







# August 2024

# HICKORY WOODS SENIOR LIVING ACTIVITY SHEET

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Beauty Shop Day 10:30 Chair Exercise 2:00 Devotion 3:00 Cards	2 10:30 Chair Yoga 2:00 Olympic Games 6:30 Wheel of Fortune	3 Family Time 
4  2:00 Church	5 9:30 Shopping Wal-Mart 2:00 Olympic Games 3:00 Hand and Foot	6 10:30 Silver Sneaker Chair Exercise 2:00 One Man Band 7:00 Netflix Movie	7 Beauty Shop Day 10:30 Price is Right 2:00 Olympic Games 3:00 Canasta	8 Beauty Shop Day 10:30 Chair Exercise 2:00 Devotion 3:00 Cards	9 10:30 Chair Yoga 2:00 Bobbie Bryant 3:00 Hand & Foot 7:00 Hallmark Movie	10 11:00 Crafts With Jill, candy and Clare
11  2:00 Church	12 9:30 Shopping Wal-Mart 2:00 Brandon Lee 3:00 Hand and Foot	13 10:30 Silver Sneaker Chair Exercise 1:00 TB Skin Test 7:00 Heartland	14 Beauty Shop Day 10:30 Resident Council 2:00 Bingo 3:00 Canasta	15 Beauty Shop Day 10:30 Silver Sneaker Chair Exercise 2:00 Sing A-Long	16 Pretty Nails 11:00 Out To Eat 6:30 Wheel of Fortune	17 
18 2:00 Church	19 9:30 Shopping Wal-Mart 2:00 Olympic Awards 3:00 Hand and Foot	20 10:30 Chair Exercise 2:00 Ice Cream Truck Activity Room	21 Beauty Shop Day 10:30 Price is Right 2:00 Bowling 3:00 Canasta	22 Beauty Shop Day 10:30 Silver Sneaker Chair Exercise 2:00 Devotion	23 10:30 Chair Yoga 2:00 Calendar 7:00 Hallmark Movie	24 11:00 Crafts Candy, Clare and Jill
25  2:00 Church	26 9:30 Shopping Wal-Mart 2:00 Bible Study 3:00 Hand and Foot	27 10:30 Chair Exercise 2:00 Book Club 3:00 Hand and Foot	28 Beauty Shop Day 10:30 Price is Right 2:00 Movie 3:00 Canasta	29 Beauty Shop Day 10:30 Silver Sneaker Chair Exercise 2:00 Devotion	30 10:30 Chair Yoga 2:00 Home Made Ice Cream 7:00 Hallmark Movie	31 