









# August 2020

**Bold items will be led by volunteers via FaceTime, Facebook Live, or Zoom.**

**Items in red will be broadcast live on Hope & A Future's Facebook Page.**

*Activities subject to change due to unforeseen circumstances.*



2-4pm Social Distance Visiting Hours  	10:30 Stretching to Music <b>11:00 FaceTime Tai Chi with Bob</b> 12:30 Mindful Monday Word Games 1:30 Manicures	10:30 Tuesday Tunes 12:30 Take Five Tuesday 2:30 Resident Choice Games Time	10:30 Reading 12:30 Word Problems <b>1:30 Wonderful Wednesdays with Michelle</b> 3:30 Weeding & Watering/Swim	<i>Happy Birthday, Katie!</i> 10:30 Thoughtful Thursday Coloring <b>2:00 Virtual Visits</b> 3:00 Thirsty Thursday & Pool Time!	<b>11:00 Face Time Tai Chi with Bob</b> 12:30 Friday Brain Fitness 1:30 Friday Fun! <b>7:00 Facebook Live-stream House Concert with The KFB</b>	2-4pm Social Distance Visiting Hours  
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2-4pm Social Distance Visiting Hours  	10:30 Stretching to Music 12:30 Mindful Monday Word Games 1:30 Manicures	<p style="text-align: center;">                     "August is the month of high-sailing hawks. The hen hawk is the most noticeable. He likes the haze and calm of these long, warm days. He is a bird of leisure and seems always at his ease. How beautiful and majestic are his                 </p>				