

White Lake Asisted Living

Independent Living | Assisted Living

August 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 30 10:30 am Stretch & Tone(DR) 11:00am Coffee & Chronicles (DR) 1:30pm Art Hour !(CR)	August 31 10:30am Seated Cardio(CR) 11:00am Coffee & Chronicles(CR) 2:00pm August Birthdays & New Resident Welcome(CR)					1 10:30 am Stretch & Tone(DR) 11:00am Coffee & Chronicles (DR) 1:30pm Bingo (CR)
2 10:30 am Stretch & Tone(DR) 11:00am Coffee & Chronicles (DR) 1:30pm Art Hour !(CR)	Happy Birthday Mert! 3 10:30am Seated Cardio(CR) 11:00am Coffee & Chronicles(CR) 1:30pm Fancy Fingers (CR)	4 10:30am Stretch & Tone (CR) 11:00am Coffee & Chronicles(CR) 1:30pm Glue Suncatchers Craft (CR)	Happy Birthday Lysbeth! 5 9:30am Communion Service(CR) 10:30am Chair Yoga(CR) 11:00am Coffee & Chronicles(CR) 1:30pm Bi annual Meeting(CR)	Happy Birthday Marlene! 6 10:30am Stretch & Tone(CR) 11:00am Coffee & Chronicles(CR) 1:30pm Praising Harmonica(CR) 4:00pm Movie Matinee(CR)	7 10:30am Chair Zumba(CR) 11:00am Coffee & Chronicles(CR) 2:00pm Tie Dye(CR) 4:00pm Call the Midwife(CR)	8 10:30 am Stretch & Tone(DR) 11:00am Coffee & Chronicles (DR) 1:30pm Bingo (CR)
9 10:30 am Stretch & Tone(DR) 11:00am Coffee & Chronicles (DR) 1:30pm Art Hour (CR)	National S'mores Day 10 10:30am Seated Cardio(CR) 11:00am Coffee & Chronicles(CR) 1:30pm Making S'mores (CR)	11 10:30am Stretch & Tone(CR) 11:00am Coffee & Chronicles(CR) 1:30pm Paper popsicle stick Fans(CR)	12 9:30am Communion Service(CR) 10:30am Stretch and Tone(CR) 11:00am Coffee & Chronicles(CR) 2:00pm Kitchen Cabinet(CR)	13 10:30am Stretch & Tone(CR) 11:00am Coffee & Chronicles(CR) 2:00pm Music by Steve Ripley(CR) 4:00pm Movie Matinee(CR)	14 10:30am Chair Zumba(CR) 11:00am Coffee & Chronicles(CR) 2:00pm Dream Big Idea Jar(CR) 4:00pm Call the Midwife(CR)	15 10:30 am Stretch & Tone(DR) 11:00am Coffee & Chronicles (DR) 1:30pm Bingo (CR)
16 10:30 am Stretch & Tone(DR) 11:00am Coffee & Chronicles (DR) 1:30pm Art Hour (CR)	17 10:30am Seated Cardio(CR) 11:00am Coffee & Chronicles(CR) 1:30pm Fancy Fingers (CR)	18 10:30am Stretch & Tone(CR) 11:00am Coffee & Chronicles(CR) 1:30pm Fall Floral Craft	19 9:30am Communion Service(CR) 10:30am Tai Chi(CR) 11:00am Coffee & Chronicles(CR) 1:30pm Mobile Cart (CR)	20 10:30am Stretch & Tone(CR) 11:00am Coffee & Chronicles(CR) 1:30pm Bingo on the Rocks(CR) 4:00pm Movie Matinee(CR)	21 10:30am Chair Zumba 11:00am Coffee & Chronicles 2:00 Decorate Community Room for Fall (CR) 4:00pm Call the Midwife	22 10:30 am Stretch & Tone(DR) 11:00am Coffee & Chronicles (DR) 1:30pm Bingo (CR)
23 10:30 am Stretch & Tone(DR) 11:00am Coffee & Chronicles (DR) 1:30pm Art Hour (CR)	Biannual Week Switzerland 24 10:30am Mountain Climbing Challenge(CR) 11:00am Coffee & Chronicles(CR) 1:30pm Resident Council(CR)	Biannual Week Asia 25 10:30am Stretch & Tone(CR) 11:00am Coffee & Chronicles(CR) 1:30pm The Great Wall of China Challenge(CR)	Biannual Week Germany 26 9:30am Communion Service(CR) 10:30am Stretch and Tone(CR) 11:00am Coffee & Chronicles(CR) 2:00pm Culinary Showcase(CR)	Biannual Week Italy 27 10:30am Stretch & Tone(CR) 11:00am Coffee & Chronicles(CR) 1:30pm Bingo on the Rocks(CR) 2:30pm Italy Memory Challenge(CR)	Biannual Week Greece 28 10:30am Chair Zumba(CR) 11:00am Coffee & Chronicles(CR) 2:00pm Assemble Fishing Nets Challenge(CR) 4:00pm Call the Midwife(CR)	29 10:30 am Stretch & Tone(DR) 11:00am Coffee & Chronicles (DR) 1:30pm Bingo (CR)

Calender Key:

CR-- Community Room

DR-- Dining Room

IL-- Independent Living

RTR---Room to Room

FP--- Front Porch

PER--- Pergola

Resident Birthday's

#40 Kay 3rd

#13 Mert 3rd

#42 Marlene 6th

#2 Lysbeth 5th

