

Glen Abbey Assisted Living and Memory Care

Memory Care

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

Calender Key:
MD – Main Dining
MC – Memory Care
PD – Private Dining

CD – Cooking Room
L – Lobby
P - Patio
O - Outside

B- Beauty Salon
H- Hall
CR-Community Room

Breakfast:
8:00am

Lunch:
12:00pm

Dinner:
5:00pm