



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>August - Special Programs &amp; Events:</b> <b>1st - "Recall &amp; Reminiscence" Group:</b> Guided by LIU Post professors & graduate interns <b>7th - Harbor House Activity:</b> Led by Deidre <b>8th - Music Therapy:</b> Led by the NEG team <b>14th - Making Memories at the Movies:</b> Film reminiscence program led by Marcy Rhodes	<b>August - Special Programs &amp; Events:</b> <b>18th - "In the Moment:"</b> Long Island Museum virtual gallery tour and art-making session <b>20th - "Sip &amp; Socialize:"</b> Monthly program w/ Pam & Judith from Sunrise & CareFirst <b>21st - Horticultural Therapy:</b> Sensory & seasonal engagement w/ Lauren Ferris	<b>August - Special Programs &amp; Events:</b> <b>14th @ 10:15am - Caregiver Support Group</b> Facilitated by FCA ( <i>Please contact Amanda to inquire, as dates are subject to change</i> ) <b>Every Thursday</b> - Sign Language Class with Mill Neck Manor	<i>"Embrace the warmth of August, for it reminds us to cherish every golden moment of our lives."</i>	<b>Dog Days / Recall &amp; Rem Group 1</b> 10a - Reminiscing and Reflecting: <b>How Much is That...</b> - Sharing stories about our furry, faithful companions 11a - <b>"Recall &amp; Reminiscence" Group</b> - Guided by LIU Post professors & student interns 12p- <b>Lunch, music, &amp; an animal hangman</b> 1-2p - End of Day: <b>Exercise</b> - Mind & Body Movement w/ Marvin
<b>Friendships 4</b> 10a - Sip & Share: <b>That's What Friends are For</b> - Celebrating the people in your life that support and uplift you and bring you joy 11a - <b>Build a Story:</b> <i>The Quilting Bee</i> 11:30a - <b>Staff-Guided Exercise:</b> Drum Fitness 12p - <b>Lunch, music, &amp; a soul mate category</b> 1-2p - End of Day: <b>Social Soiree</b> - Cookie baking, friendship bracelet making, and a game of Pokeno	<b>Lighthouses 5</b> 10a - Tea & Trivia: <b>A Light in the Dark</b> - Shining a light on the fascinating history surrounding these iconic "mariners' guides" 11a - <b>Exercise:</b> Zumba w/ Carol 11:45a - <b>Brain Teaser:</b> <i>Traveling</i> Crossword 12p - <b>Lunch, music, &amp; a lighthouse word play</b> 1-2p - End of Day: <b>Watercolor Works</b> - Nautical landscapes, <i>LIGHT</i> bingo, and a game of kickball	<b>Mermaids 6</b> 10a - Coffee & Conversation: <b>Sirens of the Sea</b> - The ancient origins and legends related to these water goddesses 11a - <b>Exercise:</b> Tai Chi w/ Maria 12p - <b>Lunch, music, &amp; an ocean category game</b> 1-2p - End of Day: <b>Sea Social</b> - Mermaid crafts, goldfish snacks, and a game of team volleyball	<b>Pirates / Sponsored Program 7</b> 10a - Coffee & Short Stories: <b>It's ARRGG-Gust!</b> - Discussing the colorful legends & language of these notorious "criminals of the sea" 11a - <b>Sign Language Class</b> - w/ Mill Neck Manor 11:45a - <b>Exercise:</b> Aerobicize w/ Agatha 12:15p - <b>Lunch, music, &amp; a seafaring hangman</b> 1-2p - End of Day: <b>Handi Crafts w/ Harbor House</b> - An afternoon of crafts and trivia with Deirdre	<b>Sea Serpents / Music Therapy 8</b> 10a - Tea & Trivia: <b>Fantastical Creatures</b> - The tales, mythology, and symbolism of sea serpents 10:30a - <b>Music Therapy</b> - A morning of rhythm and expression led by Leslie Frost from NEG 11:30a - <b>Brain Booster</b> - Sea-themed <i>I-Spy</i> 12p- <b>Lunch, music, &amp; a game of Outburst</b> 1-2p - End of Day: <b>Exercise</b> - Mind & Body Movement w/ Marvin
<b>Spirit of '45 / In the Moment 11</b> 10a - Recall & Reminiscence: <b>Spirit of '45</b> - Reminiscing on the resilience, determination, & legacy of our "Greatest Generation" 11a - <b>"In the Moment:"</b> LIM virtual gallery tour 12p - <b>Lunch, music, &amp; a game of Jeopardy</b> 1-2p - End of Day: <b>Exercise</b> - Balance, Strength, & Fitness class w/ Kayla from Metro PT	<b>Historical Landmarks 12</b> 10a - Sip & Share: <b>Magnificent Monuments</b> - Exploring the vibrant stories behind the world's most iconic landmarks 11a - <b>Exercise:</b> Zumba w/ Carol 11:45a - <b>Brain Booster:</b> <i>Touring</i> picture-find 12p - <b>Lunch, music, &amp; a monument match up</b> 1-2p - End of Day: <b>Sightseeing Social</b> - Monument collage, pastries, & a drum circle	<b>Left-Handers Day 13</b> 10a - Tea & Trivia: <b>Port Siders!</b> - Exploring the fascinating myths and folklore surrounding our left-handed friends 11a - <b>Exercise:</b> Tai Chi w/ Maria 12p - <b>Lunch, music, &amp; parts of the body hangman</b> 1-2p - End of Day: <b>Expressive Watercolors</b> - Summer <i>Hand-scape, brain games, and a team kickball</i>	<b>Garage Sale / Thrifting Making Memories 14</b> 10a - Reminiscing and Reflecting: <b>Trash or Treasure?</b> - Recalling our days of bargain hunting, thrift stores, and garage sales 11a - <b>Sign Language Class</b> - w/ Mill Neck Manor 11:45a - <b>Exercise:</b> Aerobicize w/ Agatha 12:15p- <b>Lunch, music, &amp; The Price is Right game</b> 1-2p - End of Day: <b>"Making Memories at the Movies"</b> -Cinematic reminiscence program w/Marcy	<b>Vinyl Records 15</b> 10a -Show & Tell: <b>Cover Art</b> - Delving into the captivating and revolutionary world of album cover design 11a - <b>Brain Game</b> - <i>Music</i> crossword 12p- <b>Lunch, music, &amp; a Name That Tune game</b> 1-2p - End of Day: <b>Exercise</b> - Mind & Body Movement w/ Marvin
<b>Hawaiian Shirt Day 18</b> 10a - Sip & Share: <b>Island Style</b> - Discussing the fascinating origins of the archipelago's most celebrated garment 11a - <b>Staff-Guided Exercise:</b> Chair Bingo 11:30a - <b>Brain Booster:</b> <i>Clothing</i> Crossword 12p - <b>Lunch, music, &amp; a clothing hangman</b> 1-2p - End of Day: <b>Aloha Social</b> - Fashioning Hawaiian shirts, pina coladas, & a game of Jingo	<b>Pineapples 19</b> 10a - Show & Tell: <b>The Hospitality Fruit</b> - Diving into the intriguing backstory of Christopher Columbus' "tropical delight" 11a - <b>Exercise:</b> Zumba w/ Carol 11:45a - <b>Cognitive Challenge:</b> <i>Food</i> crossword 12p- <b>Lunch, music, &amp; a fruit round robin game</b> 1-2p - End of Day: <b>Pineapple Party</b> - Pineapple Pom Pom key chain, pineapple cake, & a Sing-o	<b>Root Beer / Sponsored Program 20</b> 10a - Coffee & Short Stories: <b>Holy Cow !</b> - Cripple Creek, Frank Weisner, and the birth of root beer 11a - <b>Exercise:</b> Tai Chi w/ Maria 12p - <b>Lunch, music, &amp; a beverage scattergory</b> 1-2p - End of Day: <b>Sip &amp; Socialize</b> - Mocktails, trivia, games, and crafts with Pam and Judith from Sunrise & CareFirst	<b>Sunflowers / Horticulture 21</b> 10a - Sip & Share: <b>The Fourth Sister</b> - Exploring the cultural and symbolic significance of this transformative flower 11a - <b>Sign Language Class</b> - w/ Mill Neck Manor 11:45a - <b>Exercise:</b> Aerobicize w/ Agatha 12:15p - <b>Lunch, music, &amp; a heliotropism word play</b> 1-2p - End of Day: <b>Horticultural Therapy</b> - Sensory & seasonal engagement w/ Lauren Ferris	<b>Bees 22</b> 10a - Tea & Trivia: <b>Nectar Collector</b> - The buzz on these ancient and indispensable gardening companions 11a - <b>Fabric Creations:</b> Crafting quilt squares 11:45a - <b>Brain Teaser:</b> <i>Insect</i> picture-find 12p - <b>Lunch, music, &amp; a spelling bee</b> 1-2p - End of Day: <b>Exercise</b> - Mind & Body Movement w/ Marvin
<b>Vesuvius 25</b> 10a - Coffee & Conversation: <b>City of Ashes!</b> - Uncovering the centuries-old secrets surrounding the tragic eruption of Vesuvius 11a - <b>Brain Fitness:</b> <i>Travel</i> word search 11:30a - <b>Staff-Guided Exercise:</b> Drum fitness 12p - <b>Lunch, music, &amp; a stratovolcano word play</b> 1-2p - End of Day: <b>Scientific Social</b> - Erupting paper-mâché volcano, lava cake, & kickball	<b>American Artists 26</b> 10a - Sip & Share: <b>A Picture is Worth...</b> - Discussing the inspiration behind some of our most famous works of art 11a - <b>Brain Game:</b> <i>Artist</i> word search 11:30a - <b>Streamed Exercise:</b> Chair yoga 12p - <b>Lunch, music, &amp; an art A-Z challenge</b> 1-2p - End of Day: <b>Paint Party</b> - Canvas creations, "pallet" cookies, and a PAINT bingo	<b>Lottery 27</b> 10a - Discussion & Debate: <b>Drawing Lots</b> - From ancient to modern times, the key role of the lottery has been for funding infrastructure and other pivotal projects 11a - <b>Exercise:</b> Tai Chi w/ Maria 12p - <b>Lunch, music, &amp; a lucky category game</b> 1-2p - End of Day: <b>Jackpot Jamboree</b> - Lucky charm wind chime, star cookies, and a LUCKY bingo	<b>Comics 28</b> 10a - Recall & Reminiscence: <b>Famous Funnies</b> - From mysteries to superheroes, discussing the diverse & historic rise of comic books 11a - <b>Sign Language Class</b> - w/ Mill Neck Manor 11:45a - <b>Exercise:</b> Aerobicize w/ Agatha 12:15p - <b>Lunch, music, &amp; a game of name three</b> 1-2p - End of Day: <b>Comic Capers</b> - Crafting comic coasters, card games, and an expression bingo	<b>Slinky 29</b> 10a - Sip & Share: <b>Happy Accident!</b> - The Naval engineer and the toy that has captured our imaginations for over six decades 11a - <b>Cognitive Challenge</b> - <i>Toy</i> picture find 12p - <b>Lunch, music, &amp; Toy &amp; Game hangman</b> 1-2p - End of Day: <b>Exercise</b> - Mind & Body Movement w/ Marvin