

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026						1 Chair Exercise Daily Chronicles + Snack Puzzles Balloon Volleyball Sing-A-Long + Snack Movie Matinee + Popcorn
2 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee	3 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities	4 Chair Yoga Daily Chronicles + Snack Spanish 101 Parachute Ball Toss Sing-A-Long + Snack Touch the colors National Chocolate Chip Cookie Day.	5 Chair Exercise Daily Chronicle + Snack Puzzles Karaoke Snack + Hydration Painting	6 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Root beer Table Activities National Root Beer Float Day	7 Chair Yoga Daily Chronicles + Snack Craft Corner Baking Class Music + Snack Jeopardy	8 Chair Exercise Daily Chronicles + Snack Puzzles Balloon Volleyball Sing-A-Long + Snack Movie Matinee + Popcorn
9 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee	10 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities	11 Chair Yoga Daily Chronicles + Snack Spanish 101 Parachute Ball Toss Sing-A-Long + Snack Touch the colors	12 Chair Exercise Daily Chronicles + Snack Puzzles Karaoke Snack + Hydration Wack a mole with Staff	13 Sit & Be Fit Daily Chronicles + Snack Coloring News Paper Run Short Story + Snack Table Activities	14 Chair Yoga Daily Chronicles + Snack Craft Corner Baking Class Music + Snack Jeopardy	15 Chair Exercise Daily Chronicles + Snack Puzzles Balloon Volleyball Sing-A-Long + Snack Movie Matinee + Popcorn
16 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee	17 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities	18 Chair Yoga Daily Chronicles + Snack Spanish 101 Parachute Ball Toss Sing-A-Long + Snack Touch the colors	19 Chair Exercises Daily Chronicles + Snack Puzzles Wine Tasting Pinot Nior Day Snack + hydration Painting National Pinot Nior Day	20 Sit & Be Fit Daily Chronicles + Snack Coloring Make & Eat The Bacon Short Story + Hydration Table Activities National Bacon Lovers Day	21 Chair Yoga Daily Chronicles + Snack Craft Corner Karaoke Music + Snack Music with Phill	22 Chair Exercise Daily Chronicles + Snack Puzzles Balloon Volleyball Sing-A-Long + Snack Movie Matinee + Popcorn
23 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee	24 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities	25 Chair Yoga Daily Chronicles + Snack Spanish 101 Parachute Ball Toss Sing-A-Long + Snack Touch the colors	26 Chair Exercise Daily Chronicle + Snack Puzzles Karaoke Snack + Hydration Wack a mole with staff	27 Sit & Be Fit Daily Chronicles + Snack Coloring Canine Companion Short Story + Snack Table Activities	28 Chair Yoga Daily Chronicles + Snack Craft Corner Baking Class Music + Snack Jeopardy	29 Chair Exercise Daily Chronicles + Snack Puzzles Balloon Volleyball Sing-A-Long + Snack Movie Matinee + Popcorn
30 Seated Stretches Virtual Church Service Snack + Hydration Walking Club Music + Snack Movie Matinee	31 Sit & Be Fit Daily Chronicles + Snack Coloring The beat of the drums Short Story + Snack Table Activities					

Type the name, address, and other information about your community/company here.