

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10am Jeopardy <u>or</u> Art Explosion w/ Luz</p> <p>11am Exercise</p> <p>1pm Fly Swatter Tennis <u>or</u> Watercolor Studio</p> 	<p>2</p> <p>10am Food & Fun <u>or</u> Board Games Galore</p> <p>11am Exercise w/ Lynette</p> <p>1pm Scattegories <u>or</u> BINGO</p>	<p>3</p> <p>10am Crosswords w/ Tamara <u>or</u> Gardening Project</p> <p>11am Exercise</p> <p>1pm Classical Piano w/ Theresa <u>or</u> Meditative Mandala Workshop</p> 	<p>4</p> <p>10am Bay Area Food Culture w/ Mark <u>or</u> Finger Painting</p> <p>11am Exercise</p> <p>1pm Live Music w/ Timo <u>or</u> Beanbags & Balls</p> <p>National Chocolate Chip Cookie Day</p>	<p>5</p> <p>10am Armchair Travel <u>or</u> Creative Coloring</p> <p>11am Exercise</p> <p>1pm Chinese & Spanish Sing Along <u>or</u> BINGO</p>
<p>8</p> <p>10am Price is Right <u>or</u> DIY Puzzles</p> <p>11am Exercise</p> <p>1pm Parachute Fun <u>or</u> Collage Creations</p>	<p>9</p> <p>10am Pictionary <u>or</u> Artist Impression: Paul Cezanne</p> <p>11am Exercise w/ Lynette</p> <p>1pm Noodle Hockey <u>or</u> BINGO</p> 	<p>10</p> <p>10am Brain Fitness <u>or</u> Gardening Project</p> <p>11am Exercise</p> <p>1pm English Sing Along <u>or</u> Chair Volleyball</p>	<p>11</p> <p>10am Bay Area Food Culture w/ Mark <u>or</u></p> <p>Scratch-off Stencils</p> <p>11am Exercise</p> <p>1pm Music w/ Sonia <u>or</u> Watercolor Studio</p>	<p>12</p> <p>10am Armchair Travel <u>or</u> Flowerpot Painting</p> <p>11am Exercise</p> <p>1pm Anna on Piano <u>or</u> BINGO</p> 
<p>15</p> <p>10am Family Feud <u>or</u> Velvet Sand Art Project</p> <p>11am Exercise</p> <p>1pm Piano w/ Maddaline <u>or</u> Creative Coloring</p>	<p>16</p> <p>10am Trivia <u>or</u> Rock Painting</p> <p>11am Exercise w/ Lynette</p> <p>1pm Parachute Fun <u>or</u> BINGO</p> <p>National Tell a Joke Day</p>	<p>17</p> <p>10am Poetry Appreciation <u>or</u> Gardening Project</p> <p>11am Exercise</p> <p>1pm Fly Swatter Tennis <u>or</u> Coffee Filter Sun Flowers</p>	<p>18</p> <p>10am Bay Area Food Culture w/ Mark <u>or</u></p> <p>Art Explosion w/ Luz</p> <p>11am Exercise</p> <p>1pm Music w/ Nancy Cassidy <u>or</u> Creative Coloring</p>	<p>19</p> <p>10am Armchair Travel <u>or</u> Board Games Galore</p> <p>11am Exercise</p> <p>1pm Beanbags & Balls <u>or</u> BINGO</p>
<p>START OF 80s WEEK! 22</p> <p>10am 80s Trivia <u>or</u> Artist Impression: Henri Rousseau</p> <p>11am Exercise</p> <p>1pm Piano w/ Maddaline <u>or</u> Watercolor Studio</p>	<p>23</p> <p>10am Art Appreciation <u>or</u> 80s Craft</p> <p>11am Exercise w/ Lynette</p> <p>1pm Steve the Bongo Man <u>or</u> BINGO</p> 	<p>24</p> <p>10am 80s Name That Person <u>or</u> Gardening Project</p> <p>11am Exercise</p> <p>1pm Noodle Hockey <u>or</u> Stencil Art</p>	<p>25</p> <p>10am Bay Area Food Culture w/ Mark <u>or</u></p> <p>80s Creative Coloring</p> <p>11am Exercise</p> <p>1pm Totally Rad 80s Party!</p>	<p>26</p> <p>10am Armchair Travel <u>or</u> Pointillism</p> <p>11am Exercise</p> <p>1pm Anna on Piano <u>or</u> BINGO</p> <p>National Dog Day</p>
<p>29</p> <p>10am Who Wants to be a Millionaire</p> <p><u>or</u> Board Games Galore</p> <p>11am Exercise</p> <p>1pm Music w/ Nancy Cassidy <u>or</u> Jewelry Making</p>	<p>30</p> <p>10am Food & Fun <u>or</u> Art Explosion w/ Luz</p> <p>11am Exercise w/ Lynette</p> <p>1pm Rockin' w/ Regi <u>or</u> BINGO</p>	<p>31</p> <p>10am Wordsearch w/ Tamara <u>or</u> Gardening Project</p> <p>11am Exercise</p> <p>1pm Fly Swatter Tennis <u>or</u> Collage Creations</p>	 <h1>August 2022</h1>  <h2>ARKC Activities Calendar</h2> <p>Every day @ 9am Social Hour with coffee & tea</p> <p>Every day @ 12pm Lunch</p>	