

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# August 2019

## Assisted Living

3550 SW Corporate Pkwy  
Palm City, FL 34990  
(772)-529-6000  
www.grandoakspalmcity.com

<p>8:30 Good Morning Friends! 9:00 Meditation &amp; Exercise 10:30 Church Transportation 10:30 Zen Coloring Den 11:00 Fresh Air Fun 2:00 Celebrate the Day – <i>National Champagne Day</i> 3:00 Celebrate the Day – <i>US Coast Guard's Birthday</i></p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:30 Daily Chronicles &amp; Brain Exercises 11:00-2:00 <b>Retail Therapy &amp; Celebrate the Day – Bargain Hunting Week Begins &amp; Lunch Bunch</b> 2:30 Walgreens 3:30 Celebrate the Day – <i>National Work Like a Dog Day</i>. Ellie Performing.</p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:00 Daily Chronicles &amp; Brain Games 10:00 <b>Men's Group Therapy</b> 11:00 Celebrate the Day – <i>Happy 108<sup>th</sup> Birthday, Lucy!</i> 1:30-3:00 <b>Painting w/ Valerie &amp; Jackie Robbins</b> &amp; Celebrate the Day – <i>National Root Beer Float Day</i> 3:30 <b>Mills Music Studios Performance</b></p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:30 Daily Chronicles &amp; Brain Exercises 11:00 Lunch Bunch &amp; Celebrate the Day <i>National Lighthouse Day</i>. Visit to the Jupiter Lighthouse 1:30 <b>Catholic Eucharistic Minister</b> 3:00 Publix 4:00 Wine Down Wednesday</p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:30 Daily Chronicles &amp; Brain Exercises 11:00 Celebrate the Day – <i>National Frozen Custard Day @ Hwy 55</i> 1:30-3:00 <b>Painting w/ Valerie</b> 3:30 Celebrate the Day – <i>Happiness Happens Day</i></p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:00 Daily Chronicles &amp; Brain Exercises 11:30 <b>Bible Reading w/ the Wheelers</b> 2:00 <b>Drama Club</b> 2:30 Celebrate the Day – <i>National Ice Cream Sandwich Day</i> 3:30 <b>Jonathan Cummings Performing</b> 4:30 Celebrate the Day – <i>International Beer Day</i></p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:00 Daily Chronicles &amp; Brain Exercises 10:30 Let's Get Creative 11:00 Sing-along Saturday 2:00 Celebrate the Day – <i>National Watermelon Day</i> 3:00-5:00 Afternoon Movie</p>
<p>8:30 Good Morning Friends! 9:00 Meditation &amp; Exercise 10:30 Church Transportation 10:30 Zen Coloring Den 11:00 Fresh Air Fun 12:00 Celebrate the Day – <i>National Sons &amp; Daughters Day</i> 2:00 Sing-along 2:30 <b>Rosalyn and Sons Performing</b> 3:30 Happy Hour</p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:00 Daily Chronicles &amp; Brain Exercises 10:30 Celebrate the Day – <i>Sew What?</i> 11:00-2:00 <b>Retail Therapy &amp; Lunch Bunch</b> 2:30 Walgreens 3:30 <b>Andrea Performing</b></p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:00 <b>Men's Group Therapy</b> 10:30 Daily Chronicles &amp; Brain Games 11:00 <b>Armchair Travels</b> 1:30-3:00 <b>Painting w/ Valerie</b> 3:00 <b>Monthly Birthday</b> 4:30 Celebrate the Day – <i>National Prosecco Day</i></p>	<p>8:30 Good Morning Friends! 9:30 Meditation, Daily Chronicles &amp; Brain Exercises 10:30 <b>Zumba w/ Teri</b> 11:00 Celebrate the Day – <i>VJ Day</i> 1:30 <b>Catholic Eucharistic Minister</b> 2:00 Publix 3:00 Celebrate the Day – <i>Paint a Picture in the Park Day</i> 4:00 Celebrate the Day – <i>National Creamsicle Day</i></p>	<p>8:30 Good Morning Friends! 9:30 Celebrate the Day – 10:30 Daily Chronicles &amp; Brain Exercises 11:00 Card Sharks 1:30-3:00 <b>Painting w/ Valerie</b> 3:00 <b>Town Hall Meeting</b> 4:00 Celebrate the Day – <i>Relaxation Day</i></p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:30 Daily Chronicles &amp; Brain Exercises 11:30 <b>Bible Reading w/ the Wheelers</b> 2:00 <b>Drama Club</b> 3:00 Celebrate the Day – <i>National Tell a Joke Day</i></p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:30 Daily Chronicles &amp; Brain Exercises 11:30 Sing-along Saturday 2:00 Celebrate the Day – <i>World Honey Bee Day</i> 3:00 <b>Afternoon Movie</b></p>
<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 9:30 Church Transportation 10:30 Daily Chronicles &amp; Brain Exercises 11:00 Card Sharks 2:00 Celebrate the Day – <i>Mail Order Catalogue Day</i> 3:00 <b>Afternoon Movie</b></p>	<p>8:00 Celebrate the Day – 8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:30 Daily Chronicles &amp; Brain Games 11:00 Celebrate the Day – <i>Soft Serve Ice Cream Day</i>. 3:00 Celebrate the Day – <i>National Aviation Day</i>.</p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:00 <b>Men's Group Therapy</b> 10:30 <b>Celebrate the Day – Putting Around Day. Mini Golf @ Popstroke.</b> 1:30-3:00 <b>Painting w/ Valerie</b> 3:30 <b>Armchair Travels</b> 4:30 Fresh Air Fun</p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:30 Daily Chronicles &amp; Brain Exercises 11:30 <b>Lunch Bunch</b> 1:30 <b>Catholic Eucharistic Minister</b> 2:00 Publix 3:30 Celebrate the Day – <i>Senior Citizen's Day</i></p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:30 Daily Chronicles &amp; Brain Exercises 11:00 Card Sharks 1:30-3:00 <b>Painting w/ Valerie</b> 3:30 Celebrate the Day – <i>National Sunflower Day</i> 4:30 Let's Get Creative</p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:30 Daily Chronicles &amp; Brain Exercises 11:30 <b>Bible Reading w/ the Wheelers</b> 2:00 <b>Drama Club</b> 3:00 Celebrate the Day – <i>Buttered Corn Day</i></p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:30 Daily Chronicles &amp; Brain Exercises 11:30 Sing-along Saturday 2:00 Celebrate the Day – <i>A Gem of a Day</i> 3:00 <b>Afternoon Movie</b></p>
<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 9:30 Church Transportation 10:30 Daily Chronicles &amp; Brain Exercises 11:00 Card Sharks 2:00 Celebrate the Day – <i>National Banana Split Day</i> 3:00 <b>Afternoon Movie</b></p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:30 Daily Chronicles &amp; Brain Games 11:00-2:00 <b>Retail Therapy &amp; Lunch Bunch</b> 3:00 Walgreens 4:00 Celebrate the Day – <i>Google Earth Day</i></p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:00 <b>Men's Group Therapy</b> 10:30 Daily Chronicles &amp; Brain Games 11:00 <b>Armchair Travels</b> 1:30-3:00 <b>Painting w/ Valerie</b> 3:30 Celebrate the Day – <i>It's a Blue Ribbon Day</i> 4:30 Fresh Air Fun</p>	<p>8:30 Good Morning Friends! 9:30 Meditation, Daily Chronicles &amp; Brain Exercises 10:30 <b>Zumba w/ Teri</b> 11:00 Lunch Bunch 1:30 <b>Catholic Eucharistic Minister</b> 2:00 Publix 3:00 Celebrate the Day – <i>Wear White Day. White Party!</i></p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:30 Daily Chronicles &amp; Brain Exercises 11:00 Card Sharks 1:30-3:00 <b>Painting w/ Valerie</b> 3:30 Celebrate the Day – <i>Happy Birthday, Ingrid Bergman</i></p>	<p>8:30 Good Morning Friends! 9:30 Celebrate the Day – <i>National Beach Day</i> 11:30 <b>Bible Reading w/ the Wheelers</b> 2:00 <b>Drama Club</b> 3:30 <b>Monthly Visit from Schmidt's Hearing</b></p>	<p>8:30 Good Morning Friends! 9:30 Meditation &amp; Exercise 10:30 Daily Chronicles &amp; Brain Exercises 11:30 Sing-along Saturday 2:00 Celebrate the Day – <i>Remembering Diana</i> 3:00 <b>Afternoon Movie</b></p>