








# Biddeford Estates

## New Communities August 2018 Wellness Calendar

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
|--|--|---|---|--|---|--|
| <p><b>Like us on Facebook at Biddeford Estates</b></p>   | <p><b>Birthstone</b></p> <p><b>Peridot</b></p> <p><b>Birth Flower</b></p> <p><b>Gladiolus</b></p>  | <p><b>Dining Room Hours</b></p> <p>7am-8:30am Breakfast</p> <p>11:30-1pm Lunch</p> <p>4:30pm-6pm Dinner</p>   | <p>1<br/>9 Volleyball dining room w/ Kate</p> <p>9:45 Walk outside</p>  <p>w/Jen</p> <p>1-Penny Ante 1<sup>st</sup></p> <p>2-Dice Games 1<sup>st</sup></p> <p>3-Jenga 1<sup>st</sup></p> <p><b>Wear Pink</b></p>  | <p>2 <b>Hairdresser</b></p> <p>9 Kick ball dining</p> <p>9:45 Walk outside</p> <p><b>10-Zeke Visits</b></p> <p>1-Go Fish 1<sup>st</sup></p> <p>2-Bingo</p> <p>3:30-Checkers 1<sup>st</sup></p> <p><b>Nat'l Ice Cream Sandwich Day</b></p>  <p>Wear yellow Thursday/Friday</p> | <p>3</p>  <p>1-Baha Card Game 1<sup>st</sup></p> <p><b>1 Crochet 3rd</b></p> <p>2-Bingo</p> <p>3:30-Trivia 1<sup>st</sup></p> <p><b>Nat'l Watermelon day</b></p>  | <p>4</p> <p>10-Morning News all floors</p> <p>1-Crazy 8's 1<sup>st</sup></p> <p>2-Bingo</p> <p>3:30-Concentration 1<sup>st</sup></p> <p><b>Nat'l Chocolate Chip Cookie day</b></p>  |
| <p>5</p> <p>10-Baked goods all floors</p>  <p>1-Word Searches, Adult Coloring Pages all floors</p> <p><b>3-Sunday Service</b></p> <p><b>Nat'l Friendship day</b></p>      | <p>6</p> <p>9 Catch Ball all floors</p> <p>9:30 craft Clown</p> <p><b>1 Walk</b></p> <p>2 GOLF Toss Outside</p> <p><b>Nat'l Clown Week</b></p> <p><b>Wear green</b></p>   | <p>7</p> <p>9 Kick Ball</p> <p>10 Paint a lighthouse 2<sup>nd</sup></p> <p><b>1 Crochet 3rd</b></p> <p>1-Tongue Twisters 1<sup>st</sup></p> <p>2-Bingo</p> <p>3:30-Slam Dice Game 1<sup>st</sup></p> <p><b>Nat'l Lighthouse day</b></p>    | <p>8</p> <p>9 Volley ball</p> <p><b>10-Jonah Visits</b></p>  <p><b>1 Walk outside</b></p> <p>1-Rummikub 1<sup>st</sup></p> <p>2-Brain Games 1<sup>st</sup></p> <p>3-Horseshoes 1<sup>st</sup></p> <p><b>Wear your choice</b></p> <p><b>Happy Birthday Linda H.</b></p>    | <p>9 <b>Hairdresser</b></p> <p>9 Ring Toss outside</p> <p>930 Golf toss</p> <p><b>1 Walk outside</b></p> <p>1-Skip Bo 1<sup>st</sup></p> <p>2-Bingo</p> <p>3:-Fan Tan Cards 1<sup>st</sup></p> <p><b>Nat'l Booklovers Day</b></p>   | <p>10 <b>Hairdresser</b></p>  <p>9 Walk outside</p> <p><b>1 Crochet 3rd</b></p> <p>1-Zootsuit 1<sup>st</sup></p> <p>2-Bingo</p> <p>3:30-Yahtzee 1<sup>st</sup></p> <p><b>Wear turquoise</b></p>  | <p>11</p> <p>10-Morning News all floors</p> <p>1-Ring Toss 1<sup>st</sup></p> <p>2-Bingo</p> <p>3:30-Categories 1<sup>st</sup></p> <p><b>Happy Birthday Donna I.</b></p>   |
| <p>12</p> <p>10-Baked goods all floors</p>  <p>1-Word Searches, Adult Coloring Pages all floors</p> <p><b>3-Sunday Service</b></p>                                      | <p>13</p> <p>9 Left hand Golf Toss outside</p> <p>9:30 walk outside</p> <p><b>Sign up for picnic w/ Deb</b></p> <p><b>1:30-Music with Bill Lake</b></p> <p><b>Nat'l Lefthanders day</b></p> <p><b>Wear music shirt</b></p>   | <p>14</p> <p>9 Kick Ball Dining</p> <p>10 Craft Lady Bug</p>  <p><b>1 Crochet 3rd</b></p> <p>1- Horseshoes 1<sup>st</sup></p> <p>2-Bingo</p> <p>3:30-Farkle 1<sup>st</sup></p> <p><b>Nat'l Creamsicle day</b></p> <p>Wear Pink/ maroon</p> | <p>15</p> <p>9 Walk</p>  <p>Outside</p> <p>10 Craft Beads 2<sup>nd</sup></p> <p>1-Kings Korner 1<sup>st</sup></p> <p>2-Card Games 1<sup>st</sup></p> <p>3-Would you Rather Jenga 1<sup>st</sup></p> <p><b>Happy Birthday Ellen C.</b></p> <p><b>Wear your color</b></p> | <p>16 <b>Hairdresser</b></p> <p>9 Ring Toss outside</p> <p>10 Walk outside</p>  <p><b>10-Zeke Visits</b></p> <p>1-Phase Ten 1<sup>st</sup></p> <p>2-Bingo</p> <p>330-Hangman 1<sup>st</sup></p> <p>Wear purples</p>   | <p>17</p> <p>9 Walk Outside</p>  <p>10 Golf Toss</p> <p><b>1 Crochet 3rd</b></p> <p>1-Match it 1<sup>st</sup></p> <p>2-Bingo</p> <p>3:30-Speed Dice 1<sup>st</sup></p> <p><b>Wear animal print</b></p>   | <p>18</p> <p>10-Morning News all floors</p> <p>1-Old Maid 1<sup>st</sup></p> <p>2-Bingo</p> <p>3:30-Did you Know? 1<sup>st</sup></p>   |
| <p>19</p> <p>10-Baked goods all floors</p>  <p>1-Word Searches, Adult Coloring Pages all floors</p> <p><b>3-Sunday Service</b></p>                                      | <p>20</p> <p>9 Volley Ball</p> <p>9:30 walk outside</p> <p><b>11 am Picnic under tree ALT date 8-21</b></p> <p><b>10-Bible Discussion 3<sup>rd</sup></b></p> <p><b>1 Pat's NEW</b></p>  <p><b>Wear food shirt</b></p> | <p>21</p> <p>9 Kick Ball</p> <p>10 CRAFT 2<sup>nd</sup></p> <p>1- Horseshoes 1<sup>st</sup></p> <p><b>1 Crochet 3rd</b></p> <p>2-Bingo</p> <p>3:30-Thunderstorm Dice Game 1<sup>st</sup></p> <p><b>Nat'l Senior Citizen's day</b></p>   | <p>22</p> <p>9 Golf Toss</p> <p>9:30 Walk outside</p> <p>10-Jonah Visits</p> <p><b>1:30-Music with Just Us</b></p> <p>230-Brain Games 1<sup>st</sup></p> <p>3-Trivia 1<sup>st</sup></p> <p><b>Happy Birthday Adrien P.</b></p> <p><b>WEAR blue</b></p>  | <p>23 <b>Hairdresser</b></p> <p>9 Exercise dining room your pick</p> <p>10 CRAFT 2<sup>nd</sup></p> <p>1-Uno 1<sup>st</sup></p> <p>2-Bingo</p> <p>3:30-Horseshoes 1<sup>st</sup></p> <p><b>Wear Summer shirt</b></p>   | <p>24 <b>Hairdresser</b></p> <p>9 Catch Ball dining</p> <p>9:30 Kick Ball</p> <p><b>1 Crochet 3rd</b></p> <p>1-99 Card Game 1<sup>st</sup></p> <p>2-Bingo</p> <p>3:30-ABC Game 1<sup>st</sup></p> <p><b>Wear Summer shirt</b></p>   | <p>25</p> <p>10-Morning News all floors</p> <p>1-Bean Bag Toss 1<sup>st</sup></p> <p>2-Bingo</p> <p>3:30-Round the Clock Dice Game 1<sup>st</sup></p> <p><b>Happy Birthday Fred Deg. And Katherine R.</b></p>  |
| <p>26</p> <p>10-Baked goods all floors</p>  <p>1-Word Searches, Adult Coloring Pages all floors</p> <p><b>3-Sunday Service</b></p> <p><b>Happy Birthday Rose T.</b></p> | <p>27</p> <p>9 Golf Toss outside</p> <p>10 Craft 2<sup>nd</sup></p>  <p><b>1:30-Ice Cream Truck Visit</b></p> <p><b>Wear a bright color</b></p>   | <p>28</p> <p>9 Volleyball</p> <p>9:30 Walk Outside</p> <p><b>1 Crochet 3rd</b></p> <p>1-Aces in a Pot 1<sup>st</sup></p> <p>2-Bingo</p> <p>3:30-Horseshoes 1<sup>st</sup></p>   | <p>29</p> <p>9 Catch Ball all fl</p> <p>10:30 Craft 2<sup>nd</sup></p> <p>1-Dominos 1<sup>st</sup></p> <p>2-Board Games 1<sup>st</sup></p> <p>3-Dice Games 1<sup>st</sup></p> <p><b>Wear Cartoon Shirt</b></p>  | <p>30 <b>Hairdresser</b></p> <p>9 Walk outside</p> <p>930 Golf game</p> <p><b>10-Zeke Visits</b></p> <p>1-Fan Tan Card Game 1<sup>st</sup></p> <p>2-Bingo</p> <p>3:30-Horseshoes 1<sup>st</sup></p>  | <p>31</p> <p>9 Kickball dining</p> <p>10 Sing-along /Paul NEW</p> <p><b>Surf &amp; Turf lunch</b></p> <p><b>1 Crochet 3rd</b></p> <p>1-Card Games 1<sup>st</sup></p> <p>2-Bingo</p> <p>3:30-Board Games</p> <p><b>Nat'l Eat Outside</b></p> <p><b>Wear Green</b></p>  | <p><b>Daily Social Hour</b></p> <p>Please join us in the lounge for a daily Snack &amp; Social hour at 10am &amp; 2pm</p>  |



\*Please note the schedule is subject to change. Please note that all outings are weather permitting and may be postponed due to inclement weather.