

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>August 2025</h1>						FootCare Nurse 10:15 Exercise with Peter Community Room 2:00 Drum Circle with Tara Community Room 3:30 Chair Yoga with Alex Community Room 6:30 Game: Rummikub
10:00 Stretch with Sara:3 Community Room 1:15 Guided Meditation with Steph - MR 2:00 Movie: Glass Onion Community Room 3:00 Massages with Mary Kate - sign up - Laurels B	10:00 - Chair Yoga Alex 11:00 Cards - Acey Duey 1:30 Bingo - Comm Rm 3:00 Mayoral Candidate: Jillian Duclos - CR 4:00 Jeopardy - CR 6:00 Sing A Long - CR 6:30 Game: Qwirkle	10:00 Gentle Stretch with Kathleen - CR 11:00 Rockridge Round Up 1:00 Irish Music with Tir na n6g - Comm Room 2:30 Resident Request Animated Movie -Wall E 3:00 Premier Bingo - L4 B 6:15 Movie: Laurels	10:00 Tai Chi with Alex 10:00 Outing: Walmart & Big V - sign up 11:30 Lunch Outing: Glendale Grill -sign up 1:30 Bingo - CR 3:30 Music with Timeless Tunes - Comm Room 6:30 Game: Tripoley	10:00 Weights with Kathleen - Comm Room 1:00 Blackjack - Laurels Basement 2:00 Outing: Sheldon's Ice Cream - sign up 3:00 Guest Speaker: John Feffer - Community Room 6:30 Game: 5 Crown	10:00 Exercise with Julie Care One - Comm Room 11:00 Piano with John Yannis - Comm Room 2:00 Trivia w/Noah and NoHo HS Students - CR 3:30 Chair Yoga with Alex Community Room 6:30 Game: Rummikub	10:00 Bingo - CR 2:00 Entertainment: Farley String Band - CR 3:30 Creative Coloring & Conversation - CR 6:15 Movie - Laurels Basement
10:00 Exercise with Peter Community Room 11:00 Pokeno - CR 1:15 Guided Meditation with Steph - Multi Purpose Room 2:00 Sunday Church Service w/Pastor Floyd- Comm Room 3:00 Screening: Life On Our Planet - Community Room	10:00 - Chair Yoga with Alex - Comm Room 11:00 Cards: Acey Duey 1:30 Bingo - Comm Rm 2:00 Book Group- Library 3:00 Jeopardy/Noah -CR 6:00 Sing A Long - CR 6:30 Game: Qwirkle	10:00 Gentle Stretch with Kathleen - CR 11:00 Scrabble - 3rd Floor Laurels Library 1:30 Documentary: One to One: John & Yoko 3:00 Game: Rummikub	10:00 Tai Chi with Alex 11:00 Laurels Resident Meeting - Comm Room 1:30 Bingo - CR 1:30 Outing: Covered Bridges in Conway & Ashfield - sign up 4:00 Wine Down - MR 6:30 Game: Tripoley	10:00 Weights Kathleen 11:00 Meadows Reside Meeting - Comm Room 1:00 Blackjack- Laurels B 1:30 Music Documentary- The Hollies - CR 2:00 Outing: Rockridge Farm - sign up 6:30 Game: 5 Crown	10:15 Exercise with Julie / Care One - CR 11:00 VC Resident Meeting 2:00 Documentary: Men Who Built America - CR 3:30 Chair Yoga with Alex - Community Room 6:30 Game: Rummikub	10:00 Bingo - CR 2:00 Reception: Artist a the Month, Laurels Resident Marguerite Belkin - CR 6:15 Movie - Laurels Basement
10:00 Exercise with Pet, Community Room 1:15 Guided Meditation with Steph - Multi Purpose 2:00 Sunday Church Service w/Pastor Floyd -CR 3:00 Entertainment: Piano Recital with Noah and Max Community Room	10:00 - Chair Yoga with Alex - Comm Room 11:00 Cards: Acey Duey 1:30 Bingo - Comm Rm 3:30 Music: Jimmy Mazz - Community Room 6:00 Sing A Long - CR 6:30 Game: Qwirkle	10:00 Stretch/Kathle g 11:00 Rockridge Round p Community Room 1:30 Outing: Scoops at Silo Ice Cream & Food Truck, Hadley - sign up 3:00 Premier Bingo - CR 6:15 Movie - Laurels B.	10:00 Tai Chi with Alex 10:00 Outing: Walmart Big Y - sign up 1:30 VSED Presentation with Liz Short - CR 3:30 Trivia w/Noah & NoHo HS Students - CR 4:00 Wine Down - MR 6:30 Game: Tripoley	10:00 Weights with Kathleen - CR 1:00 Blackjack - Laurels 3:00 Guest Speaker: John Fetter - Comm Room 3:30 Outing: Bridge of Flowers & Dinner @ Blue Rock Restaurant - sign up 6:30 Game: Rummikub	10:00 Exercise with Julie / Care One - CR 11:00 Piano with John Yannis - Comm Room 2:00 Documentary: Men Who Built America - CR 3:30 Chair Yoga with Alex - Community Room 6:30 Game: Rummikub	10:00 Bingo - CR 2:00 Entertainment - Agawam Melody Band - Community Room 3:30 Tech Help with Sara Community Room 6:15 Movie - Laurels Basement
10:00 Exercise with Peter Community Room 11:00 Pokeno - CR 1:15 Guided Meditation with Steph - Multi Purpose Room 2:00 Sunday Church Service w/Pastor Floyd- Comm Room 3:00 Screening: Life On Our Planet - Community Room	10:00- Chair Yoga/Ale 11:00 Cards: Acey D 1:30 Bingo - Comm Rm 2:30 Music Memories-MR 3:30 Margarita Monday - Multi Purpose Room 6:00 Sing A Long - CR 6:30 Game: Qwirkle	10:00 Gentle Stretch with Kathleen - CR 1:30 Outing: Soul Shine Consignment Boutique, Feeding Hills - sign up 3:00 Game: Rummikub 6:15 Movie: Laurels Basement	10:00 Tai Chi with Alex Community Room 1:30 Bingo - CR 3:00 Memorabilia with Meadows resident Pat B Community Room 6:30 Game: Tripoley	10:00: Exercise with Peter - Comm Room 1:00 Blackjack - Laurels Basement 2:30 New Resident Orientation - CR 6:30 Game: 5 Crown	10:15 Exercise with Julie/ Care One - CR 2:00 Guest Speaker: Professor Carol Owen "Federalism" - CR 3:30 Chair Yoga with Alex Community Room 6:30 Game: Rummikub	10:00 Bingo Bash: \$23 Cover All- CR 2:00 Entertainment - Derek Bridges Classical Guitar & Piano - CR 3:30 Seated Stretch with Sara - Community Room 6:15 Movie - Laurels B
10:00 Exercise with Petg Community Room 1:15 Guided Meditation with Steph - Multi Purpose 2:00 Sunday Church Service w/Pastor Floyd- Comm Room 3:00 Screening: Our Ocean - Community Room	<h2>Laurels, Meadows, VC</h2>					