

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026 Shelby – An Optalis Health and Rehabilitation Center 						9:00 August Calendars & Activity Boards (Rooms) 11:00 Music Fun (A) 1:00 Friendly Room Visits 2:30 Weekend Games (A) 1
9:00 Friendly Room Visits 10:30 Prayer Jar (A) 2:00 Ice Cream Social (DR) 2:30 Star of the Month: Robert Redford (A) 2	10:00 August Cranium Crunches (A) 11:00 Chair Boxing w/ Paul Eugene (DR) 2:00 Ice Cream Social (DR) 3:00 High Card Low Card (A) 6:30 Music Mondays w/ Michelle (A) 3	10:00 Daily Chronicle (A) 10:30 Outdoor Garden Club (Courtyard) 1:00 Room Visits 2:30 Bingo (DR) 4	10:30 Pet Therapy (Bistro) 2:00 Ice Cream Social (DR) 3:00 Summer Crafting (DR) 6:30 Sunset Stretch (A) 5	10:30 Morning Bingo (DR) 1:00 Pet Therapy Visits 2:30 Heart of the Hills Music Program (DR) 6	10:00 Guitar Music with Bobby (A) 11:00 Rosary (A) 2:00 Ice Cream Sundae Bar (DR) 3:00 Friday Fun (A) 8:00 Movie (Ch.10) 7	10:30 Jeopardy Trivia (A) 1:00 Friendly Room Visits 2:30 Weekend Games (A) 8
9:00 Friendly Room Visits 10:30 Virtual Non-denominational Service (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A) 9	10:00 Morning Club (A) 11:00 Dance Workout w/ Paul Eugene (DR) 2:00 Ice Cream Social (DR) 3:00 "Travel" to The Everglades (A) 6:30 Evening Sing-Along (A) 10	10:00 Tuesday Tech Session (A) 10:30 Buzz Word Game (A) 1:00 Room Visits 2:30 Bingo (DR) 11	10:30 Spa Day & Self-Care (A) 2:00 Ice Cream Social (DR) 2:30 August Birthday Party & Pam Edwards Entertainment (DR) 12	10:30 Morning Bingo (DR) 1:00 Room Visits 2:30 "Blankets with Care" Resident Shopping (Bistro) 13	10:00 Mind/Body Fitness (A) 10:30 Chef's Table Discussion (A) 2:00 Ice Cream Social (DR) 3:00 Wheelchair Wash & Water Fun (Courtyard) 8:00 Friday Movie (Ch.10) 14	10:30 Who, What, Where Clues Activity (A) 1:00 Friendly Room Visits 2:30 Weekend Games (A) 15
9:00 Friendly Room Visits 10:30 Catholic Mass (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A) 16	10:30 Morning Club (A) 11:00 Fitness w/ Paul Eugene (DR) 2:00 Ice Cream Social (DR) 2:00 Resident Council (A) 3:00 Social Game (A) 6:30 Music Mondays w/ Michelle (A) 17	10:00 Daily Chronicle (A) 10:30 Music Therapy Session with Taylor (A) 1:00 Room Visits 2:30 Bingo (DR) 18	10:30 Morning Club (A) 11:00 Chair Dance Fitness (A) 2:00 Ice Cream Social (DR) 3:00 Wood Crafting (DR) 6:30 Pet Therapy Visits 19	10:00 Morning Club (A) 11:00 Active Games (A) 1:00 Pet Therapy Visits 2:30 Bingo (DR) 20	10:00 Friday Fun & Toss A Tune Activity (A) 11:00 Rosary (A) 2:00 Ice Cream Social (DR) 2:30 Guitar Music with Gary Walsh (DR) 8:00 Friday Movie (Ch.10) 21	10:30 Left, Right, Center Dice Game (A) 1:00 Friendly Room Visits 2:30 Lemonade & Sunshine (Courtyard) 22
9:00 Friendly Room Visits 10:30 Non-Denominational Church Service (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A) 23	10:00 Morning Club (A) 11:00 Cardio Dance w/ Paul Eugene (DR) 2:00 Ice Cream Social (DR) 3:00 Lemons & Limes Card Game (DR) 6:30 Karaoke Night (A) 24	10:00 Morning Music (A) 10:30 Good News in 2026 Topics & Discussions (A) 1:00 Room Visits 2:30 Bingo (DR) 25	10:00 Morning Club (A) 11:00 Seated Chair Exercises (A) 2:30 Reverse War Card Game (DR) 6:30 Evening Ice Cream Social (DR) 26	10:00-11:30 Bowling Club (DR) 1:00 Room Visits 2:30 Bingo (DR) 27	10:00 Morning Club (A) 11:00 Motown Movements (DR) 2:00 Ice Cream Social (DR) 3:00 Paint & Sip: Sunflower at Sunset (DR) 8:00 Friday Movie (Ch.10) 28	10:30 Jingo (A) 1:00 Friendly Room Visits 2:30 Weekend Games (A) 29
9:00 Friendly Room Visits 10:30 Gospel Hymns & Music (A) 2:00 Ice Cream Social (DR) 2:30 Weekend Games (A) 30	10:30 Morning Club (A) 11:00 Country Western Exercising w/ Paul Eugene (DR) 2:00 Ice Cream Social (DR) 3:00 Citrus Sunshine Sensory Visits (Rooms) 6:30 Evening Fun (A) 31	A = Activity Room B = Bistro DR = Main Dining Room Courtyard Activities Are Weather Permitting 				Activity Calendar Subject to Change