

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am - Flashback Today (C)(R) 3 10:30am - Chair Exercise (M) 11:30am - Brain Boost (C) 12:00pm - Ballet dance Disc.(CE) 1:15pm - Art Club (CE) 2:00pm - Travel Discussion (C)(R) 3:00pm - Music with Tender (R),	10:00am - Flashback Today (C)(R) 4 10:30am - Chair Exercise (M) 11:30am - DC Int. Dance (M) 12:00pm - Conversation Corner (SE) 1:30pm - Melanie Edwards Music (R) 2:30pm - Famous Faces (C)(R) 3:30pm - Game and Connect (P)(M)	10:00am - Jazz with Eric (R) 5 10:30am - Flashback Today (C)(R) 11:30am - Group Trivia (C) 12:00pm - Name Five (C) 1:30pm - History in Motion (NL)(C) 2:00pm - Music w/Sticks (Alondra)(R) 3:30pm - Classic Films Chat (CE)	10:15am - Third Eye Tai Chi (M) 6 10:30am - Chair Exercise (M) 11:30am - Brain Game(C) 12:00pm - Table Talk (C) 1:30pm - Vienna Fall Chorus 2:30pm - Wildlife Exploration (C) 3:30pm - Historical Moments (E)	10:00am - Flashback Today (C)(R) 7 10:30am - Chair Exercise (M) 11:30am - Name that Face (C) 12:00pm - China Folk dance Disc.(CE) 1:15pm - Animal Discovery (C) 2:00pm - Pete the Folksinger (CE) 3:30pm - Bowling (M)
10:00am - Anthony Hyatt (R) 10 10:30am - Chair Exercise (M) 11:30am - Group Trivia (C)(SE) 12:00pm - Salsa dance Disc.(CE) 1:30pm - History in Motion (NL)(C) 2:30pm - Around the world 3:30pm - Game and Connect (P)(M)	10:00am - Sound of Broadway (Zen) 11 10:30am - Chair Exercise (M) 11:30am - Brain Boost (C) 12:00pm - Hip-Hop Dance disc.(CE) 1:30pm Balloon Volley (M) 2:00pm - Travel Discussion (C)(R) 3:30pm - Music Memories (R)(CE)	10:00am - Flashback Today (C)(R) 12 10:30am -Chair Exercise (M) 11:30am - Music Clips (CE)(R) 12:00pm - Samba Dance disc.(Ce) 1:30pm - Summer Moves (SE) 2:00pm - Music w/Drums(Alondra)(R) 3:30pm - Broadway Sing-Along (CE)	10:15am - Third Eye Tai Chi (M) 13 10:30am - Chair Exercise (M) 11:30am - Picture Detective (C) 12:00pm - Mexican Dance disc.(CE) 1:30pm - Volleyball (SE) 2:30pm - Animal Discovery (NL)(C) 3:30pm - Historical Moments (R)	10:00am - Flashback Today (C)(R) 14 10:30am - Chair Exercise(M) 11:30am - Brain Game (C) 12:00pm - Table Talk (SE) 1:30pm - Learn and Create (CE) 2:00pm -Tai Chi w/ Cynthia(M) 3:30pm - Volley ball (M)
10:00am - Flashback Today (C)(R) 17 10:30am - Chair Exercise (M) 11:30am - Painting w/ Heather(CE) 12:00pm - Music and Movement (M) 1:30pm - Brain Trivia (C) 2:30pm - Learn and Create (CE) 3:30pm - Game and Connect (P)(M)	10:00am - Flashback Today (C)(R) 18 10:30am - Chair Exercise (M) 11:30am - DC Int. Dance (M) 12:00pm - Lower Body Stretches (M) 1:30pm - Melanie Bates / Violin (R) 2:30pm - Toss and Score (SE) 3:30pm - Classic Films Chat (CE)	10:00am - Nashville Standard (R) 19 10:30am - Flashback Today (C)(R) 11:30am - Brain Boost (C) 12:00pm - Upper Body Stretches(M) 1:15pm - Art Club (CE) 2:00pm - Music w/Shakers(R) 3:00pm - Travel Discussion (C)(R)	10:15am - Third Eye Tai Chi (M) 20 10:30am - Chair Exercise (M) 11:30am - Music Clips (CE)(R) 12:00pm - Conversation Corner (SE) 1:30pm - Volleyball (M) 2:30pm - Famous Faces (C)(R) 3:30pm - Broadway Sing-Along (CE)	10:00am - Flashback Today (C)(R) 21 10:30am - Chair Exercise (M) 11:30am - Recognize the Legend (C) 12:00pm - Hula Dance discussion CE) 1:15pm - Animal Discovery (NL)(C) 2:00pm -Pete the Folksinger (R) 3:30pm - Happy Mocktail Hour (R)
10:00am - Flashback Today (C)(R) 24 10:30am - Chair Exercise (M) 11:30am - Picture Puzzle (C) 12:00pm - Flamenco disc.(CE) 1:30pm - Unscramble the word (C) 2:30pm - Animal Discovery (NL)(C) 3:30pm - Game and Connect (P)(M)	10:00am - Flashback Today (C)(R) 25 10:30am - Chair Exercise (M) 11:30am - DC Int. Dance (M) 12:00pm - Tap Dance disc.(CE) 1:30pm - Melanie Edwards Music (R) 2:30pm - Noodle Toss Challenge (M) 3:30pm - U.S history Quiz (CE)	10:00am - Flashback Today (C)(R) 26 10:30am - Chair Exercise (M) 11:30am - Picture Detective (C) 12:00pm - Russian Dance disc. (CE) 1:15pm - Animal Discovery (NL)(C) 2:00pm - Rhythm w/Alondra (R) 3:30pm - Historical Moments (R)	10:15am - Third Eye Tai Chi (M) 27 11:30am - Brain Boost (C) 12:00pm - Cossack Dance disc.(CE) 1:30pm - Painting w/ Heather (CE) 2:30pm - Memorable Journeys(C)(R) 3:30pm - History Trivia (CE)	10:00am - Flashback Today (C)(R) 28 10:30am - Chair Exercise (M) 11:30am - Brain Game (C) 12:00pm - Table Talk (SE) 1:30pm - Learn and Create (CE) 2:00pm -Tai Chi w/ Cynthia (M) 3:30pm - Birthday Celebration (M)
10:00am - Flashback Today (C)(R) 31 10:30am - Chair Exercise (M) 11:30am - Picture Detective (C) 12:00pm - Tango dance disc. (CE) 1:30pm - Guess the tv show Theme 2:30pm - Animal Discovery (NL)(C) 3:00pm - Music with Tender (R)	 August 2026 Blue Group			
Activity Types: Cognitive Engagement (C), Creative Expression (CE), Movement (M), Purpose (P), Reflection (R), Social Engagement (SE), New Learning (NL). Additional Time Slots: 7:30am-10:00am = Montessori Centers / 11:00am -11:30 = Snack / 12:00pm - 1:00pm Lunch 3:00pm = Snack / 4:00pm - 5:30pm = Montessori Centers				