StoryPoint	Birmingham
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August 2025 Life Enrichment Monthly Calendar

Assisted Living

Activities are subject to change

Ÿ	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						I 10:30 Chair Aerobics (CS) 11:00 Coffee & Games (BS) 1:30 Courtyard Games (CY) 3:00 Karaoke Happy Hour (BS) 6:15 Courtyard Chats (CY)	10:30 Chair Exercises (CS) 11:00 Morning Reflections (CS) 1:30 Walking Club (FD) 2:00 Movie: Uncle Drew 3:00 Fact or Fiction (BS)
	3 10:00 Stream Sun. Mass (TR) 10:30 Morning Stretch (CS) 11:00 Coffee & Chats (BS) 2:00 Classical Music Prgm (TR) 3:00 Word Games (BS)	10:30 Weight Training (CS) 11:00 Coffee & Games (BS) 2:00 Lecture on Hudson's Building & History (BS) 3:30 Walking Club (FD) 6:15 Documentary Night	I0:30 Flex & Stretch (GR) I1:15 Bus Outing: Target (FD) I:30 Art Throbs! (TR) 3:00 Concert with Carol (PR) 6:15 Uncorked Tuesdays (BS)	10:30 Sit & Fit (CS) 11:00 Coffee & Chats (BS) 1:30 Dog Visit-Abby(PR) 2:00 Bingo! (BS) 3:30 Classical Music Prgm. (TR) 6:15 Courtyard Chats (CY)	10:30 Balance Class (CS) 11:00 Coffee & Chats (BS) 1:30 Bus Outing: Ray's Ice Cream (FD) 3:00 Courtyard Games (BS) 6:15 Cards Night (GR)	8 10:30 Chair Aerobics (CS) 11:00 Cath. Communion (TR) 1:30 Sing Fit (CS) 3:00 Dog Days of Summer Happy Hour! (BS) 6:15 Movie Night (TR)	Nat. Book Lover Day 9 10:30 Chair Exercises (CS) 11:00 Morning Art (CS) 1:30 Blind Date with a Book (CS) 2:00 Movie: The Karate Kid 3:30 Walking Club
š	10:00 Stream Sun. Mass (TR) 10:30 Morning Stretch (CS) 11:00 Coffee & Puzzles (BS) 2:00 Classical Music Prgm (TR) 3:00 Fact or Fiction (BS)	1 I 10:30 Weight Training (CS) 11:00 Coffee & Games (BS) 1:30 Fact or Fiction (BS) 2:00 Banjos of MI performance (PR) 3:00 Scrabble Club (GR) 6:15 Courtyard Games (CY)	10:30 Flex & Stretch (CS) 12 11:30 Lunch Outing: Crispelli's (FD) \$ 2:00 Menu Chats (DR) 3:00 Game Hour (GR) 6:15 Art Throbs! Painting with a Twist (CS)	10:30 Sit & Fit (CS) 13 11:00 Coffee & News (BS) 11:15 Hymns with Rachel (PR) 1:30 Dog Visit-Gemma (PR) 2:00 Bingo (BS) 3:30 Classical Music Prgm 6:15 Netflix Night (TR)	I 4 10:30 Balance Class (CS) 11:00 Coffee & Games (BS) 11:15 Bus Outing: Whistle Stop 1:30 Sand Art (CS) 3:00 Chair Volleyball (CS) 6:15 Uno! (BS)	10:30 Chair Aerobics (CS) 11:00 Coffee & Games (BS) 11:00 Catholic Communion 1:30 Walking Club (FD) 3:00 Lemonade Bar Happy Hour (BS) 6:15 Movie Night- (TR)	Nat. Tell A Joke Day 16 10:30 Chair Exercises (CS) 11:00 Morning Meditation (CY) 1:30 Tell Me A Joke! (BS) 2:00 Movie: Sextuplets 3:00 Golf Putting (CY)
	I I:00 Coffee & Chats (BS) I:30 Ice Cream Social (BS) 2:00 Classic Music Prgm (TR) 3:00 Courtyard Games (CY)	I8 10:30 Weight Training (CS) 11:00 Coffee & Games (BS) 1:30 DIA Live Lecture-In the Garden (BS) 3:00 Welcome Party! (BS) 6:15 Movie Night: My Octopus Teacher (TR)	19 10:30 Flex & Stretch (CS) 11:15 Bus Outing: Kroger 1:30 Art Throbs! (TR) 3:00 Walking Club (FD) 6:15 Uncorked Tuesdays with Live Music with Sandy V (CY)	10:30 Sit & Fit (CS) 11:00 Coffee & Chats (BS) 1:30 Dog Visit-Abby (PR) 2:00 Bingo (BS) 3:00 Book Club (LI) 3:30 Classic. Music Prgm (TR) 6:15 Cards Night (GR)		10:30 Chair Aerobics (CS) 22 11:00 Cath. Communion(TR) 11:00 Vitals Clinic (CS) 1:30 Alzheimer's Fundraiser! (BS) 3:00 Hawaiian Luau Happy Hour 6:15 Movie Night (TR)	10:30 Chair Exercises (CS) 11:00 Morning Art (CS) 1:30 Hand Massages & Music (CS) 2:00 Movie: The Secret Life of Pets 3:00 Walking Club (CY)
	(TR)	10:30 Weight Training (CS) 11:00 Coffee & Chats (BS) 1:30 Live with Cheryl Beauchamp (PR) 3:00 Scrabble Club (GR) 6:15 Courtyard Chats (CY)	10:30 Flex & Stretch (CS) 11:30 Lunch Outing: Seasons 52 (FD) 2:30 Menu Chats (DR) 3:00 Resident Council (DR) 6:15 Art Throbs-Painting with a Twist! (CS) PR: Piano Room	10:30 Sit & Fit (CS) 11:00 Coffee & Chats (BS) 1:30 Dog Visit-Abby (PR) 2:00 Bingo (BS) 3:30 Classic. Music Prgm (TR) 6:15 Documentary Night (TR)	10:00 Bus Outing: Belle Isle 10:30 Balance Class (CS) 11:00 Coffee & Games (BS) 1:30 Live with Pat Cronley (PR) 3:00 Chair Volleyball (CS) 6:15 Cards Night (GR)	10:30 Chair Aerobics (CS) 11:00 Cath. Communion(TR) 11:00 Vitals Clinic (CS) 1:30 Sing Fit (CS) 3:00 Birthday Happy Hour 6:15 Family Night! (CY/BS)	10:30 Chair Exercises (CS)0 11:00 Morning Art (CS) 1:30 Hand Massages & Music (CS) 2:00 Movie: Dumb and Dumber To 3:00 Walking Club (CY)

BS – Bistro TR – Theatre CS – Creative Studio FD- Front Desk DA – Dining Area **GR-Game Room**

