


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Dimensions of Wellness</b></p> <ul style="list-style-type: none"> <li>■ Intellectual</li> <li>■ Emotional</li> <li>■ Social</li> <li>■ Spiritual</li> <li>■ Physical</li> </ul>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Exercise</p> <p>1:30 Coloring Our World</p> <p>2:00 Pet Therapy</p> <p>3:00 Activity Cart</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>9:30 Church Service with Dale</p> <p>1:30 Chaplain Visits</p> <p>2:00 Ice Cream Sandwich Day Social</p> <p>3:00 Room Visits</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Exercise</p> <p>1:30 Bingo</p> <p>3:00 Checkers</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Current Events</p> <p>1:30 Molding Sand Art</p> <p>3:00 Corn Hole</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Exercise</p> <p>1:30 Would You Rather?</p> <p>3:00 UNO</p> <p>6:00 Friday Flicks</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>11:00 Game Table: Resident's Choice</p> <p>2:00 Bingo</p> <p>6:00 Afternoon TV</p>	
<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:00 Southland Christian Church Service on channel ABC</p> <p>1:30 Church Service with Dale</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Exercise</p> <p>1:30 Balloon Exercise</p> <p>2:00 Pet Therapy</p> <p>3:00 Lifelong Learning: Elvis Week</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>9:30 Church Service with Dale</p> <p>1:30 Chaplain Visits</p> <p>2:00 Room Visits</p> <p>3:00 All Shook Up Sing-along</p> <p>6:00 Bobby Parris</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Exercise</p> <p>1:30 Bingo</p> <p>3:00 Outdoor Social</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Current Events</p> <p>1:30 Roll and Bowl</p> <p>3:00 Golf Toss</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Exercise</p> <p>1:30 Toss and Catch</p> <p>3:00 Word Search</p> <p>6:00 Friday Flicks</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>11:00 Game Table: Checkers</p> <p>2:00 Bingo</p> <p>6:00 Afternoon TV</p>	
<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:00 Southland Christian Church Service on channel ABC</p> <p>1:30 Church Service with Dale</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Exercise</p> <p>1:30 Finish the Drawing</p> <p>2:00 Pet Therapy</p> <p>3:00 Activity Cart</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>9:30 Church Service with Dale</p> <p>1:30 Chaplain Visits</p> <p>2:30 Bob Allen</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Exercise</p> <p>1:30 Bingo</p> <p>3:00 Summer Vacation Reminiscing</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Current Events</p> <p>1:30 Cooking Corner: Trail Mix</p> <p>3:00 Glamour Nails</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Exercise</p> <p>1:30 Word Search</p> <p>3:00 Finish the Song Title</p> <p>6:00 Friday Flicks</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>11:00 Game Table: Sorry</p> <p>2:00 Bingo</p> <p>6:00 Afternoon TV</p>	
<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:00 Southland Christian Church Service on channel ABC</p> <p>1:30 Church Service with Dale</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Exercise</p> <p>1:30 Men's Group</p> <p>2:00 Pet Therapy</p> <p>3:00 Activity Cart</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>9:30 Church Service with Dale</p> <p>1:30 Chaplain Visits</p> <p>2:00 Bingo</p> <p>3:00 Price is Right</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Exercise</p> <p>1:00 Taylor Made Farm Outing</p> <p>3:00 Word Search</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Current Events</p> <p>2:00 Mike Archer</p> <p>3:00 Watercolor Painting</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Exercise</p> <p>1:30 Popsicle Social</p> <p>3:00 Outdoor Social</p> <p>6:00 Friday Flicks</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>11:00 Game Table: Operation</p> <p>2:00 Bingo</p> <p>6:00 Afternoon TV</p>	
<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:00 Southland Christian Church Service on channel ABC</p> <p>1:30 Church Service with Dale</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Exercise</p> <p>1:30 Jigsaw Puzzles</p> <p>2:00 Pet Therapy</p> <p>3:00 Activity Cart</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>10:30 Exercise</p> <p>1:30 Monthly Birthday Party</p> <p>3:00 Room Visits</p>	<p>8:00 Rise, Shine &amp; Breakfast</p> <p>1:30 Bingo</p> <p>3:00 Outdoor Social</p>	<h1>August 2022</h1> <p>ALMC Activities </p>			

\*All Activities are subject to change. All changes will be posted ASAP. Thank you!