

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026 OPTALIS OF GROSSE POINTE WOODS						
						10:00-Daily Chronicles IR 11:00-Guided Meditation CY* 1:00-Hot Potato AR 2:00-Finish the Phrase AR
10:00-Daily Chronicles IR 11:00-Coffee & Donuts AR 1:00-Movie & Popcorn <i>(Shark Tale, '04)</i> 2DR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Mad Libs AR 1:00- Motivational Monday AR 2:00- Karaoke/Happy Hour AR 3:00-Trouble Game- AR 5:30-Watch Music Videos AR RR	9:00-Daily Chronicles IR 10:00-Coffee & Convo AR 10:30-Chair Aerobics AR 11:00-Nails & Rom-Com AR 1:00-Scrabble AR 2:00-BINGO 2DR 5:30- Board Games AR RR	9:00-Daily Chronicles IR 10:00- Catholic Communion 2DR 11:00-Grabber Games AR 1:00-Trivia (General Knowledge) AR 2:00- Horror Movie Club <i>'Invasion of the Body Snatchers, '78</i> 2DR 3:30-Horror Movie Discussion- AR 5:30-Spades- AR RR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Stroll Patrol CY* 1:00-Ice Cream Social- 2DR 2:00- <i>Atlanta</i> Show AR 3:00-Music Therapy AR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 10:30- Chair Yoga AR 11:00-Guided Meditation AR 2:00-BINGO 2DR 3:30-Trivia AR	10:00-Daily Chronicles IR 11:00-Cornhole CY/AR 1:00- Simon Says AR 2:00- Would You Rather? AR
NATIONAL BOOK LOVERS DAY! 10:00-Daily Chronicles IR 11:00-Coffee & Donuts AR 1:00-Movie & Popcorn <i>(Precious, '09)</i> 2DR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Would You Rather? AR 1:00- Motivational Monday AR 2:00- Brain Busters AR 3:00-Uno AR 5:30-Spades AR RR	9:00-Daily Chronicles IR 10:00-Coffee & Convo AR 10:30-Chair Aerobics AR 11:00-Guided Meditation AR 1:00-Stroll Patrol CY* 2:00-BINGO 2DR 5:30- Adult Coloring AR RR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Grabber Games AR 1:00-Scribble Art 2:00- Horror Movie Club <i>'In the Mouth of Madness, '94</i> 2DR 3:30-Horror Movie Discussion- AR 5:30-Spades- AR RR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Outdoor Time CY* 1:00-Clue Game AR 2:00- <i>Atlanta</i> Show AR 3:00-Fruit Salad 2DR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 10:30- Chair Yoga AR 11:00-Guided Meditation AR 2:00-BINGO 2DR 3:30-- Trivia AR	10:00-Daily Chronicles IR 11:00-Jenga AR 1:00- Trouble Game AR 2:00- Music Therapy AR
10:00-Daily Chronicles IR 11:00-Coffee & Donuts AR 1:00-Movie & Popcorn <i>(Everything Everywhere All at Once, '22)</i> 2DR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Food & Resident Council AR 1:00- Motivational Monday AR 2:00- Yahtzee AR 3:00-Dominoes AR 5:30-Watch Music Videos AR RR	9:00-Daily Chronicles IR 10:00-Coffee & Convo AR 10:30-Chair Aerobics AR 11:00-Nails & Rom-Com AR 1:00-Tai Chi CY* 2:00-BINGO 2DR 5:30- Cards AR RR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Grabber Games AR 1:00-Watercolor Painting 2:00- Horror Movie Club <i>'Come to Daddy, '19</i> 2DR 3:30-Horror Movie Discussion- AR 5:30-Spades- AR RR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Stroll Patrol CY* 1:00-Sticky Note Shake Down AR 2:00- <i>Atlanta</i> Show AR 3:00-Throwback Thursday (Classic Movie) AR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 10:30- Chair Yoga AR 11:00-Guided Meditation AR 2:00-BINGO 2DR 3:30-- Trivia AR	10:00-Daily Chronicles IR 11:00-Guided Meditation CY* 1:00-Outside Time CY 2:00-Stick Man AR
10:00-Daily Chronicles IR 11:00-Coffee & Donuts AR 1:00-Movie & Popcorn <i>(Megamind,'10)</i> 2DR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Mad Libs AR 1:00- Motivational Monday AR 2:00- Karaoke AR 3:00-Trouble Game- AR 5:30-Watch Music Videos AR RR	9:00-Daily Chronicles IR 10:00-Coffee & Convo AR 10:30-Chair Aerobics AR 11:00-Guided Meditation AR 1:00-Life Game AR 2:00-BINGO 2DR 5:30- Adult Coloring AR RR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Grabber Games AR 1:00-Rock Painting AR 2:00- Horror Movie Club <i>'No One Will Save You, '23</i> 2DR 3:30-Horror Movie Discussion- AR 5:30-Spades- AR RR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Stroll Patrol CY* 1:00-Scrabble- AR 2:00- <i>Atlanta</i> Show AR 3:00-Music Therapy AR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 10:30- Chair Yoga AR 11:00-Guided Meditation AR 2:00-BINGO 2DR 3:30-Trivia AR	10:00-Daily Chronicles IR 11:00-Jenga AR 1:00- Spades AR 2:00- Music Therapy AR
10:00-Daily Chronicles IR 11:00-Coffee & Donuts AR 1:00-Movie & Popcorn <i>(Civil War, '24)</i> 2DR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Finish the Phrase AR 1:00- Motivational Monday AR 2:00-r AR 3:00-Trouble Game- AR 5:30-Watch Music Videos AR RR					