

**QUABOAG REHAB AND SKILLED CARE CENTER**  
**3A ACTIVITY CALENDER**

**August 2018**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 <b>Rosary Group</b> 10:45-11:00 Snack Social 11:00-11:30 crafts 1:30-2:00 Walks outside 2:00-2:15 Snack Social 2:30-3:30 SINGALONGS 3:30-4:00 Magazine Social 4:30-5:00 Word Games Group 6:00-7:00 Snack Social/music 7:00-8pm reminiscing	8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 exercise 10:45-11:00 Snacks social 11:00-11:30 Trivia 1:30-2:30 Painting Group/ sweet treat 2:30-3:00 Snack Social/ Walks outside 3:00-4:30Manicures Group 6:00-7:00 Storytelling Group 7:00-7:15 Snack Social 7:15-8:00 Evening Music /nail care	8:00-8:30 News of the Day 9:30-10:00 Music of the Day/Chimes 10:00-10:30 Exercise, Letter ball 10:45-11:00 Snack Social/ Music 11:15-11:45 crafts 1:30-2:30 Table Ball Group/ <b>Pet visit</b> 2:30-3:00 snack social 3:30-4:30 Bingo 4:30-5:00 Nail Care social 6:00-7:00 Puzzles Group 7:00-7:15 Snack Social 7:15-8:00 evening music	8:00-8:30 News of the Day 9:30-10:00 Music of the Day/ <b>BEV</b> 10:00-10:30 Letterball Toss Group 10:45-11:00 Snack Social 11:00-11:30 Word Games Group 1:00-2:00 Lanja Blocks 2:00-3:00 Snack Social 3:00-3:30 Trivia Group 4:00-5:00 Magazine Social 6:00-7:00 Coloring groups 7:00-7:15 Snack Social 7:15-8:00 reminiscing
5	6	7	8	9	10	11
8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise in place 10:45-11:00Snack Social 11:15-11:45 Bingo 1:30-2:30 remembering old 2:45-3:00 snack social 3:30-4:00 Drum Circle Group 4:00-4:30 Magazine Social 6:30-7:00 Puzzles Group 7:00-7:15 Snack Social 7:15-8:00 reminiscing	8:00-8:30 News of the Day 9:30-10:00 Music of the Day/Bread 10:00-10:30 Exercise, Ring toss 10:45-11:00 Snack social/Make bread 11:30-12:30Janga Blocks 1:30-2:30Crafts/ Walks outside 2:30-3:00 Snack Social 3:00-3:30 Word Games Group 4:30-5:00 Magazine Social 6:00-7:00 Folding Laundry Group/game 7:00-7:30 Snack Social 7:30-8:00 reminiscing, floor puzzle	8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise, ParachuteGroup 10:45-11:00 Snack Social 11:00-11:30 <b>Music group</b> 1:30-2:30 movie 2:30-3:00 Snack Social 3:00-3:30 Manicures Group 3:30-4:30 Trivia 6:00-7:00 Word Games Group 7:00-7:15 Snack Social 7:15-8:00 movie night	8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 <b>Rosary Group</b> 10:45-11:00 Snack Social 11:00-11:30 Opposites Puzzle Group 1:30-2:00crafts/ walks outside 2:00-2:15 Snack Social 2:30-3:30 Movie Matinee Group 3:30-4:00 Storytelling Group 4:00-4:15 Snack Social 6:00-7:00 Evening Music/snack 7:00-8:00 reminiscing	8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise, Ball toss 10:45-11:00 Snack Social/make bread 11:00-11:30 Bingo Group 1:30-2:00 word association 2:00-2:15 Snack Social 2:30-3:30 SINGALONGS 3:30-4:00 Magazine Social 4:30-5:00 Word Games Group 6:00-7:00 Snack Social/music 7:00-8pm reminiscing	8:00-8:30 News of the Day 9:30-10:00 Music of the Day/chimes 10:00-10:30 Drum Circle Group 10:45-11:00 Snack Social 11:00-11:30Crafts/ <b>Bev</b> 1:00-1:30 <b>Pet Visits</b> 1:30-2:00 Snack Social 2:00-3:00 Bingo 3:00-4:00 word game 4:00-5:00Photographs Group/past 6:00-7:15 Snack Social/singalong 7:15-8:00 evening music	8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise Ring toss 10:45-11:00 Snack Social 11:00-11:30 Word Games Group 1:00-2:00 Sing a long 2:00-3:00 Snack Social 3:00-3:30 Trivia Group 4:00-5:00 Magazine Social 6:00-7:00 Photographs Group/past 7:00-7:15 Snack Social 7:15-8:00 reminiscing
12	13	14	15	16	17	18
8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30Letterball Toss Group 10:45-11:00 Snack Social 11:00-11:30 Janga Blocks 1:30-2:30 Trivia 2:30-3:00 Snack Social 3:00-4:30 Movie Matinee Group 4:30-5:00 Hand rubs and soaks 6:00-7:00 Snack Social/games 7:00-8:00 Evening Music /nail care	8:00-8:30 News of the Day 9:30-10:00 Music of the Day/Bread 10:00-10:30 Exercise, Ball Toss 10:45-11:00 Snack Social/ make brad 11:15-11:45 Word Games 1:30-2:00 Sing a longs/ walks outside 2:00-2:15 Snack Social 2:30-3:30 Drum Circle Group 3:30-4:30 Story telling 4:30-5:00 Puzzles Group 6:00-7:15 table top floor puzzle/snack 7:15-8:00 nail care/ hand rubs	8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise, Ring Toss 10:45-11:00 Snack Social 11:00-11:30 Bingo 1:30-2:30 Word association 2:30-3:00 Snack Social/Storytelling 3:00-3:30Movie Matinee Group 3:30-4:30 Magazine Social/games 6:00-7:00Folding Laundry group 7:00-7:15 Snack Social 7:15-8:00 reminiscing	8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 <b>Rosary Group</b> 10:45-11:00 Snack Social make bread 11:00-11:30 Sing Along Group 1:30-2:30 Photographs/ Walk outside 2:30-3:00 Snack Social 3:00-4:00 Trivia Group 4:00-4:30Puzzle /board games 6:00-7:00 Photographs Group 7:00-7:15 Snack Social 7:15-8:00 reminiscing	8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Church with Linda 10:45-11:00 Snack Social 11:00-11:30 Drum circle 1:30-2:30 crafts <b>painting</b> 2:30-3:00 Snack Social/sweet treat 3:00-4:00 Word Games Group 4:00-4:30Snack Social 6:00-7:00 Group/games 7:00-7:15 Snack Social 7:15-8:00 Poetry reading	8:00-8:30 News of the Day 9:30-10:00 Music of the Day/chimes 10:30-11:00 Music , exercise 10:45-11:00 Snack Social/make bread 11:00-11:30 Bingo/ <b>Picnic</b> 1:30-2:00 <b>Pet Visits</b> 2:00-3:00 Snack social/ sing a long 3:00-4:00 Letterball Toss Group 4:00-4:30 Puzzle/ Board games 6:00-7:00 Coloring Group 7:00-7:15 Snack Social 7:15-8:00 movie night	8:00-8:30 News of the Day 9:30-10:00 Music of the Day/ <b>Bev</b> 10:00-10:30 Bean Bag Toss Group 10:45-11:00 Snack Social 11:00-11:30 Sing Along Group 1:30-2:00 crafts 2:30-3:00 Snack Social 3:00-4:00 Trivia Group 4:00-4:30 Magazine Social 6:00-7:00 Photographs Group 7:00-7:15 Snack Social 7:15-8:00 reminiscing
19	20	21	22	23	24	25
8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise, sit in place 10:45-11:00 Snack Social 11:15-11:45 Janga Blocks 1:30-2:30 Table Ball Group 2:30-3:00 snack social 3:30-4:30 Sing a Long 4:30-5:00 Magazine Social 6:00-7:00 Puzzles Group 7:00-7:15 Snack Social 7:15-8:00 evening music	8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Target Ball Group 10:45-11:00 Snack Social/ make bread 11:00-11:30 Bingo 1:30-2:00 Trivia/ walks outside 2:00-2:30 Snack Social 2:30-3:30 Storytelling Group 4:00-4:30 Folding laundry 6:00-7:00 Trivia Group 7:00-7:15 Snack Social 7:15-8:00 nail care/movie	8:00-8:30 News of the day 9:30-10:00 Music of the Day 10:00-10:30 Drum Circle Group 10:45-11:00 Snack Social 11:00-11:30 weaving 1:30-2:30 Board games 2:30-3:00 Snack Social 3:00-3:30Magazine Social 4:00-4:30 Letter Ball 4:30-5:00 Coloring Group 6:00-7:00 Word games/ snack social 7:00-8:00 nail care, snack social	8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 <b>Rosary Group</b> 10:45-11:00 Snack Social 11:00-11:30 Crafts/Painting 1:30-2:30 Story telling/ walks outside 2:30-3:00 Snack Social 3:00-4:30 Movie Matinee Group 4:30-5:00 Magazine Social 6:00-7:00 Snack Social/games 7:00-8:00 Evening Music /nail care 7:15-8:00 reminiscing	8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise in place 10:45-11:00Snack Social/ make bread 11:15-11:45 Tea Party 1:30-2:30 Parachute 2:30-3:00 Snack Social/sweet treat 3:00-4:30Match It Colors/Shapes 4:30-5:00 Hand rubs and soaks 6:00-7:00 Coloring groups 7:00-7:15 Snack Social 7:15-8:00 reminiscing	8:00-8:30 News of the Day 9:30-10:00 Music of the Day/chimes 10:00-10:30 Story telling group/ <b>Bev</b> 10:45-11:00 Snack Social 11:00-11:30Bingo Group 1:30-2:00 <b>Pet Visits</b> 2:00-3:00 snack social/sing a long 3:00-4:00 Word Games 4:00-4:30 Magazine Social 6:00-7:00Folding Laundry Group/games 7:00-7:15 Snack Social 7:15-8:00 nail care	9:30-10:00 Music of the Day 10:00-10:30 Table Ball Group 10:45-11:00 Snack Social 11:00-11:30 Janga Blocks 1:00-2:00 Arts and Crafts Group 2:00-2:30 Snack Social 2:30-4:00 Movie Matinee/ nail care 6:00-7:00 Storytelling Group 7:00-7:15 Snack Social 7:30-8:00 Evening Music
26	27	28	29	30	31	
8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30Exercise in place 10:45-11:00 Snack Social 11:15-11:45 Bingo 1:30-2:30 Arts and Crafts 2:30-3:00 Snack social 3:00-4:00Drum Circle Group 4:00-4:30 Magazine Social 6:00-7:00 Folding Laundry Group/game 7:00-7:15 Snack Social 7:15-8:00 reminiscing	8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Ball toss/ Exercise 10:45-11:00 Snack Social/make bread 11:11:45 Crafts/ modeling clay 1:30-2:30 Trivia/ walks outside 2:30-3:00 Snack Social 3:00-4:00 word games 4:00-4:30 Magazine Social 6:00-7:00 Puzzles Group 7:00-7:15 Snack Social 7:15-8:00 <b>nail care/music</b>	8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Ball toss/Exercise 10:45-11:00 Snack Social 11:00-11:30 Bingo Group 1:00-1:30 sing a longs 1:30-2:00 Snack Social 2:00-3:00 Bingo 3:00-4:00 word game 4:00-5:00Photographs Group/past 6:00-7:15 Snack Social/singalong 7:15-8:00 evening music	8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 <b>Rosary Group</b> 10:45-11:00 Snack Social 11:00-11:30 crafts 1:30-2:00 Walks outside 2:00-2:15 Snack Social 2:30-3:30 SINGALONGS 3:30-4:00 Magazine Social 4:30-5:00 Word Games Group 6:00-7:15 Snack Social/music 7:00-8pm reminiscing	8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise, Ball toss 10:45-11:00 Snack Social/make bread 11:00-11:30 Bingo Group 1:30-2:00 word association 2:00-2:15 Snack Social/sweet treat 2:30-3:30 SINGALONGS 3:30-4:00 Magazine Social 4:30-5:00 Word Games Group 6:00-7:00 Snack Social/music 7:00-8pm reminiscing	8:00-8:30 News of the Day 9:30-10:00 Music of the Day/Bread 10:00-10:30 Parachute Group 10:45-11:00 Snack Social Birthday Party 11:00-11:30 Memory Match Group 1:30-2:30 <b>Pet Visits</b> 2:30-3:00 Snack Social/walks outside 3:00-4:30 Story telling 6:00-7:00 Storytelling Group 7:00-7:15 Snack Social 7:30-8:00 Evening Music	

Outside walks if weather permitting  
 Offer off unit activities

**Famous Birthdays in August**  
 Dom DeLuise

**Interesting facts in August**  
 August is a wonderful month for star gazing

**FOLKLORE FOR THE SEASON**  
 As August, so February.

**Fun Facts**  
 Celery has negative calories

Activities Subject to change

Jerry Garcia  
 William Steinberg  
 Francis Scott Key,  
 Queen Elizabeth  
 Tom Brady,

August's birth flowers are the gladiolus and the poppy.  
 August's birthstone is peridot

So many August fogs, so many winter mists.  
 When it rains in August,  
 It raises honey and wine.  
 Observe on what day in August the first heavy fog occurs, and expect a hard frost on the same day in October.

Seeds from an Indian Lotus tree remain viable for 300-400 years  
 Women blink nearly twice as much as men  
 The Human brain is 80% water

Dustin Hoffman  
 -Esther Williams