Hikers <u>Afternoon Activities:</u> HUBBS HOEDOWN 4-6PM	29 <u>Morning Activities:</u> Chair Exercise Seated kickball Engagement Bins <u>Afternoon Activities:</u> Heritage Hikers Match Game Coloring & puzzles
30 *Same activities as the 16th*	31 *Same activities as the 17th 11:00- BACK TO SCHOOL PHOTOS					

Memory Support

Community Life Enrichment Calendar

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

HERITAGE
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