

StoryPoint Birmingham Memory Care		Week 1-3 August 2026 Life Enrichment Monthly Calendar					Activities are subject to change
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					31 10:00am Stretching w/ Care Staff (TL) 11:00am Mealtime Helpers (DR) 1:00pm Alphabet Game w/ Care Staff (TL) 2:00pm Hydration & Snack (DR) 3:00pm Pool Noodle Fishing (FS) 6:00pm Alphabet Game/ Care Staff (TL)	1 10:00am Stretching w/ Care Staff (TL) 11:00am Mealtime Helpers (DR) 1:00pm Don't Touch the Color (FS) 2:00pm Hydration & Snack (DR) 3:00pm Beauty Lounge w/ Care Staff (TL) 6:00pm Sorting Laundry (FS)	
2 10:00am Streaming Mass (TL) 10:00am Stretching w/ Care Staff (TL) 11:00am Mealtime Helpers (DR) 1:00pm Whack a Balloon (FS) 2:00pm Hydration & Snack (DR) 3:00pm Polish & Pamper (TL)	3 10:00am Balance Class w/ Madison (TL) 11:00am Mealtime Helpers (DR) 1:00pm BINGO (TL) 2:00pm Hydration & Snack (DR) 3:00pm Container Matching (FS) 6:00pm Higher or Lower (TL)	4 10:00am Rockin' in Our Seats w/ Madison (TL) 11:00am Mealtime Helpers (DR) 1:00pm Card Suit Matching (FS) 2:00pm Hydration & Snack (DR) 3:00pm Ty & Carol Sing Along (DR)	5 10:00am Sit & Stretch w/ Madison (TL) 11:00am Mealtime Helpers (DR) 1:00pm Dog Visit w/ Ryder (TL) 2:00pm Hydration & Snack (DR) 3:00pm Bubble Art w/ Madison & Lynsay (FS) 5:30pm Hang Man w/ Madison	6 10:00am Balance Class w/ Madison (TL) 11:00am Mealtime Helpers (DR) 1:00pm BINGO (TL) 2:00pm Hydration & Snack (DR) 3:00pm Axe Throwing (FS)	7 10:00am Rockin' In Our Seats w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1;00pm Trivia w/ Lynsay (FS) 2:00pm Hydration & Snack (DR) 3:00pm Balloon Volleyball (FS)	8 10:00am Sit & Stretch w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1:00pm Corn Hole (CY) 2:00pm Hydration & Snack (DR) 3:00pm Punch a Prize (TL)	
9 10:00am Streaming Mass (TL) 10:00am Balance Class w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1:00pm Don't Touch the Color (FS) 2:00pm Hydration & Snack (DR) 3:00pm Higher or Lower (TL)	10 10:00am Rockin' in Our Seat w/ Madison (TL) 11:00am Mealtime Helpers (DR) 1:00pm BINGO (TL) 2:00pm Hydration & Snack (DR) 3:00pm Exercise w/ TCT (TL)	11 10:00am Sit & Stretch w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1:00pm Jeopardy (FS) 2:00pm Hydration & Snack (DR) 3:00pm Senior Superbowl (FS)	12 10:00am Balance Class w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1:00pm Dog Visit w/ Gemma (TL) 2:00pm Hydration & Snack (DR) 3:00pm Walk Club (CY) 5:30pm Silverware Sorting (DR)	13 10:00am Rockin' in Our Seat w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1:00pm BINGO (TL) 2:00pm Hydration & Snack (DR) 3:00pm Entertainment w/ Marie (DR)	14 10:00am Sit & Stretch w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1:00pm Mind & Movement w/ Better You (TL) 2:00pm Hydration & Snack (DR) 3:00pm Painting Golf Balls (FS)	15 10:00am Stretching w/ Care Staff (TL) 11:00am Mealtime Helpers (DR) 1:00pm Boarding Pass Delivery 1:30pm Balloon Tennis (FS) 2:00pm Hydration & Snack (DR) 3:00pm Beauty Lounge (TL)	
Calender Key:		DR- Dining Room TI – Theatre Lounge FS- Four Seasons	CY – Courtyard FD– Front Desk IE- Interactive Inviroment	AL- Assisted Living			STORYPOINT Senior Living

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16 10:00am Streaming Mass (TL) 10:00am Stretching w/ Care Staff (TL) 11:00am Mealtime Helpers (DR) 1:00pm Corn Hole (CY) 2:00pm Hydration & Snack (DR) 3:00pm Polish & Pamper (TL)	17 GREECE DAY 10:00am Balance Class w/ Madison (TL) 11:00am Mealtime Helpers (DR) 1:00pm Greek Relay (CY) 2:00pm Hydration & Snack (DR) 2:30pm Olympic Ring Toss (FS)	18 SCOTLAND DAY 10:00am Rockin' in Our Seats w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1:00pm Caber Toss (FS) 2:00pm Hydration & Snack (DR) 3:00pm Highland Putting Challenge	19 THAILAND DAY 10:00am Sit & Stretch w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1:00pm Dog Visit w/ Ryder (TL) 1:30pm Entertainment w/ G. Walsh (DR) 2:30pm Elephant Memory Game (TL) 3:30pm Can you Smell Thailand? (FS)	20 AUSTARLIA DAY 10:00am Balance Class w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1:00pm Boomerang Toss (CY) 2:00pm Hydration & Snack (DR) 3:00pm Australia Puzzle Race (FS)	21 ENGLAND DAY 10:00am Rockin' in Our Seats w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1:00pm Guard the Crown (FS) 2:00pm Hydration & Snack (DR) 3:00pm Royal Tea Stack (FS) 4:00pm Amazing Race Awards (DR)	22 10:00am Sit & Stretch w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 12:00pm Lions vs. Commanders Preseason (FS) 2:00pm Hydration & Snack (DR) 3:00pm Pool Noodle Fishing (FS)
23 10:00am Streaming Mass (TL) 10:00am Balance Class w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1:00pm Whack a Balloon (FS) 2:00pm Hydration & Snack (DR) 3:00pm Jeopardy (FS)	24 10:00am Rockin' in Our Seats w/ Madison (TL) 11:00am Mealtime Helpers (DR) 1:00pm BINGO (TL) 2:00pm Hydration & Snack (DR) 3:00pm Exercise w/ TCT (TL)	25 10:00am Sit & Stretch w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1:30pm Art for all Ages (DR) 2:30pm Balloon Painting (FS) 3:30pm Balloon Volleyball (FS)	26 10:00am Balance Class w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1:00pm Dog Visit w/ Gemma (TL) 2:00pm Hydration & Snack (DR) 3:00pm TIKI PARTY (DR) 5:30pm Container Matching (DR)	27 10:00am Rockin' in Our Seats w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1:00pm BINGO (TL) 2:00pm Hydration & Snack (DR) 3:00pm Don't Touch the Color (FS)	28 10:00am Sit & Stretch w/ Lynsay (TL) 11:00am Mealtime Helpers (DR) 1:00pm Shirley Temple Mobile Cart 2:00pm Hydration & Snack (DR) 3:00pm Nerf Gun Target Practice (FS)	29 10:00am Stretching w/ Care Staff (TL) 11:00am Mealtime Helpers (DR) 1:00pm Lions vs Colts Preseason (FS) 2:00pm Hydration & Snack (DR) 3:00pm Beauty Lounge (TL)
30 10:00am Streaming Mass (TL) 10:00am Stretching w/ Care Staff (TL) 11:00am Mealtime Helpers (DR) 1:00pm Axe Throwing (FS) 2:00pm Hydration & Snack (DR) 3:00pm Polish & Pamper (DR)	31 10:00am Balance Class w/ Madison (TL) 11:00am Mealtime Helpers (DR) 1:00pm BINGO (TL) 2:00pm Hydration & Snack (DR) 2:30pm DIY Fish Bowls (FS)					

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FS- Four Seasons

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AL- Assisted Living

STORYPOINT™
Senior Living