

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026

Piedmont, Assisted Living, Life Enrichment Guide

August 2026 Piedmont, Assisted Living, Life Enrichment Guide							10:00 Bingo-GDR 2:00 Chip Clips-A	1
10:30 Paper Sunflowers-A 2:00 Crozet Methodist Church, Stream Service- HCR	2 9:45 Shop the Olive Tree-A 10:00 Coloring Sheets-A 10:30 Fitness-A 12:00 Bookmobile-PL 2:15 Watermelon Fest-A 4:15 Walks-A	3 9:15 Yoga-A 9:45 Neighborhood-A 10:15 Trivia-A 2:00 Wheel of Fortune-H 3:00 Karaoke-H	4 9:45 Neighborhood-A 10:00 Fitness-A 10:45 Poetry Reading-A 1:00 Outing: Blue Bird & Co. 2 :30 Smooches w/ Pooches 4:30 Wet Your Whistle-H	5 9:30 Yoga -A 10:00 Neighborhood-A 10:30 Word Mining-A 2:00 Activity w/ Sierra's Mom 3:00 Catholic Communion-GDR	6 9:30 Neighborhood-A 2:00 Resident Visits-IR 3:00 Ice Cream Social Choose your toppings! -GDR	7 10:00 Bingo-GDR 2:00 Mandala Coloring-A	8	
10:30 Visual Journaling-A 2:00 Crozet Methodist Church, Stream Service- HCR	9 9:45 Neighborhood-A 10:00 Fitness-A 10:30 Cranium Crunchies-A 2:00 Karaoke w/ STAB Parents-H 4:15 Walks-A	10 9:15 Yoga-A 9:45 Neighborhood-A 10:00 10:45 2:00 3:00 Music: Classical Violinist: Bendy Goodfriend-LR	11 9:45 Neighborhood-A 10:00 Fitness-A 10:45 Back to School! - A 1:00 Outing: Harris Teeter 4:30 Wet Your Whistle- Music by James Curry- H	12 9:30 Yoga -A 10:00 Neighborhood-A 10:30 Summer Vacation Reminisce-A 2:00 Cardio Drumming-A 3:00 Milkshakes-A 3:00 Catholic Communion-GDR	13 9:30 Neighborhood-A 2:00 Resident Visits-IR 2:30 Easy Mazes Puzzles-A 3:15 Movie Matinee: "The Princess Bride"	14 10:00 Bingo-GDR 2:00 Color My World-A	15	
10:30 Magnet Fishing-A 2:00 Crozet Methodist Church, Stream Service- HCR	16 9:45 Neighborhood-A 10:15 Fitness-A 10:45 Word Scramble-A 12:00 Bookmobile-PL 2:00 Rice Krispie Treats-A 3:00 Music: Pianist & Vocalist Elijah Jessee-LR 4:15 Walks-A	17 9:15 Yoga-A 9:45 Neighborhood-A 10:15 Name that Tune-A 10:45 Pictionary-A 2:00 Music: "Jelly Street Jazz"-LR 3:30 "Birthday Cake Party" for Joan Schilling w/ her family, Piedmont Residents invited.H	18 9:45 Neighborhood-A 10:00 Fitness-A 10:45 Finish the Song-A 1:00 Outing: Scenic Drive 3:00 Wellness Wednesday: Balance, Falls & Healthy Aging"-HCR 4:30 Wet Your Whistle: Beach Party! -H	19 9:30 Yoga -A 10:00 Neighborhood-A 10:30 Spa Nails-A 2:00 Cardio Drumming-A 3:00 Wheel of Fortune-H 3:00 Catholic Communion-GDR	20 9:30 Neighborhood-A 2:00 Resident Visits-IR 2:30 Word Mining-A 3:30 Movie Matinee: "Sweet Home Alabama"	21 10:00 Bingo-GDR 2:00 Create a Spa Product-A	22	
10:30 Window Stickers-A 2:00 Crozet Methodist Church, Stream Service- HCR	23 9:45 Neighborhood-A 10:00 Fitness-A 10:30 Reminisce-A 3:00 Craft with Suzie-A 4:15 Walks-A	24 9:15 Yoga-A 9:45 Neighborhood-A 10:15 Spelling Bee-A 2:30 New Botswana Elephant presentation from JJ Towler-RDR	25 9:45 Neighborhood-A 10:00 Fitness-A 10:45 Wacky Words-A 1:00 Outing: Harris Teeter 3:00 Music: Guitarist: Jaye & Doug-LR 4:30 Wet Your Whistle-H	26 9:30 Yoga -A 10:00 Neighborhood-A 10:30 Back to School Reminisce-A 2:00 Cardio Drumming-A 3:00 Milkshakes-A 3:00 Catholic Communion-GDR	27 9:30 Neighborhood-A 2:00 Resident Visits-IR 2:30 Hangman-A 3:15 Movie Matinee: "Yes Day"	28 10:00 Bingo-GDR 2:00 Poke Poke Art-A	29	
10:30 Visual Journaling-A 2:00 Crozet Methodist Church, Stream Service- HCR	30 9:45 Neighborhood-A 10:00 Fitness-A 10:30 Word Search Sheets-A 2:00 Sing Along to the Oldies-A 3:00 Who, what, where am I? -A 4:15 Walks-A	31	Ground Floor: HCR-Harris Community Rm First Floor: LR- Living Rm, HAM-Ham's Billiard Rm RDR- Ridges Dining Rm, P-Pub, L- Library, C-Café, VAS-Visual Art Studio PL: Parking Lot, PDR Private Dining Rm Second Floor: A-Afton Mountain Community Rm. Third Floor: H-Haden's Farm Community Rm, Greenwood Dining Rm.					

Life Enrichment Director: Pamela Rose, email: pamelajessee@lodgeatoldtrail.com. The calendar is subject to change. **Red-Outings,** **Purple:** entertainment/special activity