


| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|--|---|--|--|---|--|---|
| <br><b>SOUTH HIGH</b><br>SENIOR LIVING  | 9:45 ★ Church Services : Temple Baptist (AL) <b>1</b><br>10:30 🟡 Music and Movement!<br>11:00 🟢 A/Z Trivia<br>2:30 🟠 Monday Manicure Gen1<br>3:30 🟠 Manicure Monday Gen 2<br>4:00 🟡 Rest & Relax with Soft Music<br>6:00 🟢 Color Therapy By Numbers   | 9:45 ★ Courtyard: Bible Bits & Trivia <b>2</b><br>10:30 🟡 Move those Joints to the Music<br>10:45 🟡 Pet Visits by: Joy<br>11:00 🟢 Creative Time: Purple Rock Painting<br>1:30 🟡 Reminiscing: Baking Bread<br>2:30 🟠 Culinary Creation: Making Peanut Butter & Jelly Sandwiches<br>3:00 🟠 Axe throwing Game<br>4:00 🟡 Quiet Time with Soft Music<br>6:00 ★ Expressive Arts!                 | 9:45 ★ Billy Graham Classics <b>3</b><br>10:00 🟡 Women's Basketball Hall of Fame<br>10:30 🟡 Morning Stretches<br>11:00 ★ Expressive Arts Works<br>1:30 ★ Culinary Creation: Summer Watermelon<br>2:30 🟠 Raise the Curtain!<br>6:00 ★ Gen-Narrations! | <b>National Watermelon Day</b> <b>4</b><br>9:30 ★ Worship Thursdays!<br>10:30 🟡 Daily Stretches!<br>11:00 🟠 Crafty Club<br>1:30 ★ Tune into me & Water Melon<br>2:30 🟡 Balloon Volley<br>3:30 🟢 Gen-Narrations!<br>4:00 🟢 Beach Bum Detective "Searching Game"<br>6:00 🟢 Music & Melodies | 9:45 ★ Sing Along Gospel Hymns <b>5</b><br>10:30 🟡 Fun with Fitness & Music<br>11:00 🟢 Trivia Tease<br>2:00 🟢 Arts & Crafts<br>3:00 🟢 Culinary Creation: Purple Cow Social<br>4:00 🟢 Finish the Lyrics<br>6:00 🟢 Puzzle Social   | 9:45 ★ Daily Devotional! <b>6</b><br>10:30 🟡 Morning Stretches!<br>11:00 🟢 Games<br>2:30 🟢 Seasonal Art page<br>3:00 🟡 Noodle Volley<br>4:00 ★ Music & Melodies<br>6:00 🟠 Resident Experience: Movie Night  |
| 9:30 🟡 Morning Stretches! <b>7</b><br>11:00 ★ Woodlawn Christian Church "Live Stream" YouTube<br>1:30 🟢 Art Works "Summer"<br>1:30 🟡 Brain Teasers<br>2:30 🟡 Games on the Patio<br>3:30 🟢 Bible Trivia "Youtube"<br>4:00 🟡 Relaxation Station!<br>6:00 ★ First Baptist Church of Knoxville YouTube | 9:45 ★ Church Services : Temple Baptist (AL) <b>8</b><br>10:30 🟡 Music and Movement!<br>11:00 🟢 Shout out the Answer<br>2:30 🟠 Monday Manicure Gen1<br>3:30 🟠 Manicure Monday Gen 2<br>4:00 🟡 Rest & Relax with Soft Music<br>6:00 🟢 Color Therapy By Numbers                                       | <b>National Chocolate Chip Cookie Day</b> <b>9</b><br>9:45 ★ Courtyard: Bible Bits & Trivia<br>10:30 🟡 Move those Joints to the Music<br>10:45 🟡 Pet Visits by: Joy<br>11:00 🟢 Creative Time: Table Games<br>1:30 🟡 Reminiscing: Baking Cookies<br>2:30 🟠 Culinary Creation: Chocolate Chip Cookies<br>3:00 🟢 Bowling Game<br>4:00 🟡 Quiet Time with Soft Music<br>6:00 ★ Expressive Arts! | 9:45 ★ Billy Graham Classics <b>10</b><br>10:30 🟡 Morning Stretches<br>11:00 ★ Expressive Arts Works<br>11:30 🟡 Moonlight Music & Mystery; 70's Tribute<br>2:30 🟠 Twirl It Up<br>6:00 ★ Gen-Narrations!  | 9:30 ★ Worship Thursdays! <b>11</b><br>10:30 🟡 Daily Stretches!<br>11:00 🟠 Crafty Club<br>1:30 ★ Tune into me : Jukebox Favorites<br>2:30 🟢 Basketball Toss<br>3:30 🟢 Gen-Narrations!<br>4:00 🟢 Fair Detective "Picture Find"<br>6:00 🟢 Music & Melodies                                  | <b>National Ice Cream Sandwich Day</b> <b>12</b><br>9:45 ★ Sing Along Gospel Hymns<br>10:30 🟡 Chair Exercise<br>11:00 🟢 Name the Price<br>1:30 🟠 Road Trip: Ice Cream Sandwiches in the Park<br>2:00 🟢 Arts & Crafts<br>3:00 ★ Culinary Creation: Favorite Foods<br>4:00 🟢 Car Parts: Can you name the Pic<br>6:00 🟢 Word Scramble | 9:45 ★ Daily Devotional! <b>13</b><br>10:30 🟡 Morning Stretches!<br>11:00 🟢 Games<br>2:30 🟢 Rodeo Crosswords<br>3:30 🟢 Yard Darts<br>4:00 ★ Music & Melodies<br>6:00 🟢 Saturday Night Movie                 |
| 9:30 🟡 Morning Stretches! <b>14</b><br>11:00 ★ Woodlawn Christian Church "Live Stream" YouTube<br>1:30 ★ Art Works "Flowers"<br>2:30 🟡 Games on the Patio<br>3:30 🟢 Bible Trivia "Youtube"<br>4:00 🟡 Relaxation Station!<br>6:00 ★ First Baptist Church of Knoxville YouTube                       | 9:45 ★ Church Services : Temple Baptist (AL) <b>15</b><br>10:30 🟡 Music and Movement!<br>11:00 🟢 Word Scramble<br>2:30 🟠 Monday Manicure Gen1<br>3:30 🟠 Manicure Monday Gen 2<br>4:00 🟡 Rest & Relax with Soft Music<br>6:00 🟢 Color Therapy By Numbers   | 9:45 ★ Courtyard: Bible Bits & Trivia <b>16</b><br>10:30 🟡 Move those Joints to the Music<br>10:45 🟡 Pet Visits by: Joy<br>11:00 🟢 Creative Time: Table Games<br>1:30 🟡 Reminiscing: Rock & Roll Stars<br>2:30 🟠 Plinko Game<br>4:00 🟡 Quiet Time with Soft Music<br>6:00 🟡 Luau with Elvis Entertainment<br>6:00 ★ Expressive Arts!   | 9:45 ★ Billy Graham Classics <b>17</b><br>10:30 🟡 Morning Stretches<br>11:00 ★ Expressive Arts Works<br>2:30 🟠 Flyswatter Volley<br>4:00 🟠 Raise the Curtain!<br>6:00 ★ Gen-Narrations!  | <b>National Poet's Day</b> <b>18</b><br>9:30 ★ Worship Thursdays!<br>10:30 🟡 Daily Stretches!<br>11:00 🟠 Crafty Club<br>1:30 ★ Tune into me<br>2:30 🟢 Drummer Circle<br>3:30 🟢 Gen-Narrations!<br>4:00 ★ Poet's Corner!<br>6:00 🟢 Music & Melodies  | <b>Root Beer Floats Day</b> <b>19</b><br>9:45 ★ Sing Along Gospel Hymns<br>10:30 🟡 Fitness Fun<br>11:00 🟢 Card Shark "Question Card Game"<br>2:00 🟢 Arts & Crafts<br>3:00 🟠 Culinary Creation: Root Beer Floats<br>4:00 ★ Travel: Finding Gold in the Yukon<br>6:00 🟢 Word 2 Word! - Summer  | 9:45 ★ Daily Devotional! <b>20</b><br>10:30 🟡 Morning Stretches!<br>11:00 🟢 Games<br>2:30 🟢 August Wordsearch<br>3:30 🟢 Indoor/Outdoor Games<br>4:00 ★ Music & Melodies<br>6:00 ★ Old Time Radio: "YouTube" |
| 9:30 🟡 Morning Stretches! <b>21</b><br>11:00 ★ Woodlawn Christian Church "Live Stream" YouTube<br>1:30 ★ Art Works: Classic Cars<br>2:30 🟡 Games on the Patio<br>3:30 🟢 Bible Trivia "Youtube"<br>4:00 🟡 Relaxation Station!<br>6:00 ★ First Baptist Church of Knoxville YouTube                   | 9:45 ★ Church Services : Temple Baptist (AL) <b>22</b><br>10:30 🟡 Music and Movement!<br>11:00 🟢 Game Show Trivia<br>1:30 🟢 Concert on the Patio Virtual :<br>2:30 🟠 Monday Manicure Gen1<br>3:30 🟠 Manicure Monday Gen 2<br>4:00 🟡 Rest & Relax with Soft Music<br>6:00 🟢 Color Therapy By Numbers | 9:45 ★ Courtyard: Bible Bits & Trivia <b>23</b><br>10:30 🟡 Museum of East Tennessee History!<br>10:30 🟡 Move those Joints to the Music<br>10:45 🟡 Pet Visits by: Joy<br>1:30 🟡 Reminiscing "Old Fashion Ice Cream Shops"<br>2:30 🟢 Culinary Creation: Ice Cream & Toppings<br>3:30 🟡 Noodle Volley<br>4:00 🟡 Quiet Time with Soft Music<br>6:00 ★ Expressive Arts!                         | <b>National Waffle Day</b> <b>24</b><br>7:45 🟠 Homemade Waffles and Toppings<br>9:45 ★ Billy Graham Classics<br>10:30 🟡 Morning Stretches<br>11:00 ★ Expressive Arts Works<br>2:30 🟢 Noodle Volley<br>6:00 ★ Gen-Narrations!                         | 9:30 ★ Worship Thursdays! <b>25</b><br>10:30 🟡 Daily Stretches!<br>11:00 🟠 Crafty Club<br>2:30 🟢 Bean Bag Bucket Toss<br>3:30 🟢 Gen-Narrations!<br>4:00 🟢 Rodeo Art and Word Search<br>6:00 🟢 Music & Melodies  | 9:45 ★ Sing Along Gospel Hymns <b>26</b><br>10:30 🟡 Beach Ball Fun<br>11:00 🟢 Price is Right<br>2:00 🟢 Arts & Crafts<br>3:00 🟠 Bean Bag Bucket Toss<br>4:00 ★ Reminiscing : School Days<br>6:00 🟢 Word Search Social!  | 9:45 ★ Daily Devotional! <b>27</b><br>10:30 🟡 Morning Stretches!<br>11:00 🟢 Games<br>2:30 🟢 Seasonal Art page<br>3:30 🟢 Yard Darts<br>4:00 ★ Music & Melodies<br>6:00 🟢 South High Cinema!                  |
| 9:30 🟡 Morning Stretches! <b>28</b><br>11:00 ★ Woodlawn Christian Church "Live Stream" YouTube<br>1:30 🟢 Art Works: Golfing<br>2:30 🟡 Games on the Patio<br>3:30 🟢 Bible Trivia "Youtube"<br>4:00 🟡 Relaxation Station!<br>6:00 ★ First Baptist Church of Knoxville YouTube                        | 9:45 ★ Church Services : Temple Baptist (AL) <b>29</b><br>10:30 🟡 Music and Movement!<br>11:00 🟢 August Trivia "I bet you didn't know?"<br>2:30 🟠 Monday Manicure Gen1<br>3:30 🟠 Manicure Monday Gen 2<br>4:00 🟡 Rest & Relax with Soft Music<br>6:00 🟢 Color Therapy By Numbers                    | 9:45 ★ Courtyard: Bible Bits & Trivia <b>30</b><br>10:30 🟡 Move those Joints to the Music<br>10:45 🟡 Pet Visits by: Joy<br>1:30 🟡 Reminiscing : Birthday Parties<br>3:00 🟢 Birthday Bash!<br>3:45 🟢 Card Games: Crazy 8's<br>4:00 🟡 Quiet Time with Soft Music<br>6:00 ★ Expressive Arts!  | 9:45 ★ Billy Graham Classics <b>31</b><br>10:30 🟡 Morning Stretches<br>11:00 ★ Expressive Arts Works<br>2:30 🟡 Parachute and Music<br>3:00 ★ Jazz with Timothy Wayne<br>4:00 🟢 Reminiscing on the Patio<br>6:00 ★ Gen-Narrations!                    | <b>ACTIVITY LEGEND</b><br>🟠 Be Adventurous<br>🟢 Be Challenged<br>🟡 Be Connected<br>🟡 Be Family<br>★ Be Inspired<br>🟢 Be Social<br>🟡 Be Well   |  |   |