





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>   </div> <div> <h1>August 2025</h1> <h2>OPTALIS MUSKEGON HEALTH & REHAB ACTIVITY CALENDAR</h2> </div>						
9:30AM Activity Cart 11:00AM Devotion & Bible study 12:30PM Lunch 2:30PM Bingo & Snacks 5:00PM Dinner 6:15PM Movie night & drinks	9:30AM Coffee – chat 10:30AM Hangman 12:30PM Lunch 2:00PM Snack & Chat – outside if weather permits 3:00PM Dice game 5:00PM Dinner 6:00PM Wii game	9:30AM Coffee – music 10:30PM Coloring contest 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM News hour- TV history	9:30AM Coffee – chat 10:30AM Res. Choice 12:30PM Lunch 2:00PM Wii Bowling 3:00PM Trivia 5:00PM Dinner 6:00PM Craft	9:30AM Coffee – music 10:30PM Yoga 12:30PM Lunch 2:00PM Resident Council 3:30 Board game 5:00PM Dinner 6:15PM News hour- TV history	9:30AM Coffee – chat 10:30PM Bingo 12:30PM Lunch 2:00PM Live music? 5:00PM Dinner 6:15PM Nails	9:30AM Activity Cart 10:30AM Snack & Chat – outside if weather permits. 12:30PM Lunch 2:00PM Wii bowling 3:00PM Trivia 5:00PM Dinner 6:15PM True or False game
9:30AM Activity Cart 11:00AM Devotion & Bible study 12:30PM Lunch 2:30PM Bingo & Snacks 5:00PM Dinner 6:15PM Board game	9:30AM Coffee – chat 10:30AM Hangman 12:30PM Lunch 2:00PM Snack & Chat – outside if weather permits 3:00PM Dice game 5:00PM Dinner 6:00PM Wii game	9:30AM Coffee – music 10:30PM Coloring contest 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM News hour- TV history	9:30AM Coffee – chat 10:30AM Res. Choice 12:30PM Lunch 2:00PM Wii Bowling 3:00PM Trivia 5:00PM Dinner 6:15PM Outside in the courtyard	9:30AM Coffee – music 10:30PM Yoga 12:30PM Lunch 2:00PM Food Council 3:30 Board game 5:00PM Dinner 6:15PM News hour- TV history	9:30AM Coffee – chat 10:30PM Exercise – res. Choice 12:30PM Lunch 2:30PM Bingo & Snack 5:00PM Dinner 6:15PM Res. Choice	9:30AM Activity Cart 10:30AM Snack & Chat – outside if weather permits. 12:30PM Lunch 2:00PM Wii bowling 3:00PM Trivia 5:00PM Dinner 6:15PM True or False game
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