

August 2026 | Events

Monday - Friday • 8:30 am-4 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Wire Wrapping Class (E) 10:00 Medicare Support w/ Ken (Lobby) 11:30 Lunch Café (RR) 1:00 MemorialCare Social Worker Talk (RR) 2:30 Tai Chi	4 11:00 Chair Yoga (\$2) 11:30 Lunch Café (Alec Tong) (RR) 12:00 Knit and Crochet Group 1:00 Bingo	5 9:00 Wire Wrapping Class (E) 10:00 Pep4u Parkinsons Coffee Chat 10:00 Tech Support (by appt.) 11:30 Lunch Café (James Woods) (RR) 12:30 Caregiver Support Group 2:00 Grief Share	6 10:00 Pep4u Yoga for Parkinsons 11:00 Chair Yoga (\$2) 11:30 Lunch Café (Kids on Stage) (RR) 12:30 Mental Health Support Group	7 10:00 TOPS 10:00 Seated Chair Volleyball (RR) 11:30 Lunch Café (Arnie DiCioccio) (RR) 12:30 Cribbage 12:45 Movie (<i>Father of the Bride</i>) 1:30 Crafting with Optum (RR)
10 9:00 HICAP (by appt.) 10:00 CA DL Renewal Prep (RR) 10:00 Medicare Support w/ Carmen (Lobby) 11:30 Lunch Café (Sunshine Band) (RR) 1:00 Dance for Wellness 2:30 Tai Chi	11 11:00 Chair Yoga (\$2) 11:30 Lunch Café (RR) 12:00 Knit and Crochet Group 1:00 Bingo	12 10:00 Tech Support (by appt.) 10:00 Estate Planning Seminar (RR) 11:30 Lunch Café (James Woods) (RR) 12:30 Caregiver Support Group 1:00 FSSC Book Club 2:00 Grief Share	13 10:00 Pep4u Yoga for Parkinsons 11:00 Chair Yoga (\$2) 11:30 Lunch Café (Silver Singers) (RR) 12:30 Mental Health Support Group 1:00 Chair Dance for Wellness 2:00 Dance for Wellness	14 10:00 TOPS 11:30 Lunch Café (Arnie DiCioccio) (RR) 12:30 Cribbage 12:45 Movie (<i>I Can Only Imagine</i>) 1:00 Doc Talk (RR) (Diabetes a Lifestyle Disease)
17 9:00 HICAP (by appt.) 9:00 Balance & Mobility Class (E) 10:00 Balance & Mobility Class (E) 11:30 Lunch Café (RR) 1:00 Dance for Wellness 2:30 Tai Chi	18 9:00 Balance & Mobility Class (E) 10:00 Beg. Chair Exercise Class (E) 11:00 Chair Yoga (\$2) 11:30 Lunch Café (RR) 12:00 Knit and Crochet Group 1:00 Bingo 1:30 Crafting with Optum (RR)	19 9:00 Wire Wrapping Class (E) 9:00 Balance & Mobility Class (E) 10:00 Balance & Mobility Class (E) 10:00 Pep4u Parkinsons Coffee Chat 10:00 Tech Support (by appt.) 10:00 Financial Consultations (by appt.) 11:30 Lunch Café (Harmonaires) (RR) 12:30 Caregiver Support Group 1:00 Beginning Knitting (E) 1:00 Tai Chi (E) 1:30 Crafting with Carmen (RR) 2:00 Grief Share	20 9:00 Balance & Mobility Class (E) 10:00 Beg. Chair Exercise Class (E) 10:00 Pep4u Yoga for Parkinsons 10:00 Medication Consults with Bill Lu (by appt.) 11:00 Chair Yoga (\$2) 11:30 Luau Lunch Party (RR) 12:30 Mental Health Support Group	21 10:00 TOPS 11:30 Lunch Café (Arnie DiCioccio) (RR) 12:30 Cribbage 12:45 Movie (<i>Lilly</i>) 1:00 Optum Meet & Greet Event (RR)
24 9:00 HICAP (by appt.) 9:00 Balance & Mobility Class (E) 10:00 Balance & Mobility Class (E) 10:00 CA DL Renewal Prep (RR) 11:30 Lunch Café (RR) 1:00 Dance for Wellness 2:30 Tai Chi	25 9:00 Balance & Mobility Class (E) 10:00 Beg. Chair Exercise Class (E) 11:00 Chair Yoga (\$2) 11:30 Lunch Café (Silver Singers) (RR) 12:00 Knit and Crochet Group 1:00 Bingo	26 9:00 Wire Wrapping Class (E) 9:00 Balance & Mobility Class (E) 10:00 Balance & Mobility Class (E) 10:00 Tech Support (by appt.) 11:30 Lunch Café (James Woods) (RR) 12:30 Art4Healing (RR) 12:30 Caregiver Support Group 1:00 Beginning Knitting (E) 1:00 Tai Chi (E) 2:00 Grief Share	27 9:00 Balance & Mobility Class (E) 10:00 Beg. Chair Exercise Class (E) 10:00 Pep4u Yoga for Parkinsons 11:00 Chair Yoga (\$2) 11:30 Lunch Café (Street Performers) (RR) 12:30 Mental Health Support Group 1:00 Chair Dance for Wellness 2:00 Dance for Wellness	28 10:00 TOPS 11:30 Birthday Lunch Café (Arnie DiCioccio) (RR) 12:30 Cribbage 12:45 Movie (<i>The Theory of Everything</i>) 1:00 Doc Talk (RR) (Advance Directive Education)
31 9:00 Balance & Mobility Class (E) 10:00 Balance & Mobility Class (E) 11:30 Lunch Café (RR) 1:00 Featured Presentation of the Month (RR) (A-Z Dental) 1:00 Dance for Wellness 2:30 Tai Chi				