

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2026 GlenBrook Health Center						1 9:30 Fitness Class 10:00 Love on a Leash 10:30 IN2L Explore 1:00 In the Sunshine 2:00 Bingo 3:30 Movie Matinee
2 9:30 Scripture & Song 10:30 Fitness Class 1:00 In the Sunshine 3:00 Music & Memories w/ Ron Hoffman 4:30 End of Day Trivia	3 9:30 Move & Groove 10:00 Daily Chronicle 10:30 Piano w/ Yeoh 1:00 In the Sunshine 2:00 Table Games 3:30 Monday Margaritas 4:15 Big Screen Karaoke 6:15 Night Owl's Bingo	4 9:30 Stretch to the Beat 9:45 Catholic Service 10:15 IN2L Explore 1:00 In the Sunshine 2:00 Choir Practice w/ E.Y. 3:30 Bake O'Batch Social 6:15 Game Night w/ Raquel	5 Special Event 9:30 Stretch w/ Bands 10:00 Daily Chronicle 11:30 GlenBrook's Annual Luau 1:00 In the Sunshine 3:00 Table Games 6:15 Evening Soirée on Patio	6 9:30 Exercise w/ Weights 10:00 Daily Chronicle 10:35 IN2L Explore 1:00 In the Sunshine 2:15 Table Games 3:30 Thirsty Thursday Social 4:30 Brain Fit	7 Afternoon Concert 9:30 Fitness Class 10:00 Daily Chronicle 10:30 IN2L Explore 1:30 Crafts Circle 3:30 Happy Hour 4:15 Afternoon Concert	8 9:30 Fitness Class 10:00 Daily Chronicle 10:30 IN2L Explore 1:00 In the Sunshine 2:00 Bingo 3:30 Pina Colada Social 4:15 Concert "The Beach Girls"
9 9:30 Scripture & Song 10:30 Fitness Class 1:00 In the Sunshine 2:15 Crafts Circle 3:30 Ice Cream Social 4:15 Big Screen Karaoke	10 9:30 Move & Groove 10:00 Daily Chronicle 10:30 Piano w/ Yeoh 1:00 In the Sunshine 2:00 Table Games 3:30 Monday Margaritas 4:15 Big Screen Karaoke 6:15 Night Owl's Bingo	11 9:30 Stretch to the Beat 9:45 Catholic Service 10:15 IN2L Explore 1:00 In the Sunshine 2:00 Choir Practice w/ E.Y. 3:30 Bake O'Batch Social 6:15 Game Night w/ Raquel	12 Birthday Celebration 9:30 Stretch w/ Bands 10:00 Daily Chronicle 10:30 IN2L Explore 1:00 In the Sunshine 3:30 Birthday Celebration 4:15 Concert: Music Station 6:15 Tropical Evening Spa	13 9:30 Exercise w/ Weights 10:00 Daily Chronicle 10:35 IN2L Explore 1:00 In the Sunshine 2:00 Nostalgic Ice Cream Truck Social 2:30 Helen Woodard Visits 4:30 Brain Fit	14 Afternoon Concert 9:30 Fitness Class 10:00 Daily Chronicle 10:30 IN2L Explore 1:30 Crafts Circle 3:30 Happy Hour 4:15 Concert w/ Clay & Gary	15 9:30 Fitness Class 10:00 Love on a Leash 10:30 IN2L Explore 1:00 In the Sunshine 2:00 Bingo 3:30 Movie & Popcorn
16 9:30 Scripture & Song 10:30 Fitness Class 1:00 In the Sunshine 2:00 Crafts Circle 3:30 Ice Cream Social 4:15 Concert w/ Danny Gali	17 9:30 Move & Groove 10:00 Daily Chronicle 10:30 Piano w/ Yeoh 1:00 In the Sunshine 2:00 Table Games 3:30 History w/ Gary 4:15 Big Screen Karaoke 6:15 Night Owl's Bingo	18 9:30 Stretch to the Beat 10:15 IN2L Explore 1:00 In the Sunshine 2:00 Choir Practice w/ E.Y. 3:30 Bake O'Batch Social 6:15 Game Night w/ Raquel	19 9:30 Stretch w/ Bands 10:00 Daily Chronicle 10:30 IN2L Explore 1:00 In the Sunshine 2:15 Table Games 3:30 Lemonade Stand Social 6:15 Blackjack Night	20 9:30 Exercise w/ Weights 10:00 Daily Chronicle 10:35 IN2L Explore 1:00 In the Sunshine 2:00 Catholic Mass w/ Father Anthony 3:30 Thirsty Thursday Social 4:30 Brain Fit	21 Afternoon Concert 9:30 Fitness Class 10:00 Daily Chronicle 10:15 Picnic at the Beach 1:30 Crafts Circle 3:30 Happy Hour 4:15 Concert w/ Adrienne N.	22 9:30 Fitness Class 10:00 Daily Chronicle 10:30 IN2L Explore 1:00 In the Sunshine 2:00 Bingo 3:30 Movie & Popcorn
23 9:30 Scripture & Song 10:30 Fitness Class 1:00 In the Sunshine 2:00 Crafts Circle 3:30 Ice Cream Social 4:15 Big Screen Karaoke	24 9:30 Move & Groove 10:00 Daily Chronicle 10:30 IN2L Explore 1:00 In the Sunshine 2:00 Table Games 3:30 Monday Margaritas 4:15 Big Screen Karaoke 6:15 Night Owl's Bingo	25 9:30 Stretch to the Beat 9:45 Catholic Service 10:15 IN2L Explore 1:00 In the Sunshine 2:00 Caregiver Support Group (Assisted Living) 3:30 Bake O'Batch Social 6:15 Game Night w/ Raquel	26 9:30 Stretch w/ Bands 10:00 Art for Ages 11:00 IN2L Explore 1:00 In the Sunshine 2:15 Table Games 3:30 Wine Tasting Social 6:15 Movie Night	27 9:30 Exercise w/ Weights 10:00 Daily Chronicle 10:35 IN2L Explore 1:00 In the Sunshine 2:15 Table Games 3:30 Thirsty Thursday Social 4:30 Brain Fit	28 9:30 Fitness Class 10:00 Daily Chronicle 10:15 Picnic at the Beach 1:30 Crafts Circle 3:30 Happy Hour 4:15 Concert w/ Gary & Paul	29 9:30 Fitness Class 10:00 Daily Chronicle 10:30 IN2L Explore 1:00 In the Sunshine 2:00 Bingo 3:30 Movie & Popcorn
30 9:30 Scripture & Song 10:30 Fitness Class 1:00 In the Sunshine 2:15 Crafts Circle 3:30 Ice Cream Social 4:15 Big Screen Karaoke	31 9:30 Move & Groove 10:00 Daily Chronicle 10:30 Piano w/ Yeoh 1:00 In the Sunshine 2:00 Table Games 3:30 Monday Margaritas 4:15 Big Screen Karaoke 6:15 Night Owl's Bingo					