

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

AUGUST 2024

GARDEN VIEW

Staff Key: S= Sarah, Program Coordinator, A= Arlene, C= Cynthia, J= Jane, F= Francesca

Location Key: all programs done on unit unless otherwise indicated GR=Great Rm
PAC=IL Performing Arts Center



9:30 This Date in History/S 10:30 Garden Readers/S 1:30 SUNY Binghamton's A capella Group: The Vibes- GR 3:30 Sunday Social/S	9:30 Coffee & Tea Social/UA 10:30 Garden Music/S,C 1:00 Yoga with Matt 2:00 French Mocktail BINGO! – GR/A,S,C 3:30 Walking Group/S	9:30 Morning Memories/UA 10:00 Move & Groove/S 11:00 Swimming- IL Pool/S 12:00 BBQ Day! 2:00 Olympic Obstacle Course Race – GR/J,S,C,S 4:00 Michelle's Update	9:30 Sing Along/C 11:00 Smart Bells w/Ujjala-GR 1:00 Exercise with Matt 2:00 Ice-cream Social with Arlene 4:00 Table Talk/A	9:30 Coffee & Tea Social/UA 10:30 Life-Learning: Famous Sonnets/S 1:00 Walking Group/S 2:15 Olympic "Track & Field Events" - GR 4:00 Evening Meal Prep/S	9:30 Morning Memories/A 10:00 Outside/Garden Games/S 10:45 IL Library Trip/S 1:00 Manicures/S 2:00 Writing Letters & Cards/S 3:00 Simple Melodies-PAC 3:30 Walking Group/S	9:30 Daily Chronicles/A 10:00 Sit & Stretch /A 1:00 Ukulele Music/J 2:00 Social with Arlene 4:00 Reminiscing
9:30 This Date in History/S 10:30 Life-Long Learning: Deaf Culture & Art/S 11:45 IL Sunday Brunch 2:15 Current Events/Good News Stories -Garden/S,A 3:30 Sunday Social/S	9:30 Coffee & Tea Social/UA 10:30 Garden Music/C,S 1:00 Core Exercise Class with Matt 2:30 Travelogue: Nat'l Parks: Secret Yosemite/S 3:30 Walking Group/S	9:30 Morning Memories/UA 10:00 Move & Groove/S 11:00 Swimming -IL Pool/S 1:00 Sing Along/S 2:30 Wanderlust Rhythms: Peru Perused with Peter Brown – GR 4:00 Michelle's Update	9:30 Gentle Stretch/F 10:00 Table Games 1:00 Walking Group 2:00 In the Kitchen with Frenchii 3:00 Reminiscing/F 4:00 Hand Massages/F	9:30 Watercolor Painting/UA 10:30 Riddle Me This!/S 1:00 Walking Group/S 2:30 Outside/Garden Readers/S 4:00 Evening Meal Prep/S	9:30 Morning Memories/A 10:00 Outside/Garden Games/C,A 1:30 Africanized Bee Talk: Anita Collins - PAC 1:30 BINGO – GR/J 3:00 Simple Melodies-PAC/C 4:00 This Date in History/A	9:30 Daily Chronicles/A 10:00 Sit & Stretch /A 1:00 Outside Walks/J 2:30 Afternoon Social/A 4:00 Reminiscing/A
9:30 This Date in History/S 10:30: Gentle Stretch/J 2:15 Music in the Garden-J/A 3:30 Sunday Social	9:30 Coffee & Tea Social/UA 10:30 Reading Aloud in the Garden/A 1:00 Yoga with Matt 2:00 Music Therapy with Cynthia 4:00 Evening Meal Prep/A	9:30 Art Class with Michelle/F 11:00 Swimming- IL Pool/F 1:00 Outside Walks/F 2:30 Recorder Music with Greer Bynum -GR/F 4:00 Michelle's Update/F	9:30 In the News/F 10:00 Garden Music/F 11:30 Lunch Trip: Tasty Crab/Sign up with Sarah 1:00 Exercise with Matt 1:10 Mets vs Baltimore Orioles Baseball Game -GR 2:00 In the Kitchen w/Frenchii 3:00 Reminiscing	9:30 Coffee and Tea Social/ A 10:30 Laugh, Listen & Learn - GR/J 12:00 BBQ Day! 2:00 Sing Along with Jane & Cynthia - GR 3:00 Chair Yoga w/Matt-GR 4:00 Evening Meal Prep/J	9:30 Morning Memories/A 10:00 Outside/Garden Games/F 1:00 Manicures/F 2:00 Chefs Jane & Cynthia– GR 4:00 This Date in History/F	9:30 Daily Chronicles/A 10:00 Sit & Stretch /A 1:00 Music with Bill Nastasi 2:00 Flower Arranging-GR/J
9:30 Aromatherapy Spa with Jane 2:15 Chat: Current Events/ Good News – Garden/A 3:30 Sunday Social/A	9:30 Coffee & Tea Social/UA 10:30 Garden Music/C,S 1:00 Stretch and Strengthen with Matt 2:30 Travelogue: US Nat'l Parks: Hidden Hawaii/S 4:00 Evening Meal Prep/S	9:30 Morning Memories/UA 11:00 Swimming IL Pool/S 1:00 Sing-Along/S 2:00 Art Appreciation with Michelle: Georgia O'Keeffe-GR 4:00 Michelle's Update/S	9:30 Sit & Stretch/A 10:30 Lemon Tree Hair Salon Trip: sign up w/Sarah by 8/21/C 1:00 Exercise with Matt 2:00 Birthday Party with Ed Rocks- GR/C,J,A 4:00 Table Talk/A	9:30 Watercolor Painting/UA 10:30 Life-Long Learning: Birds of the Hudson Valley 2:00 Afternoon Tea/S 3:00 Chair Yoga w/Matt-GR 4:00 Evening Meal Prep/S	9:30 Morning Memories/A 10:45 IL Library Trip/S 1:30 BINGO- GR 2:00 Baking/S 4:00 This Date in History/S	9:30 Garden Strolls/S 11:00 Folk Music w/Sarah 2:00 Afternoon Social/A 4:00 Reminiscing/S

Activities are subject to change; see the whiteboard in the DR for changes. Questions/suggestions are always welcome! Email: smotherway@wpatnp.org/845-256-5681