




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>HIDDEN MEADOWS ON THE RIDGE By Discovery Senior Living</p>	<p>10 Chair Yoga 1 10:30 Read A Romance Month: Fact or Fantasy? 11 Garden Box Growers (meet on back patio) 1:30 Bingo 3 Exploring Countries Past & Present: Canada 4 Cornhole Game <i>Canada Civic Day</i></p>	<p>10 Easy Cardio 2 10:30 Movie Review Guessing Game 11 Roll & Stroll (meet in lobby) 1:30 Manicures, Music & Hand Massages 2:30 Donut Ice Cream Sandwich Social (café) 4 Tomahawk Toss <i>Ice Cream Sandwich Day</i></p>	<p>10 Exercise 3 10:30 Coffee Club & Chronicles 11 Chicken or The Egg 1:30 Art Expression: Watercolor Nature Painting 2:30 A Musical Salute to Tony Bennett 4 Frisbee Can Slam 6 Game Night (resident led)</p>	<p>10 Sit & Be Fit 4 10:30 Activity Planning Mtg. 11 Resident Council Mtg. 1:30 Outing: Scenic Drive & Donut Run (Sign up by 9 am on 2nd fl theatre) 2 Deep Blue: How Beautiful Our Planet Can Be (theatre) 4 Horseshoes 6 Music & Songs by Entertainer Dick Lentz</p>	<p>10 Easy Cardio Exercise 5 10:30 This Day in History 11 Ask Alexa! 1:30 Relax & Rejuvenate: Guided Imagery (theatre) 2:30 & Pub Trivia & International Beer Tasting (cafe) 4 Mexican Train Dominoes (resident led) <i>International Beer Day</i></p>	<p>10:30 Chair Tai Chi 6 11 Gizmos and Gadgets & Mock Mimosas 1:30 Medial Innovations for 2022 & Pay What Is Due Coming to You (1st, 2nd & 3rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)</p>
<p>10:30 Light Weight Exercise 7 11 Worldwide Places of Worship 11:30 Hymn Sing 1:30 Hatfield-McCoy Way & Let's Be Friends Day Coming to You (1st, 2nd & 3rd fls) 2 Table Games (resident led) 6 Movie Night (theatre) <i>National Friendship Day</i></p>	<p>10 Chair Tai Chi 8 10:30 Headlines in History: The 1970's 11 Garden Box Growers (meet on back patio) 1:30 Bingo 3 Big Red Bucket Toss 4 St. Agnes Mass (1st fl lounge)</p>	<p>10 Sit & Be Fit 9 10:30 Good News Travels Faster 11 Password 1:30 Conversation Piece: Handcrafted from Virginia Coal 2:30 Manicures, Music & Hand Massages 4 Game of Darts (1st fl lounge) 6 Travel Time Lotto Game</p>	<p>10 Exercise 10 10:30 Coffee Club & Chronicles 11 All About August 1:30 You Be the Critic: Art at its Best or Worst 2:30 August Birthday Social (3rd fl. dining room) 4 Washers Toss 6 Game Night (resident led)</p>	<p>10 Bible Study w/ Penny (1st fl lounge) 10:30 Words in A Word 11 Roll & Stroll (meet in lobby) 1:30 Make & Donate: Must Haves for Missionaries 3:30 Building Better Balance 4 Finishing Lines</p>	<p>10 Exercise 12 10:30 Psalms to Ponder 11 Elvis Is in The House-Lip Sync Contest (theatre) 1:00 Outing: Quakertown Farmers Market (Sign up by 9 am on 2nd fl theatre) 2 Mandalas & Mood Music 4 Mexican Train Dominoes (resident led)</p>	<p>10:30 Sit & Be Fit 13 11 Pokeno Game 1:30 Birthstone Day & Word Games to Play Coming to You (1st, 2nd & 3rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)</p>
<p>10:30 Exercise 14 11 Jewelry Making: Beaded Bracelets or Keyrings 11:30 Doo Wop Hits List 1:30 VJ Day & Doc Holliday Coming to You (1st, 2nd & 3rd fls) 2 Bible Baptist Church Service (1st fl. lounge) 6 Movie Night (theatre)</p>	<p>10 Morning Stretch 15 10:30 Vacation Stories of Laughter & Disaster 11 Garden Box Growers (meet on back patio) 1:30 Bingo 3 Name That Singer & Song 4 These Shoes Are Made for Walking Challenge (meet in lobby)</p>	<p>10 Easy Cardio 16 10:30 The Sentinel 11 Obama Llama 1:30 Penny Ante: Reminiscing Game 2:30 Manicures, Music & Hand Massages 4 Frisbee Disc Golf</p>	<p>10 Exercise 17 10:30 Coffee Club & Chronicles 11 Technology Tips & Tricks 1:30 Art Expression: Acrylic Painting 2:30 Live Web Cams from Around the World 4 Line Dancing & Prancing 6 Game Night (resident led)</p>	<p>10 Bible Study w/ Penny (1st fl lounge) 10:30 Crock Pot Cookery 11 Roll & Stroll (meet in lobby) 1:30 Outing: Care & Share (Sign up by 9 am on 2nd fl theatre) 2 Mandalas & Mood Music 3:30 Collector's Antique Corner 4:30 Crock Pot Cuisine (3rd fl. dining room) 6 Hidden Meadows Chorus <i>Antiques Day</i></p>	<p>10 Beginner Pilates 19 10:30 Life Stories: A Time to Share 11 Strange but True 1:30 Relax & Rejuvenate: Guided Imagery (theatre) 2:30 Gourmet Ice Cream Float Sampler Social (café) 4 Mexican Train Dominoes (resident led)</p>	<p>10:30 Beginner Pilates 20 11 Armchair Travel & Taste To: Cook Islands 1:30 Rebus Puzzles to Guess & A Little More or Less Coming to You (1st, 2nd & 3rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)</p>
<p>10:30 Chair Yoga 21 11 Fascinating Bible Facts 11:30 Hymn Sing 1:30 Coward of The County & Canadian Mounties Coming to You (1st, 2nd & 3rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)</p>	<p>10 Sit & Be Fit 22 10:30 Name 5 11 Garden Box Growers (meet on back patio) 1:30 Bingo 3 Sing Along Songs from the 50's, 60's & 70's 4 Tic, Tac, Toss</p>	<p>10 Exercise 23 10:30 Outburst 11 Current Events That Are Rocking the World 1:30 Manicures, Music & Hand Massages 2:30 Mocktails & Mysteries 4 Hole in One Golf 6 Double Card Bingo</p>	<p>10 Exercise 24 10:30 Coffee Club & Chronicles 11 Pray the Rosary (theatre) 1:30 Art Expression: Sketch & Draw 2:30 Wii Bowling Challenge (theatre) 4 Who Am I? 6 Game Night (resident led)</p>	<p>10 Bible Study w/ Penny (1st fl lounge) 10:30 Daffy Definitions 11 Roll & Stroll (meet in lobby) 1:30 Outing: Scenic Ride (Sign up by 9 am on 2nd fl theatre) 2 Mosaic Sticker Art & Music from The Heart 4 International Animals & Their Environments</p>	<p>10 Drumming Exercise 26 10:30 Morning Mindfulness 11 Amazing Science Experiments 1:30 Karaoke Open Mic (theatre) 2:30 Chef's Demo & Taste (3rd fl. dining room) 4 Mexican Train Dominoes (resident led)</p>	<p>10:30 Morning Stretch 27 11 Creative Crafting 1:30 Trivia Quest & Hollywood's' Best Coming to You (1st, 2nd & 3rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)</p>
<p>10:30 Exercise 28 11 Amen Corner 11:30 Hymn Sing 1:30 Crosswords & Cryptograms Coming to You (1st, 2nd & 3rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)</p>	<p>10 Morning Stretch 29 10:30 The Gratitude Challenge 11 Garden Box Growers (meet on back patio) 1:30 Bingo 3 Sound Therapy: Relaxing Music Meditation (theatre) 4 Scavenger Hunt: The Search for Amelia Earhart (1st fl. lounge)</p>	<p>10 Easy Cardio 30 10:30 Morning Devotion 11 That's Debatable: Prescription Drug Costs 1:30 Manicures, Music & Hand Massages 2:30 Discovering Planet Earth Part 3 (theatre) 4 RC Racers (front porch)</p>	<p>10 Exercise 31 10:30 Coffee Club & Chronicles 11 Snakesss Game 1:30 Art Expression: Deco Designs with Loofahs 2:30 Poetry & Arnold Palmers 4 Making Strides Walking Challenge (meet in lobby) 6 Game Night (resident led)</p>	 <p>Join us as we celebrate Going Abroad Month! <i>August</i> 2022</p>		 <p>CELEBRATIONS ACTIVITIES & EVENTS</p>

Please Note: Outdoor activities are weather permitting and calendar is subject to change.

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