

Monday		Tuesdays		Wednesday		Thursday		Friday	
9:00 Golden Walkers	1	9:00 Golden Walkers	2	9:00 Golden Walkers	3	9:00 Golden Walkers	4	9:00 Golden Walkers	5
9:30 Morning Stretches		9:30 Chair Yoga		9:30 Drumfit Class		9:30 Music Fit Class		9:30 Chair Yoga	
10:30 Cornhole		10:30 Hot Potato Game		10:30 Bingo		10:30 Pinwheel Crafts		10:30 Bowling / Bunko	
11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch	
12:30 News/Socializing		12:30 News/Socializing		12:30 News/Socializing		12:30 News/Socializing		12:30 News / Socializing	
1:00 Bingo		1:00 Arts and crafts		1:00 Music with Rick- Valir Hosp		1:00 Movie with Friends		1:00 Bingo	
2:00 Snacks/Music		2:00 Snacks/Music		2:00 Snacks/Music		2:00 Snacks/Music		2:00 Snacks/Music	
2:30 I Spy game	2:30 Bunko	2:30 Triva	2:30 Bunko/ Crafts	2:30 Little House On The Prairie					
3:30 Current Events	3:30 Current Events	3:30 Current Events	3:30 Current Events	3:30 Current Events					
9:00 Golden Walkers	8	9:00 Golden Walkers	9	9:00 Golden Walkers	10	9:00 Golden Walkers	11	9:00 Golden Walkers	12
9:30 Chair Yoga		9:30 Morning Stretches		9:30 Music Fit Class		9:30 Music Fit Class		9:30 Chair Yoga	
10:30 Rock Therapy		10:30 Bella Dog visit		10:30 Bunko/Color Therapy		10:30 Rockstar Party		10:30 Sprinkler Cornhole	
11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch	
12:30 News/Socializing		12:30 News/Socializing		12:30 News/Socializing		12:30 News/Socializing		12:30 News/Socializing	
1:00 Bingo		1:00 Northwest Outreach		1:00 Bingo		1:00 Hangman		1:00 Bingo	
2:00 Snacks/Music		2:00 Snacks / Music		2:00 Snacks/Music		2:00 Snacks/Music		2:00 Snacks/Music	
2:30 Top 10 Rockstars in OKC	2:30 Eric Clapton Music	2:30 Elton John Concert	2:30 John Denver Music	2:30 Bon Jovi Music					
3:30 Current Events	3:30 Current Events	3:30 Current Events	3:30 Current Events	3:30 Current Events					
9:00 Golden Walkers	15	9:00 Golden Walkers	16	9:00 Golden Walkers	17	9:00 Golden Walkers	18	9:00 Golden Walkers	19
9:30 Exercise		9:30 Drum Fit Class		9:30 Music Fit Class		9:30 Morning Stretches		9:30 Drum Fit Class	
10:30 Gospel Sing Along		10:30 Show and Tell		10:30 Mutt & Misfits /Visit		10:30 Bunko/ Crafts		10:30 Bean Bag Toss	
11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch	
12:30 News/Socializing		12:30 Music w/ Margo		12:30 News/Socializing		12:30 News/Socializing		12:30 News/Socializing	
1:00 Bingo		1:00 Bean Bag Toss		1:00 Bingo		1:00 Hot Potato		1:00 Bingo	
2:00 Snacks / Music		2:00 Snacks/Music		2:00 Snacks/Music		2:00 Snacks/Music		2:00 Snacks/Music	
2:30 I Spy game	2:30 Triva	2:30 Bunko	2:30 Fun With Karaoke	2:30 Remember When					
3:30 Current Events	3:30 Current Events	3:30 Current Events	3:30 Current Events	3:30 Current Events					
9:00 Golden Walkers	22	9:00 Golden Walkers	23	9:00 Golden Walkers	24	9:00 Golden Walkers	25	9:00 Golden Walkers	26
9:30 Exercise		9:30 Morning Stretches		9:30 Music Fit Class		9:30 Chair Yoga		9:30 Drum Fit	
10:30 Silvercords		10:30 Water Color Class		10:30 Bunko/Golf		10:30 Music with Katherine		10:30 Bean Bag Toss	
11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch		11:30 Lunch	
12:30 News/Socializing		12:30 News / Socializing		12:30 News/Socializing		12:30 News/Socializing		12:30 News/Socializing	
1:00 Bingo		1:00 Campfire Stories/ Smores		1:00 Bingo		1:00 Be Kind Party		1:00 Bingo	
2:00 Snacks/Music		2:00 Snacks/Music		2:00 Snacks/Music		2:00 Snacks/Music		2:00 Snacks/Music	
2:30 Remember When	2:30 Gaither Sing along	2:30 Remember When	2:30 Karoke party	2:30 Funniest Home Videos					
3:30 Current Events	3:30 Current Events	3:30 Current Events	3:30 Current Events	3:30 Current Events					
9:00 Golden Walkers	29	9:00 Golden Walkers	30	9:00 Golden Walkers	31				
9:30 Chair exercises		9:30 Chair Yoga		9:30 Music Fit Class					
10:30 Color Therapy		10:30 Water Balloons		10:30 Karaoke					
11:30 Lunch		11:30 Lunch		11:30 Lunch					
12:30 News / Socializing		12:30 News/ Socializing		12:30 News/Socializing					
1:00 Bingo		1:00 Garden Club/Red Hatters		1:00 Bingo					
2:00 Music / Snacks		2:00 August Birthday Party		2:00 Snacks/Music					
2:30 Golden Girls Trivia	2:30 Bunko	2:30 Brady Bunch Trivia							
3:30 Current Events	3:30 Current Events	3:30 Current Events							
Special Events	Birthdays	Outings	Participant of the Month						
8/3 Music with Rick		8/2 AMC Super Pets	<p>Payden is a rock star volunteer. she really enjoys coming to D DLC Her favorite staff member is Bridgette. Payden loves to play on her IPAD and listen to music.</p> 						
8/9 Northwest Outreach	AUGUST BIRTHDAYS	8/4 Brunch & Elvis Movie							
8/11 Rockstar Party	CELEBRATING Aug 30th	8/8 Big House & Boat Tour							
8/16 Music with Margo		8/12 Garage sales							
8/17 Mutt/ Misfits		8/15 Splash Pad							
		8/23 Yukon Fire Dept.							