

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2026 Sopris Lodge Memory Care						9:30am Reading the Morning Paper Together 1 10:00am Morning Streches 3:00pm UNREAL COLORADO The Hidden Side of the Rockies on Yotube 3:30pm Snack Break
9:30am Reading the Morning Paper Together 2 1:30pm Hand Massages 3:30pm Snack Break	9:30am Reading the Morning Paper Together 3 10:30am Chair Yoga 2:00pm Ping Pong Basketball 2:30pm Afternoon Music 3:00pm Snack Break 3:30pm Jewelry Making 4:00pm Flipping Through Memory Books 5:15pm I Love Lucy and Tea	9:30am Reading the Morning Paper Together 4 10:30am Chair Tai Chi 2:00pm Watercolor Hour 2:30pm Afternoon Music 3:00pm Snack Break 4:45pm Set the Dinner Table 6:00pm Monopoly Game Night	9:30am Reading the Morning Paper Together 5 10:15am Walking to the Farmers Market 11:30am Chair Stretching 1:30pm Sitting in the Courtyard 2:00pm Item Detective 2:30pm Afternoon Music 3:00pm Snack Break	9:30am Reading the Morning Paper Together 6 10:30am Chair Dancing 2:00pm Making Bird Feeders 2:30pm Replicate the Shape 3:00pm Music from Jimmy Bryne 3:00pm Snack Break 4:45pm Set the Dinner Table 5:15pm I Love Lucy and Tea	9:30am Reading the Morning Paper Together 7 10:30am Drumming Exercise 1:30pm Giant Sea Serpent, Meet the Myth on You Tube 2:30pm Tea Party 4:00pm Bowling	9:30am Reading the Morning Paper Together 8 10:00am Morning Streches 1:00pm Puzzle Time 2:00pm Music Bingo 3:00pm Snack Break
9:30am Reading the Morning Paper Together 9 10:00am Bird Watching on the Patio 1:30pm Hand Massages 3:00pm Snack Break 4:00pm Cup Basketball	9:30am Reading the Morning Paper Together 10 10:30am Chair Yoga 1:30pm Let's Make Sandcastles 2:00pm Outdoor Cornhole 2:30pm Afternoon Music 3:00pm Ice Cream Social 3:30pm Darts 4:00pm Pom Pom Color Sorting	9:30am Reading the Morning Paper Together 11 10:30am Chair Tai Chi 2:00pm Making Door Knob Hangers 2:30pm Afternoon Music 3:00pm Snack Break 4:45pm Set the Dinner Table	9:30am Reading the Morning Paper Together 12 10:15am Walking to the Farmers Market 11:30am Chair Stretching 2:00pm Color Creations 2:30pm Afternoon Music 3:30pm The Toxic Impact of Agent Orange: Child Victims of the US Chemical Warfare in Vietnam	9:30am Reading the Morning Paper Together 13 10:30am Chair Dancing 1:30pm Armchair Travel 2:30pm Flower Arranging 3:00pm Let's Walk to the Bakery 3:30pm Hydration Break 4:00pm Balloon Badmitten 4:45pm Set the Dinner Table	9:30am Reading the Morning Paper Together 14 10:30am Drumming Exercise 1:30pm Unspoken: America's Native American Boarding Schools on YouTube 2:00pm Making Pom Pom Snail Buddies 2:30pm Balloon Volleyball 3:00pm Hydration Break	9:30am Reading the Morning Paper Together 15 10:00am Morning Streches 1:00pm Playing Monopoly 2:00pm Afternoon Magnetic Fishing 3:00pm Snack Break
9:30am Reading the Morning Paper Together 16 10:00am Morning Streches 1:30pm Hand Massages 2:00pm Walking the True Nature Garden 3:30pm Snack Break	9:30am Reading the Morning Paper Together 17 10:30am Chair Yoga 1:30pm Candyland 2:00pm Crosswords 2:30pm Afternoon Music 3:00pm Snack Break 3:30pm Aspen Tree Painting 4:00pm Recipe Break Down 5:15pm I Love Lucy and Tea	9:30am Reading the Morning Paper Together 18 10:30am Chair Tai Chi 1:30pm Walking the Rio Grande Trail 2:00pm Making Floral Coasters 2:30pm Afternoon Music 3:00pm Snack Break 4:45pm Set the Dinner Table 6:00pm Monopoly Game Night	9:30am Reading the Morning Paper Together 19 10:15am Walking to the Farmers Market 11:30am Chair Stretching 1:30pm Puzzle Time 2:00pm Roll a Topic 2:30pm Afternoon Music 3:00pm Snack Break	9:30am Reading the Morning Paper Together 20 10:30am Chair Dancing 1:30pm Looking through Memory Books 2:00pm Let's Make Root Beer Floats 2:30pm Afternoon Music 3:00pm Snack Break 4:45pm Set the Dinner Table 5:15pm I Love Lucy and Tea	9:30am Reading the Morning Paper Together 21 10:30am Drumming Exercise 2:00pm Guess Who 2:30pm Tea Party 3:00pm Sopris Mini Mart	9:30am Reading the Morning Paper Together 22 10:00am Morning Streches 1:00pm Environmental Sorting 1:30pm Question Ball Toss 2:00pm Flipping Through Memory Magazines 3:00pm Snack Break
9:30am Reading the Morning Paper Together 23 1:30pm Hand Massages 2:00pm Puzzle Time 3:00pm Snack Break	9:30am Reading the Morning Paper Together 24 10:30am Chair Yoga 2:00pm Making Swirl Sun Catchers 2:30pm Afternoon Music 3:00pm Snack Break 3:30pm Nature as Muse	9:30am Reading the Morning Paper Together 25 10:30am Chair Tai Chi 2:00pm Item Detective 2:30pm Afternoon Music 3:00pm Snack Break 4:45pm Set the Dinner Table	9:30am Reading the Morning Paper Together 26 10:15am Walking to the Farmers Market 11:30am Chair Stretching 2:00pm Sensory Room Bird Sounds 2:30pm Afternoon Music 3:00pm The Pankhurst Sisters: How The Suffragettes Changed The World on Youtube	9:30am Reading the Morning Paper Together 27 10:30am Chair Dancing 1:30pm Armchair Travel 2:30pm Afternoon Music 3:00pm Snack Break 4:45pm Set the Dinner Table	9:30am Reading the Morning Paper Together 28 10:30am Drumming Exercise 2:00pm Picture Bingo 2:30pm Birthday Celebration	9:30am Reading the Morning Paper Together 29 10:00am Morning Streches 1:30pm Bingo 2:00pm Garden Par-TEA 3:00pm Snack Break
9:30am Reading the Morning Paper Together 30 1:30pm Hand Massages 2:00pm Connect 4 3:00pm Snack Break	9:30am Reading the Morning Paper Together 31 10:30am Chair Yoga 2:00pm Nail Painting 2:30pm Afternoon Music 3:00pm Snack Break 3:30pm Pattern Play 5:15pm I Love Lucy and Tea	Happy Birthday!				Paula B. 8/3 Owen M. 8/24 Sandy Y. 8/31