

| StoryPoint Siena Hills<br>Memory Care                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                    | August 2026<br>Life Enrichment Monthly Calendar                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                        | Activities are subject to change                                                                                                                                                                                                                                                                                     |  |
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| Sunday                                                                                                                                                                                                                                                                                             | Monday                                                                                                                                                                                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                                                                                                                                                                           | Wednesday                                                                                                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                                                                                    | Friday                                                                                                                                                                                                                                                                                                                                                 | Saturday                                                                                                                                                                                                                                                                                                             |  |
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| <b>2</b><br>8:00 AM Coffee & Chat with Neighbors (RA)<br>8:30 AM The Green Thumb Club: Gardening Club (RA)<br>10:00 AM Weekend Stretches with RA's (CR)<br>11:00 AM National Coloring Book Day: Adult Coloring Pages (CR)<br>3:00 PM Balloon Swat (CR)<br>6:00 PM Finish the Phrase with RA's (CR) | <b>Watermelon Day 3</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 Relax & Stretch: Seated Chair Yoga (CR)<br>11:00 AM- Brain Games with RA's (CR)<br>1:00 PM Cool: Watermelon Sampling, Hydration Station & Trivia (B&L)<br>2:00 PM Movie Monday & Popcorn (B&L)<br>6:00 PM Dot to Dot Puzzle with RA's (CR)                                                           | <b>Chocolate Chip Cookie Day 4</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 AM A Sweet History: Chocolate Chip Cookies & Cookie Sampling (AO)<br>12:50 PM Bean Bag Baseball Scrimmage Away Game: Siena Hills vs. StoryPoint Riverwoods (OS)<br>2:00 PM Singalong with Susie Q (CR)<br>3:00 PM Cornhole with RA's (CR)<br>6:00 PM Travel Tuesday: Travel with Rick Steves (CR)        | <b>5</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 AM Parkinson's Exercise with Live 2 B Healthy (AR)<br>10:30 AM Connect Four & Tic Tac Toe<br>2:00 PM BINGO & Beverages (B&L)<br>3:00 PM Furry Friend Visit: Baloo the Dog (B&L)<br>6:00 PM Trivia with RA's (CR)                                                      | <b>6</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 AM Community Bible Study with Ankeny Church of Christ (5H)<br>11:00 AM Country Store Open (CS)<br>1:00 PM Hangman Game (CR)<br>3:00 PM Creative Corner: Handmade Baby Gifts for FOX (B&L)<br>6:00 PM Jigsaw Puzzle Club (CR) | <b>7</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 AM Veterans Donuts & Coffee Sponsored by Hospice of the Midwest (B&L)<br>10:30 AM- Morning Movement (CR)<br>1:30 PM BINGO & Beverages (B&L)<br>2:30 PM Meet & Mingle: New Neighbors Happy Hour with Live Entertainment from Russ Morgan (B&L)<br>6:00 PM Courtyard & Conversations (CY) | <b>8</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>8:30 AM The Green Thumb Club: Gardening Club with RA's (CY)<br>10:00 AM Weekend Stretches with RA's (CR)<br>11:00 AM Weekend Word Search (CR)<br>1:00 PM BINGO with MOD (B&L)<br>3:00 PM Sensory Bins & Books (CR)<br>6:00 PM Movie Night: Resident Choice  |  |
| <b>9</b><br>8:00 AM Coffee & Chat with Neighbors (RA)<br>8:30 AM The Green Thumb Club: Gardening Club (RA)<br>10:00 AM Weekend Stretches with RA's (CR)<br>11:00 AM Adult Coloring Pages & Music (CR)<br>3:00 PM Balloon Swat (CR)<br>6:00 PM Finish the Phrase with RA's (CR)                     | <b>10</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 Relax & Stretch: Seated Chair Yoga (CR)<br>11:00 AM Live Music with LaRon (100 Hall CR)<br>1:20 PM Bean Bag Baseball Scrimmage Home Game: Siena Hills vs. StoryPoint Pleasant Hill (B)<br>2:30 PM Movie Monday & Popcorn (CR)<br>6:00 PM Dot to Dot Puzzle with RA's (CR)                                          | <b>11</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 AM Communion Service - Our Lady of the Immaculate Heart Catholic Church (5H)<br>1:00 PM BINGO & Beverages (B&L)<br>2:00 PM Resident Town Hall (B&L)<br>2:30 PM Resident Life Enrichment Meeting (B&L)<br>3:00 PM Singalong with Susie Q (CR)<br>6:00 PM Travel Tuesday: Travel with Rick Steves (CR)                              | <b>12</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 AM Parkinson's Exercise with Live 2 B Healthy (AR)<br>10:30 AM ISpy Game (CR)<br>1:00 PM Family Feud (B&L)<br>3:00 PM Acts of Service: Encouragement Cards for Educators at Ankeny Schools with Volunteer Sarah (B&L)<br>6:00 PM Trivia with RA's (CR)               | <b>13</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 AM Community Bible Study with Ankeny Church of Christ (5H)<br>11:00 AM Country Store Open (CS)<br>1:00 PM Ball Pong (CR)<br>3:00 PM Corn Shucking with FOX (CR)<br>6:00 PM Jigsaw Puzzle Club (CR)                          | <b>Creamsicle Day 14</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 Relax & Stretch: Seated Chair Yoga (CR)<br>1:00 PM BINGO & Beverages (B&L)<br>2:00 PM Beat the Heat with Creamsicles (B&L)<br>2:30 PM Comedy Club Happy Hour with Live Entertainment from Comedian Jeff Hanna (B&L)<br>6:00 PM Courtyard & Conversations (CY)           | <b>15</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>8:30 AM The Green Thumb Club: Gardening Club with RA's (CY)<br>10:00 AM Weekend Stretches with RA's (CR)<br>11:00 AM Weekend Word Search (CR)<br>1:00 PM BINGO with MOD (B&L)<br>3:00 PM Sensory Bins & Books (CR)<br>6:00 PM Movie Night: Resident Choice |  |
| <b>16</b><br>8:00 AM Coffee & Chat with Neighbors (RA)<br>8:30 AM The Green Thumb Club: Gardening Club (RA)<br>10:00 AM Weekend Stretches with RA's (CR)<br>11:00 AM Adult Coloring Pages & Music (CR)<br>3:00 PM Balloon Swat (CR)<br>6:00 PM Finish the Phrase with RA's (CR)                    | <b>17</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 Relax & Stretch: Seated Chair Yoga (CR)<br>11:00 AM Brain Games with RA's (CR)<br>1:00 PM Iowa State Fair Trivia<br>2:00 PM Movie Monday & Popcorn (B&L)<br>6:00 PM Dot to Dot Puzzle with RA's (CR)                                                                                                               | <b>18</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:30 AM Outing: Ruby's Nails (AR)<br>1:00 PM BINGO & Beverages (B&L)<br>2:00 PM Personalized Caricatures by Stephanie Ong (B&L)<br>2:30 PM Singalong with Susie Q (CR)<br>3:00 PM Blue Ribbon Butter Challenge (B&L)<br>3:15 PM Iowa State Fair Beer Sampling Experience (B&L)<br>6:00 PM Travel Tuesday: Travel with Rick Steves (CR) | <b>19</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 AM Parkinson's Exercise with Live 2 B Healthy (AR)<br>10:30 AM Connect Four & Tic Tac Toe<br>2:00 PM Sing Along Hymns with Matthew from Emmanuel Lutheran (FL)<br>4:30 PM A Taste of the Fair at Siena: Family Fun Night (B&L + PF)<br>6:00 PM Trivia with RA's (CR) | <b>20</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 AM Community Bible Study with Ankeny Church of Christ (5H)<br>11:00 AM Country Store Open (CS)<br>1:00 PM Hangman Game (CR)<br>3:00 PM Baby Celebration for FOX (B&L)<br>6:00 PM Jigsaw Puzzle Club (CR)                    | <b>21</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 Relax & Stretch: Seated Chair Yoga (AR)<br>10:30 AM-Ball Pong (CR)<br>1:30 PM BINGO & Beverages (B&L)<br>3:00 PM Birthday Bash w/ Live Music from Tom Hofer Sponsored by Affinity Care of Iowa Hospice (B&L)<br>6:00 PM Courtyard & Conversations (CY)                                 | <b>22</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>8:30 AM The Green Thumb Club: Gardening Club with RA's (CY)<br>10:00 AM Weekend Stretches with RA's (CR)<br>11:00 AM Weekend Word Search (CR)<br>1:00 PM BINGO with MOD (B&L)<br>3:00 PM Sensory Bins & Books (CR)<br>6:00 PM Movie Night: Resident Choice |  |
| <b>23</b><br>8:00 AM Coffee & Chat with Neighbors (RA)<br>8:30 AM The Green Thumb Club: Gardening Club (RA)<br>10:00 AM Weekend Stretches with RA's (CR)<br>11:00 AM Adult Coloring Pages & Music (CR)<br>3:00 PM Balloon Swat (CR)<br>6:00 PM Finish the Phrase with RA's (CR)                    | <b>24</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 Relax & Stretch: Seated Chair Yoga (CR)<br>11:00 AM Music Therapy with Jackie (CR-100 Hall)<br>1:00 PM Back-to-School Price Challenge: Then & Now (B&L)<br>1:30 PM Seniors' Advice for Students Returning Back to School (B&L)<br>2:00 PM Movie Monday & Popcorn (B&L)<br>6:00 PM Dot to Dot Puzzle with RA's (CR) | <b>Banana Spilt Day 25</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 AM Cardio Drumming (AR)<br>1:00 PM BINGO & Beverages (B&L)<br>2:15 PM Build Your Own Banana Split Bar (B&L)<br>3:00 PM Singalong with Susie Q (CR)<br>6:00 PM Travel Tuesday: Travel with Rick Steves (CR)                                                                                                       | <b>Dog Day 26</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 AM Parkinson's Exercise with Live 2 B Healthy (AR)<br>10:30 AM ISpy Game (CR)<br>1:00 PM Family Feud (B&L)<br>3:00 PM Furry Friend Visit: Denali the Dog (B&L)<br>6:00 PM Trivia with RA's (CR)                                                              | <b>Peach Day 27</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 AM Community Bible Study with Ankeny Church of Christ (5H)<br>11:00 AM Country Store Open (CS)<br>1:00 PM Ball Toss (CR)<br>3:00 PM Bean Bag Baseball Practice (B&L)<br>6:00 PM Jigsaw Puzzle Club (CR)           | <b>28</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>10:00 Relax & Stretch: Seated Chair Yoga (AR)<br>1:00 PM BINGO & Beverages (B&L)<br>2:30 PM End of Summer Hawaiian Luau Happy Hour with Live Entertainment from Taylor King (B&L)<br>6:00 PM Courtyard & Conversations (CY)                                                                  | <b>29</b><br>8:00 AM Coffee & Chat with Neighbors (CR)<br>8:30 AM The Green Thumb Club: Gardening Club with RA's (CY)<br>10:00 AM Weekend Stretches with RA's (CR)<br>11:00 AM Weekend Word Search (CR)<br>1:00 PM BINGO with MOD (B&L)<br>3:00 PM Sensory Bins & Books (CR)<br>6:00 PM Movie Night: Resident Choice |  |
| <b>Calender Key:</b><br>(AR) Activity Room<br>(AO) Activity Office<br>(B&L) Bar & Lounge                                                                                                                                                                                                           | (5H) 500 Hall<br>(CS) Country Store<br>(DR) Dining Room<br>(B) Bistro                                                                                                                                                                                                                                                                                                              | (FL) Front Lobby<br>(L) Library<br>(OS) Off Site<br>(RA) Resident-Run Activity                                                                                                                                                                                                                                                                                                                    | (BS) Beauty Salon<br>(PF) Patio-Out Front<br>(D2D) Door-to-Door<br>Apartment Visits                                                                                                                                                                                                                                                  | Life Enrichment Director<br>Cassie Rhoades<br>cassidy.rhoades@storypoint.com                                                                                                                                                                                                                | Follow us on Facebook!<br>StoryPoint Siena Hills                                                                                                                                                                                                                                                                                                       | <div> <div>STORYPOINT</div> <div>Senior Living</div> </div>                                                                                                                                                                                                                                                          |  |

| Sunday                                                                                                                                                                                                                                                                                           | Monday                                                                                                                                                                                                                                                                                       | Tuesday                                                          | Wednesday | Thursday | Friday | Saturday |
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| 30<br><div>8:00 AM Coffee &amp; Chat with Neighbors (RA)<br/>8:30 AM The Green Thumb Club: Gardening Club (RA)<br/>10:00 AM Weekend Stretches with RA's (CR)<br/>11:00 AM Adult Coloring Pages &amp; Music (CR)<br/>3:00 PM Balloon Swat (CR)<br/>6:00 PM Finish the Phrase with RA's (CR)</div> | 31<br><div>8:00 AM Coffee &amp; Chat with Neighbors (RA)<br/>10:00 Relax &amp; Stretch: Seated Chair Yoga (CR)<br/>11:00 AM Brain Games with RA's (CR)<br/>1:00 PM Family Feud (B&amp;L)<br/>2:00 PM Movie Monday &amp; Popcorn (B&amp;L)<br/>6:00 PM Dot to Dot Puzzle with RA's (CR)</div> | August Birthday List<br><br>Charles W    August 20 <sup>th</sup> |           |          |        |          |
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