

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2023 Decker Calendar

<p>10am Catholic Service <b>11am Morning Movement Exercises</b> <b>1:30 Activity of Choice</b> 1:45 Prayers &amp; Reflection 2pm Ecumenical Service 2:30 Fellowship &amp; Refreshment 3pm Movie/Documentary</p>	<p>10am Zumba Exercise <b>1</b> <b>10:30 Baking Group</b> 2:30 Musical Happy Hour <b>6pm Activity w/ Natalie</b></p>	<p>9:30 Sit and Stand Exercise <b>2</b> 10:30 Lucy Worsley History Presentation <b>11am Brain &amp; Body Stretches</b> 2pm Catholic Service <i>3pm Sunroom/Patio Outside Time for Decker Residents</i> <b>6pm Activity w/ Natalie</b></p>	<p>10:30 Bingo <b>3</b> <b>2pm Word Puzzles</b> 2pm Contemporary Issues (Current Events) 3pm Modern Movie Day <b>6pm Activity w/ Natalie</b></p>	<p>9:30 Sit and Stand Exercise <b>4</b> 10:30 Badminton <b>1:45pm Sitting Area Bingo</b> 2:30pm Trivia <b>6pm Activity w/ Natalie</b></p>	<p>10:30 Bingo <b>5</b> <b>1:30 1:1 Mens Group</b> 2pm Movie Day <b>3pm Musical Encounters</b> <b>6pm Activity w/ Natalie</b></p>
<p>10am Catholic Service <b>6</b> <b>11am Morning Movement Exercises</b> <b>1:30 Activity of Choice</b> 1:45 Prayers &amp; Reflection 2pm Ecumenical Service 2:30 Fellowship &amp; Refreshment 3pm Movie/Documentary</p>	<p>9:30 Sit and Stand Exercise <b>7</b> 10:30 Bingo <b>1:30 Gentle Stretches</b> 2:30 Music w/ Greg</p>	<p>10am Zumba Exercise <b>8</b> <b>10:15 Town Hall Meeting Followed by Art/Craft</b> 2:30 Musical Happy Hour</p>	<p>9:30 Sit and Stand Exercise <b>9</b> 10:30 Bananagrams <b>11am Brain &amp; Body Stretches</b> 2pm Catholic Service 2:30 Music w/ John O</p>	<p>10:30 Bingo <b>10</b> <b>2pm Classic Board Games</b> 2pm Contemporary Issues (Current Events) 3pm Modern Movie Day</p>	<p>9:30 Sit and Stand Exercise <b>11</b> 10:30 Pokeno <b>1:45pm Bowling</b> 2:30pm Trivia</p>
<p>10am Catholic Service <b>13</b> <b>11am Morning Movement Exercises</b> <b>1:30 Activity of Choice</b> 1:45 Prayers &amp; Reflection 2pm Ecumenical Service 2:30 Fellowship &amp; Refreshment 3pm Movie/Documentary</p>	<p>9:30 Sit and Stand Exercise <b>14</b> 10:30 Bingo <b>1:30 Crossword</b> 2:30 Music w/ Tony Z</p>	<p>10am Zumba Exercise <b>15</b> <b>10:30 Baking Group</b> 2:30 Musical Happy Hour</p>	<p>9:30 Sit and Stand Exercise <b>16</b> 10:30 Topics of Life <b>11am Brain &amp; Body Stretches</b> 2pm Catholic Service 2:30pm Rootbeer, Gingerale, and Creamsicle Floats</p>	<p>10:30 Bingo <b>17</b> <b>2pm Slide Show Trivia</b> 3pm Pickersgill Singers Summer Concert</p>	<p>9:30 Sit and Stand Exercise <b>18</b> 10:30 Blank Slate <i>12pm Lunch w/ Activity Staff for Decker Residents</i> <b>1:45pm A Stands for...Word &amp; Memory Game</b> 2:30pm Trivia</p>
<p>10am Catholic Service <b>20</b> <b>11am Morning Movement Exercises</b> <b>1:30 Activity of Choice</b> 1:45 Prayers &amp; Reflection 2pm Ecumenical Service 2:30 Fellowship &amp; Refreshment 3pm Movie/Documentary</p>	<p>9:30 Sit and Stand Exercise <b>21</b> 10:30 Bingo <b>1:30 Sing-A-Long</b> 2:30 Music w/ Woof Ent.</p>	<p>10am Zumba Exercise <b>22</b> <b>10:30 Art/Craft</b> 2:30 Musical Happy Hour <b>6pm Activity w/ Natalie</b></p>	<p>9:30 Sit and Stand Exercise <b>23</b> 10:30 Baltimore History Presentations <b>11am Brain &amp; Body Stretches</b> 2pm Catholic Service 4:30pm Annual Crab Feast Party <b>6pm Activity w/ Natalie</b></p>	<p>10:30 Bingo <b>24</b> <b>2pm Create your own Essential Oils</b> 2pm Contemporary Issues (Current Events) 3pm Modern Movie Day <b>6pm Activity w/ Natalie</b></p>	<p>9:30 Sit and Stand Exercise <b>25</b> 10:30 Jingo <b>1:45pm Cards</b> 2:30pm Trivia <b>6pm Activity w/ Natalie</b></p>
<p>10am Catholic Service <b>27</b> <b>11am Morning Movement Exercises</b> <b>1:30 Activity of Choice</b> 1:45 Prayers &amp; Reflection 2pm Ecumenical Service 2:30 Fellowship &amp; Refreshment 3pm Movie/Documentary</p>	<p>9:30 Sit and Stand Exercise <b>28</b> 10:30 Bingo <b>1:30 Slide Show Trivia</b> 2:30 Music w/ Vintage Ent.</p>	<p>10am Zumba Exercise <b>29</b> <b>10:30 Baking Group</b> 2:30 Musical Happy Hour <b>6pm Activity w/ Natalie</b></p>	<p>9:30 Sit and Stand Exercise <b>30</b> 10:30 Nat Geo: Legends of Atlantis <b>11am Brain &amp; Body Stretches</b> 2pm Catholic Service 2:30 Music w/ Andrew <b>6pm Activity w/ Natalie</b></p>	<p>10:30 Bingo <b>31</b> <i>2pm Afternoon Bus Outing/ Country Scenic Ride for Decker</i> 2pm Contemporary Issues (Current Events) 3pm Tech Help <b>6pm Activity w/ Natalie</b></p>	<p>To our friends &amp; families: This calendar displays programs that are specific to Decker as well as some of the other programs offered throughout the building for everyone to enjoy. <b>Bolded programs are hosted on the Decker Unit.</b> Please note that with calendars made in advance, changes in the schedule can occur. Please refer to the Daily Activity Schedule for the most accurate reflection of programs for the day. <i>Other News: Please welcome our newest Activity Team member: John!</i></p>