

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August 2017 Eight Dimensions of Wellness Physical Vocational Social Health Environmental Spiritual Emotional Intellectual		1 9:30 Changing Calendars 10:00 Exercise 10:30 Balloon Toss 11:45 Independent Living Lunch Outing 1:30 Strength & Balance 2:30 Outdoor Watering 3:30 Measuring s and Cutting Fleece	2 9:30 Kron 4 News 10:00 Fitness Fun 10:30 Music with Johnny (SN) 2:30 Rick Steven's Travel 3:00 Paper Flowers	3 9:30 Good Morning America 10:00 Work Out 10:30 Music Therapy with Jody 1:30 Strength & Balance 2:30 Outdoor Watering 3:15 Stroll with w/ Kathy Gail & Mandy 3:30 Music with RSVP (SN)	4 9:30 Morning Chat! 10:00 Fitness Xpress 10:30 Sinatra Sing Along 10:30 Lunch Outing: Fey Chinese 2:30 Movie Matinee 3:30 Happy Hour Social at the Bistro	5 9:30 ABC News 10:00 Aerobics 10:30 Furry Friends Club 2:30 Vintage Postcards 3:30 Happy Hour Social w/Bill (SN)
6 9:30 Recollections Hymns 10:00 Get Fit 10:30 Balloon Toss 10:30 Catholic Mass (SN) 2:30 Veggies Social 3:00 Bingo Time 3:30 Protestant Service (SN)	7 9:30 CBS Morning News 10:00 Calisthenics 10:30 Salsa Making 2:30 Lemonade Refreshment 3:00 Words Trivia 3:30 Memories in the Making	8 9:30 ABC News 10:00 Exercise 10:30 Music with Gail & Carol (G) 2:30 Bake Sale cookies with Sandi 3:30 Bagging & Labeling	9 9:30 Sightseeing: Muir Woods 10:00 Fitness Fun 10:30 Current Events w/Ken 2:30 Newspaper Sorting 3:30 Music with Flying Fiddlers (SN)	10 9:30 CBS Morning News 10:00 Work Out 10:30 Music Therapy with Jody 1:30 Strength & Balance 2:30 Outdoor Watering 3:15 Stroll with w/ Kathy Gail & Mandy 3:30 Music with Music Makers (SN)	11 9:30 Kron 4 News 10:00 Fitness Xpress 10:30 Sentimental Songs 10:30 Lunch Outing: The Fish Market 2:30 Movie Matinee 3:30 Happy Hour Social at the Bistro	12 9:30 Patio Walk 10:00 Aerobics 10:30 Sing a long 2:30 Sacred Heart Project 3:00 Measure twice Cut once 3:30 Happy Hour Social w/Brad (SN)
13 9:30 Reflection's Hymns 10:00 Get Fit 10:30 Jewelry Making 10:30 Catholic Mass (SN) 2:30 Garden Watering 3:00 Bingo Time 3:30 Protestant Service (SN)	14 9:30 Good Morning America 10:00 Calisthenics 10:30 Ceramic's with Rebecca 2:45 Crafts with Veronica Stella & Irene 3:30 Music with Steve (SN)	15 9:30 Good Morning America 10:00 Exercise 10:30 Jack's Musical Trivia 1:30 Strength & Balance 2:30 Outdoor Watering 3:00 Measuring & Scooping 3:30 Cookies Social	16 9:30 Sightseeing: Lake Elizabeth 10:00 Fitness Fun 10:30 Current Events w/Ken 2:30 Sorting Flowers 3:30 Flower Wreaths Making	17 9:30 Outdoor Stroll 10:00 Work Out 10:30 Music Therapy with Jody 1:30 Strength & Balance 2:30 Outdoor Watering 3:15 Stroll with w/ Kathy Gail & Mandy 3:30 Music with Music Makers (SN)	18 9:30 CBS Morning News 10:00 Fitness Xpress 10:30 Lunch Outing: Cicero's Pizza 2:30 movie of the month 3:30 Happy Hour Social at the Bistro	19 9:30 Morning Paper 10:00 Aerobics 10:30 State Trivia 2:30 Scissor Cutting 3:00 Project Linus 3:30 Happy Hour Social
20 9:30 Recollections Hymns 10:00 Get Fit 10:30 Balloon Toss 10:30 Catholic Mass (SN) 2:30 Guacamole Social 3:00 Bingo Time 3:30 Protestant Service (SN)	21 9:30 Kron 4 News 10:00 Calisthenics 10:30 Sing along with Susie Q 2:30 Sponge Panting 3:30 Music with Steve (SN)	22 9:30 Good Morning America 10:00 Exercise 10:30 Watercolor Painting 1:30 Strength & Balance 2:30 Outdoor Watering 3:00 Measuring & Scooping 3:30 Hands Sensory	23 9:30 Kron 4 News 10:00 Fitness Fun 10:30 Current Events w/Ken 2:30 Rick Steven's Travel 3:00 Paper Flowers	24 9:30 Outdoor Stroll 10:00 Work Out 10:30 Music Therapy with Jody 1:30 Strength & Balance 2:30 Outdoor Watering 3:15 Decorating Boxes w/ Kathy, Gail & Mandy	25 9:30 ABC News 10:00 Fitness Xpress 10:30 Lunch Outing: Vasona Park Picnic 2:30 Movie Matinee 3:30 Happy Hour Social at the Bistro	26 9:30 Coffee Chat 10:00 Aerobics 10:30 Performance by Mountain View Hula(SN) 2:30 Stringing Beads 3:30 Happy Hour Social
27 9:30 Reflection's Hymns 10:00 Get Fit 10:30 Balloon Toss 10:30 Catholic Mass (SN) 2:30 Crepe Social 3:00 Bingo Time 3:30 Protestant Service (SN)	28 9:30 CBS Morning News 10:00 Calisthenics 10:30 Patio Relaxation 2:30 Measure & Scoop 3:00 Dough Rolling 3:30 Memories in the Making	29 9:30 Morning Paper 10:00 Exercise 10:30 Jack's Musical Trivia (SN) 1:30 Strength & Balance 2:30 Music w/ Young at Heart 3:30 Outdoor Patio Reminiscing	30 9:30 Morning News 10:00 Fitness Fun 10:30 Current Events w/Ken 2:30 Sacred Heart Project 3:00 Measure twice Cut once 3:30 European Travel	31 9:30 Good Morning America 10:00 Work Out 10:30 Music Therapy with Jody 1:30 Strength & Balance 2:30 Outdoor Watering 3:00 Calendar Cut Out 3:15 Decorating Boxes w/ Kathy, Gail & Mandy	 23600 Via Esplendor Cupertino, CA 95014 Jennifer Tran Memory Care Coordinator (650) 944-0328 Jennifertran@theforumrsa.com	

ACTIVITIES ARE SUBJECT TO CHANGE ACCORDING TO RESIDENT'S NEEDS.
SN: Skilled Nursing Dining Room B: Bistro G: Gardenia Room