

Glen Abbey Assisted Living and Memory Care

Assisted Living

August 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 11:00 Chair Stretches 2:00 Bingo 4:00 Book Club 6:00 Aromatherapy
2 10:00 Church Service (L) 11:00 Chair Stretches 2:00 Card Games 4:00 TV-Show 6:00 Relaxation Music	3 11:00 Resistance Bands 2:00 Bingo 4:00 Story Time 6:00 Coloring and Chat	4 11:00 Chair Exercise 2:00 Movie 3:00 Floor Hockey 4:00 Walking Club 6:00 Smooth Jazz Music	5 11:00 Cardio Drumming 2:00 Outdoor Games 4:00 Trivia Game 6:00 Relaxation Music	6 11:00 Zumba 2:00 Root Beer Float Cart 3:00 Water Gun Game 6:00 Evening Reflection	7 11:00 Chair Stretches 1:00 Communion 2:00 Bingo and Desserts 4:00 Walking Club 6:00 Aromatherapy	8 11:00 Zumba 2:00 Painting Craft 3:00 Dance Party 6:00 Breathing Exercises
Rose’s Birthday 9 10:00 Church Service (L) 11:00 Chair Zumba 12:00 Brunch 2:00 Balloon Volley 4:00 TV Show 6:00 Relaxation Chat	10 11:00 Resistance Bands 2:00 1 on 1's 3:00 Straw Blowing Relay 4:00 Book Club 6:00 Calming Tea	11 11:00 Chair Exercise 2:00 Moving and Grooving 3:00 Bingo 4:00 Walking Club 6:00 Relaxation Music	12 11:00 Cardio Drumming 2:00 Baking Club 4:00 Activity Meeting 6:00 Aromatherapy	13 11:00 Zumba 2:00 Golfing Game 4:00 Coloring and Mocktails 6:00 Evening Reflection	14 11:00 Chair Stretches 2:00 Bingo 4:00 TV-Show and Popcorn 6:00 Breathing Exercises	15 11:00 Pastor Glass 1:00 Josh Men’s Group 2:00 Kickball and Music 4:00 Chair Exercise 6:00 Relaxation Music
16 10:00 Church Service (L) 11:00 Chair Exercise 2:00 Movie and Popcorn 4:00 Card Games 6:00 Aromatherapy	Judy’s Birthday 17 11:00 Resistance Bands 2:00 Book Club 3:00 Snack Mobile Cart 4:00 Name That Tune 6:00 Resident Led Games	18 11:00 Chair Exercise 2:00 Trivia 4:00 Walking Club 6:00 Family Music Bingo	19 11:00 Cardio Drumming 2:00 Culinary Showcase 4:00 Ring Toss Game 6:00 Relaxation Chat	20 11:00 Zumba 2:00 Bingo 2:00 Drinks with Netta/Alicia 4:00 Resident Council 6:00 Calming Tea	21 11:00 Chair Stretches 11:00 Casper Therapy Dog 1:00 Communion 2:00 Resident Party 4:00 Cotton Ball Scooping 6:00 Breathing Exercises	22 11:00 Chair Stretches 2:00 UNO Card Game 4:00 1 on 1's 6:00 Relaxation Music
23 10:00 Church Service (L) 11:00 Chair Zumba 2:00 Outdoor Games 6:00 Breathing Exercises	Amazing Race Thailand 24 11:00 Resistance Bands 2:00 Opening Ceremony 2:30 Tug-A- War Challenge 3:00 Badminton Game 6:00 Pad Thai Dinner	Amazing Race Italy 25 11:00 Painting Challenge 2:00 Moving and Grooving 3:00 Pizza Making 6:00 Lasagna and Wine	Amazing Race UK 26 11:00 Cardio Drumming 2:00 Horse Racing 4:00 Soccer Activity 6:00 Fish and Chips Dinner	Amazing Race Mexico 27 11:00 Chair Stretches 2:00 Pinata Challenge 3:00 Wild Life Video 6:00 Tamales Dinner	Amazing Race Japan 28 11:00 Zumba 2:00 Sumo Wrestling 3:00 Egg Roll Cook-Off 4:00 Closing Ceremony 6:00 Aromatherapy	29 11:00 Chair Stretches 2:00 Bingo 4:00 TV Show 6:00 Relaxation Music