

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2026 Sopris Lodge Assisted Living						11:00am Morning Exercise 1 2:00pm Painting 3:00pm UNREAL COLORADO The Hidden Side of the Rockies on Yotube 4:00pm Group Crossword
10:00am News Papers and Coffee 2 2:00pm Board Game Hour 3:00pm Hand Massages 4:00pm Color By Numbers	11:00am Chair Yoga 3 2:00pm Watercolor Painting 3:00pm Movie Meeting 4:00pm Bingo!	9:45am Meditation with Anne 4 11:00am Chair Pilates 3:00pm Walking the Rio Grande Trail 4:00pm Group Crossword	10:15am Walking to the Farmers Market 5 3:00pm Activity Planning Meeting 4:00pm Jeopardy 6:00pm Wednesday Movie Night: Sr. On Netflix	10:00am Chair Yoga with Anne 6 2:00pm Let's Make Root Beer Floats 3:00pm Music from Jimmy Bryne 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL	11:00am Chair Stretching 7 2:00pm Giant Sea Serpent, Meet the Myth on You Tube 3:00pm Making Yogurt Parfaits 3:30pm Scrabble 6:00pm Friday Movie Night:#Anne Frank: Parallel Stories on Prime	11:00am Morning Exercise 8 3:00pm Riding the Stationary Bikes 4:00pm Group Crossword
11:00am Morning Streches 9 2:00pm Board Game Hour 3:00pm Hand Massages	11:00am Chair Yoga 10 2:30pm AL Resident Council 3:00pm Making Stress Balls 4:00pm Bingo!	9:45am Meditation with Anne 11 11:00am Chair Pilates 3:00pm Making Door Knob Hangers 4:00pm Group Crossword	10:15am Walking to the Farmers Market 12 3:00pm The Toxic Impact of Agent Orange: Child Victims of the US Chemical Warfare in Vietnam 4:00pm Jeopardy 6:00pm Wednesday Movie Night: #like on Tubi	10:00am Chair Yoga with Anne 13 2:00pm Flower Arranging 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL	11:00am Chair Stretching 14 3:00pm Unspoken: America's Native American Boarding Schools on YouTube 4:00pm Scrabble 6:00pm Friday Movie Night: 10 Cloverfield Lane on Paramount	11:00am Morning Exercise 15 3:00pm Painting 4:00pm Group Crossword
11:00am Morning Walk 16 3:00pm Hand Massages 4:00pm Let's Make Soap Bars	11:00am Chair Yoga 17 2:00pm Pressed Flower Magnets 3:00pm Mahjong 4:00pm Bingo!	9:45am Meditation with Anne 18 11:00am Chair Pilates 3:00pm Story Telling with Residents 4:00pm Group Crossword	10:00am Carbondale Library Book Pop-Up 19 10:15am Walking to the Farmers Market 3:00pm Checkers 4:00pm Jeopardy 6:00pm Wednesday Movie Night: 20th Century Women on Netflix	10:00am Chair Yoga with Anne 20 11:45am Mings Lunch Outing 2:30pm Technology Help with Aaliyah 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL	11:00am Chair Stretching 21 3:00pm Walk to Friendship Park 4:00pm Scrabble 6:00pm Friday Movie Night: 42 on Netflix	11:00am Morning Exercise 22 3:00pm Painting 4:00pm Group Crossword
11:00am Riding the Stationary Bikes 23 3:00pm Nail Painting 4:00pm Rummikub	11:00am Chair Yoga 24 2:00pm Making Swirl Sun Catchers 3:00pm Afternoon Walking Group 4:00pm Bingo!	9:45am Meditation with Anne 25 11:00am Chair Pilates 3:00pm Making Peach Cobbler Cups 4:00pm Group Crossword	10:15am Walking to the Farmers Market 26 3:00pm The Pankhurst Sisters: How The Suffragettes Changed The World on Youtube 4:00pm Trivial Pursuit 6:00pm Wednesday Movie Night	10:00am Chair Yoga with Anne 27 2:00pm Sopris Lodge Mini Market 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL	11:00am Chair Stretching 28 3:00pm Outdoor Cornhole 4:00pm Scrabble 6:00pm Friday Movie Night:	11:00am Morning Exercise 29 2:00pm Garden Par-TEA 3:00pm Painting 4:00pm Group Crossword
11:00am Chair Line Dancing 30 3:00pm Making Clay Jewelry Dishes 4:00pm Hand Massages	11:00am Chair Yoga 31 2:00pm Bob Ross Painting 3:00pm Mahjong 4:00pm Bingo!					