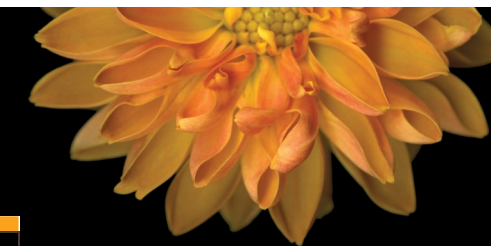


# AUGUST 2022 SPECIALTY CARE CALENDAR



**THE WATERS**  
OF OAKDALE

The Calendar is subject to change and all residents have a choice in programs and participation.

**8:00-8:30 DAILY:**  
We gather and greet the day with mindfulness.

### Calendar Key

R = Restaurant  
L = Lobby  
ALS = Active Life Studio  
M= Marsh Neighborhood  
P=Ponds Neighborhood



Personal Growth  
INTELLECTUAL WELLBEING



Community Engagement  
EMOTIONAL WELLBEING



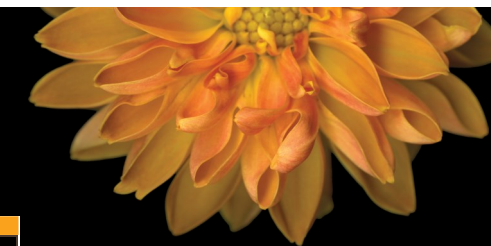
Active Life with Purpose  
PHYSICAL WELLBEING

**thrive™**

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|--|--|---|--|---|---|--|
|  | <b>1</b><br><br><b>8:30</b> 1 on 1's (M,P)<br><b>10:00</b> Chair Dancing (ALS)<br><b>11:00</b> Hand Massages (M,P)<br><b>1:30</b> Creative Expressions (M,P) | <b>2</b><br><br><b>8:30</b> 1 on 1's (M,P)<br><b>9:00</b> Brain Games (M)<br><b>9:45</b> Brain Games (P)<br><b>10:40</b> Rise & Thrive (ALS)<br><b>1:00</b> Manicures (P)<br><b>3:00</b> BINGO! (P) | <b>3</b><br><b>Wear your Favorite Hat</b><br><br><b>8:30</b> 1 on 1's (M,P)<br><b>9:30</b> Balloon Volleyball (M,P)<br><b>10:00</b> Bible Study and Communion with Pastor Bill (R)<br><b>1:15</b> Stroll Down Memory Lane Social (M,P)<br><b>3:30</b> Horse Racing (M,P) | <b>4</b><br><br><b>8:30</b> 1 on 1's (M,P)<br><b>9:00</b> Brain Games (M)<br><b>9:45</b> Brain Games (P)<br><b>10:40</b> Rise & Thrive (ALS)<br><b>1:00</b> Thrive Thursday (M,P)<br><b>2:00</b> Blessed Sacrament Mass and Communion with Father Jimmy (ALS)<br><b>3:15</b> Thirsty Thursday (M,P) | <b>5</b><br><b>Wear your Dahlia T-shirt</b><br><br><b>8:30</b> 1 on 1's (M,P)<br><b>10:00</b> Sing a long (M,P)<br><b>11:00</b> Music on the Ponds Patio (M,P)<br><b>1:00</b> Manicures (M)<br><b>3:00</b> Movie Matinee (M,P)  | <b>6</b><br><br><b>9:30</b> Music and Movement (ALS)<br><b>10:45</b> Second Hand Hounds (P)<br><b>11:00</b> Second Hand Hounds (M)<br>Table Top Games (M,P)  |
| <b>7</b><br><br><b>8:30</b> 1 on 1's (M,P)<br><b>10:00</b> Strength & Stretch (ALS)<br><b>10:30</b> Hymn Sing Along (M,P)<br><b>11:30</b> Lutheran Church Service (M,P)<br>Table Top Games (M,P) | <b>8</b><br><br><b>8:30</b> 1 on 1's (M,P)<br><b>10:00</b> Chair Dancing (ALS)<br><b>11:00</b> Hand Massages (M,P)<br><b>1:30</b> Creative Expressions (M,P) | <b>9</b><br><br><b>8:30</b> 1 on 1's (M,P)<br><b>9:00</b> Brain Games (M)<br><b>9:45</b> Brain Games (P)<br><b>10:40</b> Rise & Thrive (ALS)<br><b>1:00</b> Manicures (P)<br><b>3:00</b> BINGO! (P) | <b>10</b><br><b>Wear your Pajamas and Slippers</b><br><br><b>8:30</b> 1 on 1's (M,P)<br><b>9:30</b> Balloon Volleyball (M,P)<br><b>10:00</b> Bible Study with Pastor Bill (R)<br><b>1:15</b> Stroll Down Memory Lane Social (M,P)<br><b>3:30</b> Horse Racing (M,P)      | <b>11</b><br><br><b>8:30</b> 1 on 1's (M,P)<br><b>9:00</b> Brain Games (M)<br><b>9:45</b> Brain Games (P)<br><b>10:40</b> Rise & Thrive (ALS)<br><b>1:00</b> Baker's Club (M,P)<br><b>2:00</b> Piano Man Tom (L)<br><b>3:15</b> Thrive Thursday (M,P)   | <b>12</b><br><b>Wear your Dahlia T-shirt</b><br><br><b>8:30</b> 1 on 1's (M,P)<br><b>10:00</b> Sing a long (M,P)<br><b>11:00</b> Music on the Ponds Patio (M,P)<br><b>1:00</b> Manicures (M)<br><b>3:00</b> Movie Matinee (M,P) | <b>13</b><br><br><b>9:30</b> Music and Movement (ALS)<br><b>10:45</b> Second Hand Hounds (P)<br><b>11:00</b> Second Hand Hounds (M)<br>Table Top Games (M,P) |



# AUGUST 2022 SPECIALTY CARE CALENDAR



**THE WATERS**  
OF OAKDALE

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|---|---|--|---|---|---|--|
| <b>14</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>10:00</b> Strength & Stretch (ALS)<br><b>10:30</b> Hymn Sing Along (M,P)<br><b>11:30</b> Lutheran Church Service (M,P)                          | <b>15</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>10:00</b> Chair Dancing (ALS)<br><b>11:00</b> Hand Massages (M,P)<br><b>1:30</b> Creative Expressions (M,P) | <b>16</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>9:00</b> Brain Games (M)<br><b>9:45</b> Brain Games (P)<br><b>10:40</b> Rise & Thrive (ALS)<br><b>1:00</b> Manicures (P)<br><b>2:00</b> Wdbry Lutheran Service & Communion with Pastor Tim (LER)<br><b>3:00</b> BINGO! (P) | <b>17 Inside Out Day</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>9:30</b> Balloon Volleyball (M)<br><b>10:00</b> Bible Study with Pastor Bill (R)<br><b>1:00</b> Hearing Clinic Dr. Jerry (PDR)<br><b>1:15</b> Stroll Down Memory Lane Social (M,P)<br><b>3:30</b> Horse Racing (M,P) | <b>18</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>9:00</b> Brain Games (M)<br><b>9:45</b> Brain Games (P)<br><b>10:40</b> Rise & Thrive (ALS)<br><b>1:00</b> Thrive Thursday (M,P)<br><b>2:00</b> Blessed Sacrament Rosary Service (ALS)<br><b>3:15</b> Tastes of the Season (M,P)<br><b>5-7pm</b> FAMILY PICNIC residents and families | <b>19 Wear your Dahlia T-shirt</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>10:00</b> Sing a long (M,P)<br><b>11:00</b> Music on the Ponds Patio (M,P)<br><b>1:00</b> Manicures (M)<br><b>3:00</b> Movie Matinee (M,P)   | <b>20</b><br><b>9:30</b> Music and Movement (ALS)<br><b>10:45</b> Second Hand Hounds (P)<br><b>11:00</b> Second Hand Hounds (M)<br>Table Top Games (M,P) |
| <b>21</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>10:00</b> Strength & Stretch (ALS)<br><b>10:30</b> Hymn Sing Along (M,P)<br><b>11:30</b> Lutheran Church Service (M,P)<br>Table Top Games (M,P) | <b>22</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>10:00</b> Chair Dancing (ALS)<br><b>11:00</b> Hand Massages (M,P)<br><b>1:30</b> Creative Expressions (M,P) | <b>23</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>9:00</b> Brain Games (M)<br><b>9:45</b> Brain Games (P)<br><b>10:40</b> Rise & Thrive (ALS)<br><b>1:00</b> Manicures (P)<br><b>1:30</b> Travel Club including a Chef's Demo to Jamaica (LER)<br><b>3:00</b> BINGO! (P)     | <b>24 Back to the 70's</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>9:30</b> Balloon Volleyball (M,P)<br><b>10:00</b> Bible Study with Pastor Bill (R)<br><b>1:15</b> Stroll Down Memory Lane Social (M,P)<br><b>3:30</b> Horse Racing (M,P)   | <b>25</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>9:00</b> Brain Games (M)<br><b>9:45</b> Brain Games (P)<br><b>10:40</b> Rise & Thrive (ALS)<br><b>1:00</b> Thrive Thursday (M,P)<br><b>2:00</b> Folklore Dancers front patio<br><b>3:15</b> Crafter's Corner (M,P)  | <b>26 Wear your Dahlia T-shirt</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>10:00</b> Sing a Long (M,P)<br><b>11:00</b> Music on the Ponds Patio (M,P)<br><b>1:00</b> Manicures (M)<br><b>2:00</b> John Grabko: The Story of Amelia Earhart (LER)<br><b>3:00</b> Movie Matinee (M,P) | <b>27</b><br><b>9:30</b> Music and Movement (ALS)<br><b>10:45</b> Second Hand Hounds (P)<br><b>11:00</b> Second Hand Hounds (M)<br>Table Top Games (M,P) |
| <b>28</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>10:00</b> Strength & Stretch (ALS)<br><b>10:30</b> Hymn Sing Along (M,P)<br><b>11:30</b> Lutheran Church Service (M,P)<br>Table Top Games (M,P) | <b>29</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>10:00</b> Chair Dancing (ALS)<br><b>11:00</b> Hand Massages (M,P)<br><b>1:30</b> Creative Expressions (M,P) | <b>30</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>9:00</b> Brain Games (M)<br><b>9:45</b> Brain Games (P)<br><b>10:40</b> Rise & Thrive (ALS)<br><b>1:00</b> Manicures (P)<br><b>2:00</b> State Fair Day on the front patio  | <b>31 Crazy Hair Day</b><br><b>8:30</b> 1 on 1's (M,P)<br><b>10:00</b> Balloon Volleyball (M,P)<br><b>10:00</b> Bible Study with Pastor Bill (R)<br><b>2:00</b> Social Hour (R)<br><b>1:15</b> Stroll Down Memory Lane Social (M,P)<br><b>3:30</b> Horse Racing (M,P)             |   |   |  |

**8:00-8:30 DAILY:**  
We gather and greet the day with mindfulness.

**Calendar Key**

- R = Restaurant
- L = Lobby
- ALS = Active Life Studio
- LER = Life Engagement Room
- CAS = Creative Arts Studio
- M= Marsh Neighborhood
- P=Ponds Neighborhood



The Calendar is subject to change and all residents have a choice in programs and participation.