

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2026 Shepherd of the Valley- Howland Assisted Living Calendar 						10:00 Exercise 1
2:00 Time to Chat 2 (Independent Activity- Join others that would like to mingle in the common sitting area by tv on your floor)	11:00 Bible Study 3 2:00 Exercise 2:30 Program Planning 3:00 Matinee & Popcorn	11:00 Prayer & Praise 4 Service on Patio (weather permitting) 2:00 Name That Tune 3:00 Bingo w/Friends ©	10:00 Penny Pass 5 11:00 Exercise 2:00 VR Goggles – <i>Castles of Germany</i> 2:30-4:30 Nail Care	10:00 Uno! 6 11:00 Exercise 2:00 Wheel of Fortune 3:00 Bingo	10:00 Coffee & Current7 Events 11:00 Buzz Word 2:00 Wine & Cheese 3:00 Bingo	10:00 Exercise 8
2:00 Time to Chat 9 (Independent Activity- Join others that would like to mingle in the common sitting area by tv on your floor)	11:00 Bible Study 10 2:00 Target the Vase! 3:00 Birthstone Craft	10:30 Choir Practice @ 11 11:00 Church © 2:00 Animal Trivia 3:00 Bingo	10:00 That's Right, 12 That's Wrong! 11:00 Exercise 2:00 VR Goggles – <i>The Renaissance</i> 2:30-4:30 Nail Care	10:00 Pastime 13 Discussions 11:00 Blessed Sacrament Communion Service© 2:00 Put a Finger Down 3:00 Bingo	10:00 Coffee & Current14 Events 11:00 Table Shuffleboard 2:00 Reptile Exhibit © 3:00 Cold Hard \$ Bingo	10:00 Exercise 15 11:00 Furry Friends
2:00 Time to Chat 16 (Independent Activity- Join others that would like to mingle in the common sitting area by tv on your floor)	10:00 Coffee & Donut17 10:15 Resident Council 11:00 Bible Study 2:00 Exercise 3:00 Charades	10:30 Choir Practice @ 18 11:00 Church © 2:00 Enjoy Banana Fosters © 3:00 Bingo	10:00 Let's Fish 19 11:00 Exercise 2:00 VR Goggles – <i>Anne of Green Gables</i> 2:30-4:30 Nail Care	10:00 Toss the Ring! 20 11:00 Exercise 2:00 Snack Wagon © 3:00 Bingo	10:00 Coffee & News 21 11:00 Outing – Stonebridge! 1:30 Catholic Mass© 2:00 VR Goggles – <i>Romeo and Juliet</i> 3:00 Bingo	10:00 Exercise 22
2:00 Time to Chat 23 (Independent Activity- Join others that would like to mingle in the common sitting area by tv on your floor)	11:00 Bible Study 24 2:00 Exercise 3:00 Karaoke!	10:30 Choir Practice @ 25 11:00 Church © 2:00 Time with Justin © 3:00 Bingo	10:00 Dice Bingo! 26 11:00 Exercise 2:00 VR Goggles – <i>Elvis and the 50s</i> 2:30-4:30 Nail Care	10:00 Scrabble 27 11:00 Exercise 3:00 Enjoy Strawberry Angel Food Cake & Bingo!!	10:00 Coffee & Curren28 Events 11:00 Family Feud! 2:00 VR Goggles – <i>Sharks!</i> 3:00 Bingo	10:00 Exercise 29
2:00 Time to Chat 30 (Independent Activity- Join others that would like to mingle in the common sitting area by tv on your floor)	11:00 Greatest 31 American Bible Challenge 2:00 Exercise 3:00 Sign Up to Vote!	Happy Birthday: August 5 th , Gail Skowron! 				