

Activities subject to change. Please refer to the activity boards for the most current information.

August

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				10 am – Balance and Posture exercises 11 am – Rummy Sticks on your own 1:30 pm – Music in the dining room - Ralph & Friends	10 am - Chair Yoga 11 am – Walking Club 2 pm – Bingo	
4	Statutory Holiday	5	6	7	8	9
	7 pm – Robbie Shields performs in the dining room	10 am – Chair Stretch & Strength 11 am – Tech Help 1 pm – 1 on 1 visits 2 pm – Men's Coffee	10 am – Chair Yoga 11 am – Hangman 1:30 pm – Armchair Travel - Ukraine	10 am – Balance and Posture exercises 11 am – Rummy Sticks 2 pm – Floor Hockey	10 am – Chair Yoga 11 am – Walking Club 2 pm – Bingo 3 pm – Ice Cream Social - Floats	
11	12	13	Tammy Off	14	15	16
	10 am - Chair Yoga 11 am – Chit Chat by the Fireplace 2 pm - Bingo	Picnic & Games at Coronation Dam or 10 am - Chair Stretch & Strength 11 am – Rummy Sticks 1 pm – 1 on 1 visits 2 pm – Yard games	1:30 pm – Movie – <i>The Lucky One</i> Check out the Boredom Busters Shelf or board games/cards on your own.	10 am – Balance & Posture exercises 11 am – Rummy Sticks on your own 1:30 pm – Music in the dining room – Mark Fecho	10 am - Chair Yoga 11 am – Walking Club 1:30 pm – Trip to Veteran Hutterite Colony	
18	19	20	21	22	23	24
	10 am – Chair Yoga 11 am – Chit Chat by the Fireplace 2 pm – Bingo	10 am – Chair Stretch & Strength 11 am – Amelia Earhart craft & presentation 1 pm – 1 on 1 2 pm – Men's Coffee	10 am – Chair Yoga 11 am – Shopping Downtown 1:30 pm –Movie – <i>Letters to Juliet</i>	10 am – Balance and Posture exercises 1:30 pm Poker Rally	10 am - Chair Yoga 11 am – Walking Club 2 pm – Bingo 3 pm – Ice Cream Social - Popsicles	
25	26	27	28	29	30	31
	Trip to Climb Through Time in Paradise Valley Leave at 10 am Check out the Boredom Busters Shelf or board games/cards on your own.	10 am – Chair Stretch & Strength 11 am – Cranium Crunches 1 pm – 1 on 1 visits	10 am – Chair Yoga 11 am – Book Club Meeting 2 pm – Birthday Party	10 am – Balance and Posture exercises 11 am – Rummy Sticks 1:30 pm – Craft - Suncatchers	10 am - Chair Yoga 11 am – Walking Club 2 pm – Bingo	

CONSORT LODGE CALENDAR OF EVENTS August 2024

Celebrating Birthdays This Month:

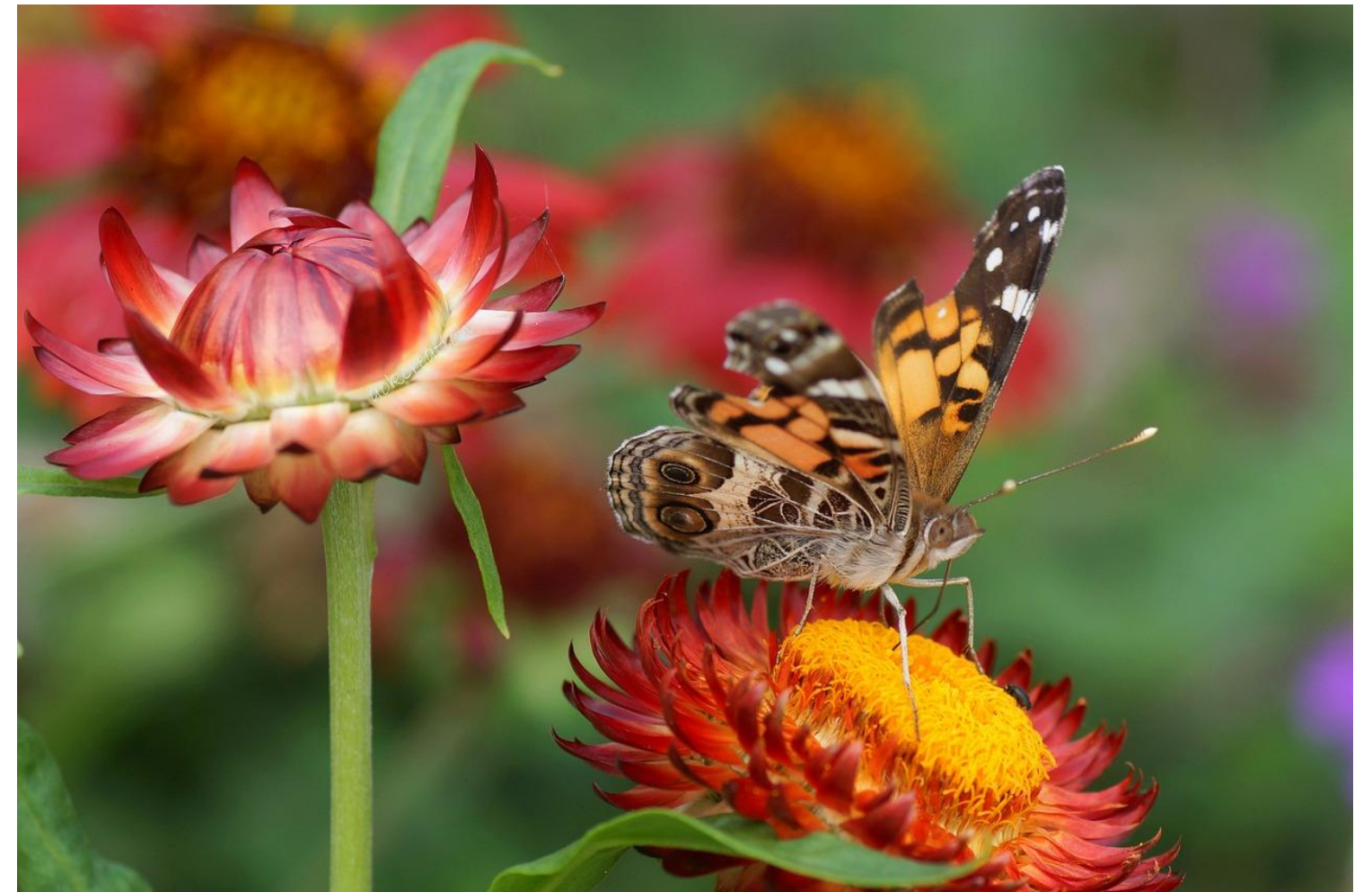
Joyce K – August 19

August Fun Facts:

Astrology Zodiac Signs of August:

Leo (July 23 – August 22) Virgo (August 23 – September 22)

- August has two birthstones. The birthstones for August are peridot and sardonyx. Peridot is a green gemstone that brings good luck and protects against nightmares. Sardonyx is a reddish-brown gemstone that brings courage and happiness.
- August's birth month flowers are the gladiolus and poppy. The gladiolus is a tall and elegant flower that symbolizes strength, honor, and moral integrity. The poppy, the beautiful red bloom made famous from the poem centuries ago, is often associated with remembrance and is used as a symbol of respect for fallen soldiers and veterans.
- International Left-Handers Day is celebrated on August 13th. It is a day to recognize and celebrate the unique qualities of left-handed people. So to all the left-handers out there, this one's to you.
- The word "August" comes from the Latin word "Augustus," which means "inspiring reverence or admiration. Today, the word "August" is often used to describe something that is impressive, majestic, or awe-inspiring.
- The full moon in August goes by another name – the Sturgeon Moon. It was named by the Native American tribes because it was the time of year when sturgeon fish were plentiful in the Great Lakes and other bodies of water.
- No other month starts on the same day of the week as August. It is only during leap years when February starts on the same day of the week as August.



***Now that the warm sunny weather is here, please remember to wear sunscreen, a hat and have water with you when going outside. Be safe!**

