

Sunday

Monday

Tuesday

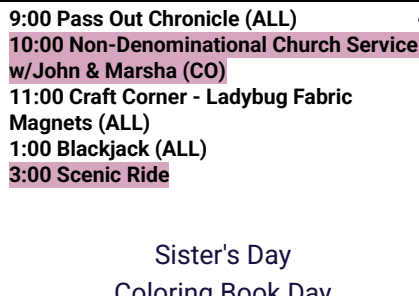
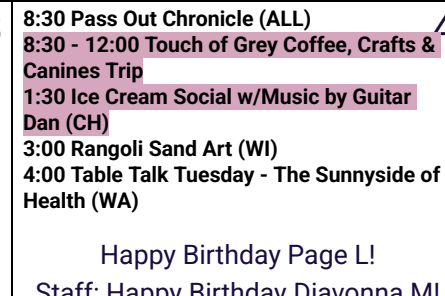
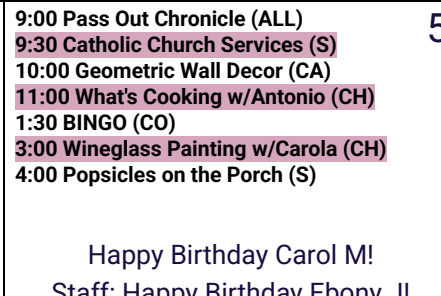
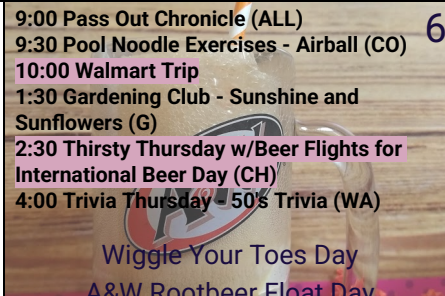
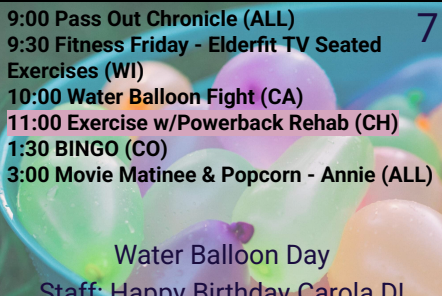
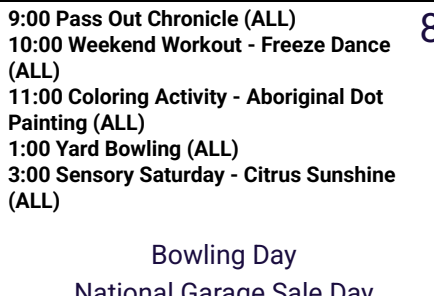
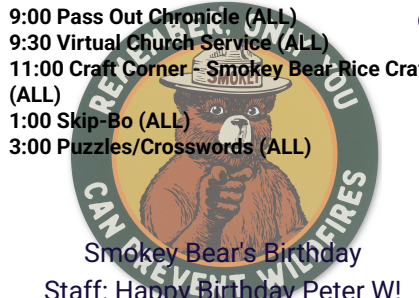
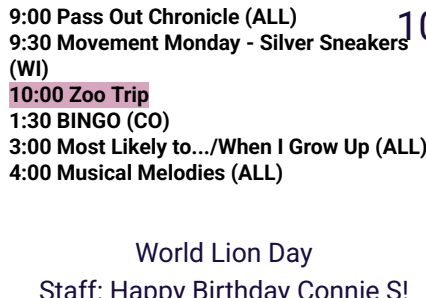
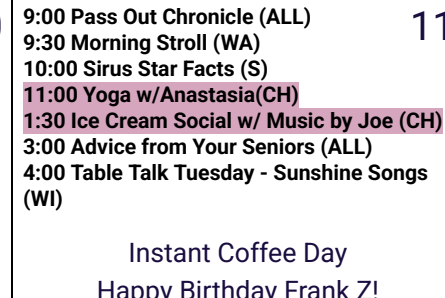
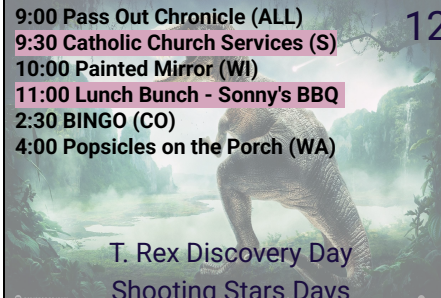
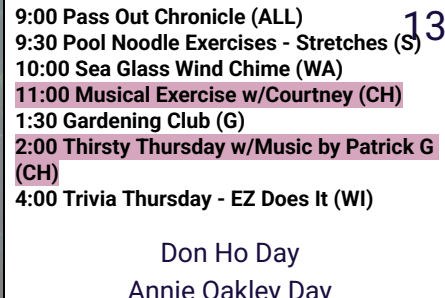
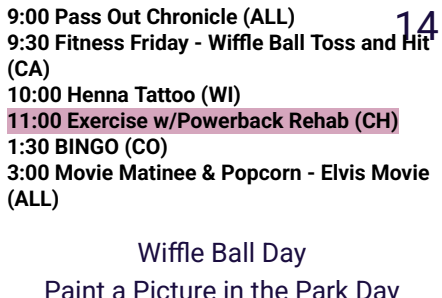
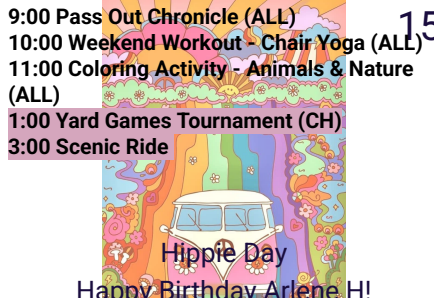
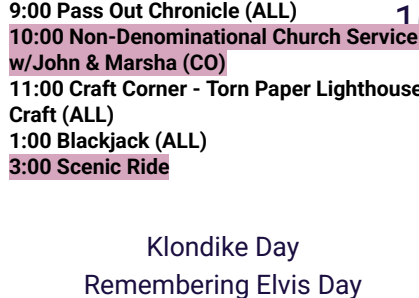
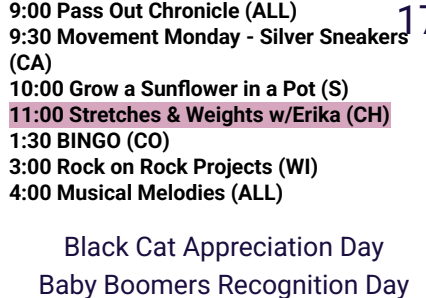
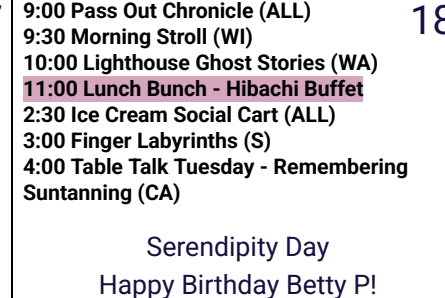
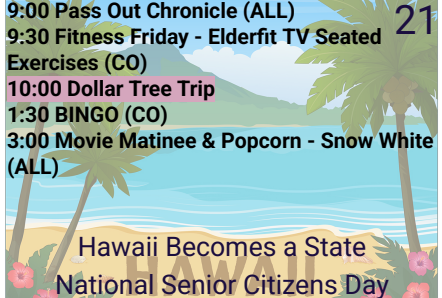
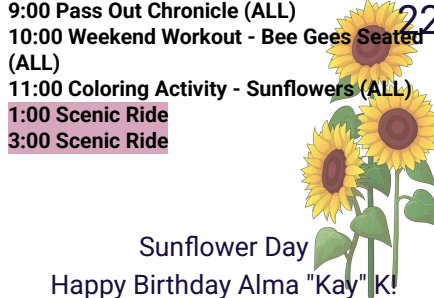
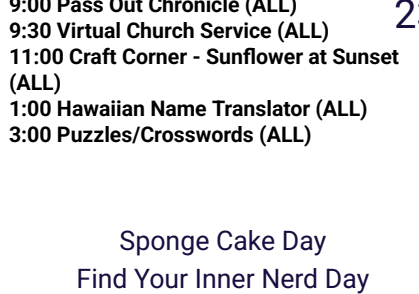
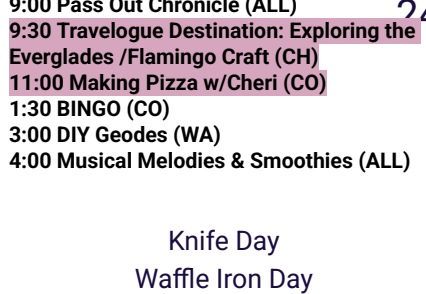
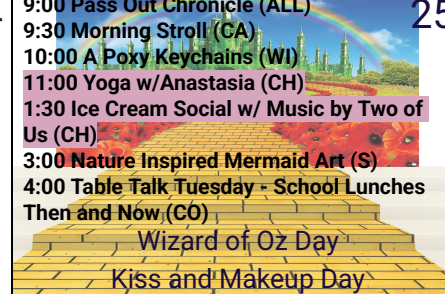
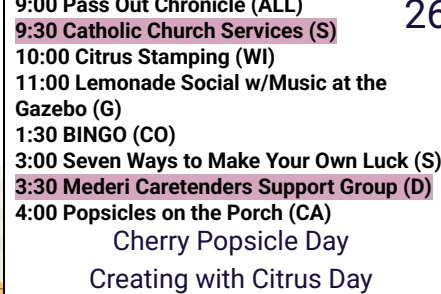
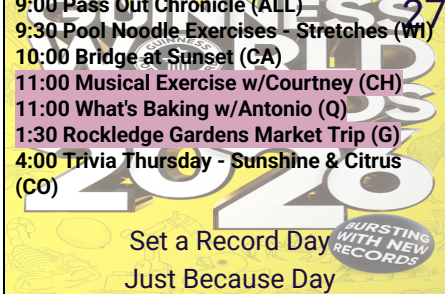
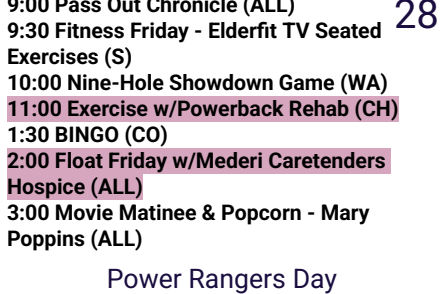
Wednesday

Thursday

Friday

Saturday

August 2026

August 2026						9:00 Pass Out Chronicle (ALL) 9:00 Calendar Overview (ALL) 10:00 Weekend Workout - Seated Superhero Workout (ALL) 11:00 Coloring Activity - Sun-sational Coasters (ALL) 1:00 Scenic Ride 3:00 Scenic Ride  Spidey Day Girlfriends Day
9:00 Pass Out Chronicle (ALL) 10:00 Non-Denominational Church Service w/John & Marsha (CO) 11:00 Craft Corner - Ladybug Fabric Magnets (ALL) 1:00 Blackjack (ALL) 3:00 Scenic Ride  Sister's Day Coloring Book Day	9:00 Pass Out Chronicle (ALL) 9:30 Movement Monday - Silver Sneakers (WI) 10:00 Bridge Building w/Legos (CA) 11:00 Stretches & Weights w/Anastasia (CH) 1:30 BINGO (CO) 3:00 Upcycled Suncatchers w/Watermelon Slices (CA) 4:00 Musical Melodies (ALL)  Watermelon Day Peachy Keen Day	8:30 Pass Out Chronicle (ALL) 8:30 - 12:00 Touch of Grey Coffee, Crafts & Canines Trip 1:30 Ice Cream Social w/Music by Guitar Dan (CH) 3:00 Rangoli Sand Art (WI) 4:00 Table Talk Tuesday - The Sunnyside of Health (WA)  Happy Birthday Page L! Staff: Happy Birthday Diavonna M!	9:00 Pass Out Chronicle (ALL) 9:30 Catholic Church Services (S) 10:00 Geometric Wall Decor (CA) 11:00 What's Cooking w/Antonio (CH) 1:30 BINGO (CO) 3:00 Wineglass Painting w/Carola (CH) 4:00 Popsicles on the Porch (S)  Happy Birthday Carol M! Staff: Happy Birthday Ebony J!	9:00 Pass Out Chronicle (ALL) 9:30 Pool Noodle Exercises - Airball (CO) 10:00 Walmart Trip 1:30 Gardening Club - Sunshine and Sunflowers (G) 2:30 Thirsty Thursday w/Beer Flights for International Beer Day (CH) 4:00 Trivia Thursday - 50's Trivia (WA)  Wiggle Your Toes Day A&W Rootbeer Float Day	9:00 Pass Out Chronicle (ALL) 9:30 Fitness Friday - Elderfit TV Seated Exercises (WI) 10:00 Water Balloon Fight (CA) 11:00 Exercise w/Powerback Rehab (CH) 1:30 BINGO (CO) 3:00 Movie Matinee & Popcorn - Annie (ALL)  Water Balloon Day Staff: Happy Birthday Carola D!	9:00 Pass Out Chronicle (ALL) 10:00 Weekend Workout - Freeze Dance (ALL) 11:00 Coloring Activity - Aboriginal Dot Painting (ALL) 1:00 Yard Bowling (ALL) 3:00 Sensory Saturday - Citrus Sunshine (ALL)  Bowling Day National Garage Sale Day
9:00 Pass Out Chronicle (ALL) 9:30 Virtual Church Service (ALL) 11:00 Craft Corner - Smokey Bear Rice Craft (ALL) 1:00 Skip-Bo (ALL) 3:00 Puzzles/Crosswords (ALL)  Smokey Bear's Birthday Staff: Happy Birthday Peter W!	9:00 Pass Out Chronicle (ALL) 9:30 Movement Monday - Silver Sneakers (WI) 10:00 Zoo Trip 1:30 BINGO (CO) 3:00 Most Likely to.../When I Grow Up (ALL) 4:00 Musical Melodies (ALL)  World Lion Day Staff: Happy Birthday Connie S!	9:00 Pass Out Chronicle (ALL) 9:30 Morning Stroll (WA) 10:00 Sirus Star Facts (S) 11:00 Yoga w/Anastasia(CH) 1:30 Ice Cream Social w/ Music by Joe (CH) 3:00 Advice from Your Seniors (ALL) 4:00 Table Talk Tuesday - Sunshine Songs (WI)  Instant Coffee Day Happy Birthday Frank Z!	9:00 Pass Out Chronicle (ALL) 9:30 Catholic Church Services (S) 10:00 Painted Mirror (WI) 11:00 Lunch Bunch - Sonny's BBQ 2:30 BINGO (CO) 4:00 Popsicles on the Porch (WA)  T. Rex Discovery Day Shooting Stars Days	9:00 Pass Out Chronicle (ALL) 9:30 Pool Noodle Exercises - Stretches (S) 10:00 Sea Glass Wind Chime (WA) 11:00 Musical Exercise w/Courtney (CH) 1:30 Gardening Club (G) 2:00 Thirsty Thursday w/Music by Patrick G (CH) 4:00 Trivia Thursday - EZ Does It (WI)  Don Ho Day Annie Oakley Day	9:00 Pass Out Chronicle (ALL) 9:30 Fitness Friday - Wiffle Ball Toss and Hit (CA) 10:00 Henna Tattoo (WI) 11:00 Exercise w/Powerback Rehab (CH) 1:30 BINGO (CO) 3:00 Movie Matinee & Popcorn - Elvis Movie (ALL)  Wiffle Ball Day Paint a Picture in the Park Day	9:00 Pass Out Chronicle (ALL) 10:00 Weekend Workout - Chair Yoga (ALL) 11:00 Coloring Activity - Animals & Nature (ALL) 1:00 Yard Games Tournament (CH) 3:00 Scenic Ride  Hippie Day Happy Birthday Arlene H!
9:00 Pass Out Chronicle (ALL) 10:00 Non-Denominational Church Service w/John & Marsha (CO) 11:00 Craft Corner - Torn Paper Lighthouse Craft (ALL) 1:00 Blackjack (ALL) 3:00 Scenic Ride  Klondike Day Remembering Elvis Day	9:00 Pass Out Chronicle (ALL) 9:30 Movement Monday - Silver Sneakers (CA) 10:00 Grow a Sunflower in a Pot (S) 11:00 Stretches & Weights w/Erika (CH) 1:30 BINGO (CO) 3:00 Rock on Rock Projects (WI) 4:00 Musical Melodies (ALL)  Black Cat Appreciation Day Baby Boomers Recognition Day	9:00 Pass Out Chronicle (ALL) 9:30 Morning Stroll (WI) 10:00 Lighthouse Ghost Stories (WA) 11:00 Lunch Bunch - Hibachi Buffet 2:30 Ice Cream Social Cart (ALL) 3:00 Finger Labyrinths (S) 4:00 Table Talk Tuesday - Remembering Suntanning (CA)  Serendipity Day Happy Birthday Betty P!	9:00 Pass Out Chronicle (ALL) 9:30 Catholic Church Services (S) 10:00 Tissue Paper Sunflower (WA) 11:00 Morning Stroll (CA) 12:00 Birthday Bash w/Music by Frank M (CH) 2:30 BINGO (CO) 4:00 Popsicles on the Porch (WI)  World Photo Day International Bow Day	9:00 Pass Out Chronicle (ALL) 9:30 Pool Noodle Exercises - Airball (WA) 10:00 Tumeric Sun Prints (CA) 11:00 Resident Council (CH) 1:30 Gardening Club (G) 2:30 Thirsty Thursday w/Karaoke (CH) 4:00 Trivia Thursday - (CA)  Snow White Day World Daffodil Day	9:00 Pass Out Chronicle (ALL) 9:30 Fitness Friday - Elderfit TV Seated Exercises (CO) 10:00 Dollar Tree Trip 1:30 BINGO (CO) 3:00 Movie Matinee & Popcorn - Snow White (ALL)  Hawaii Becomes a State National Senior Citizens Day	9:00 Pass Out Chronicle (ALL) 10:00 Weekend Workout - Bee Gees Seated (ALL) 11:00 Coloring Activity - Sunflowers (ALL) 1:00 Scenic Ride 3:00 Scenic Ride  Sunflower Day Happy Birthday Alma "Kay" K!
9:00 Pass Out Chronicle (ALL) 9:30 Virtual Church Service (ALL) 11:00 Craft Corner - Sunflower at Sunset (ALL) 1:00 Hawaiian Name Translator (ALL) 3:00 Puzzles/Crosswords (ALL)  Sponge Cake Day Find Your Inner Nerd Day	9:00 Pass Out Chronicle (ALL) 9:30 Travelogue Destination: Exploring the Everglades /Flamingo Craft (CH) 11:00 Making Pizza w/Cheri (CO) 1:30 BINGO (CO) 3:00 DIY Geodes (WA) 4:00 Musical Melodies & Smoothies (ALL)  Knife Day Waffle Iron Day	9:00 Pass Out Chronicle (ALL) 9:30 Morning Stroll (CA) 10:00 A Poxy Keychains (WI) 11:00 Yoga w/Anastasia (CH) 1:30 Ice Cream Social w/ Music by Two of Us (CH) 3:00 Nature Inspired Mermaid Art (S) 4:00 Table Talk Tuesday - School Lunches Then and Now (CO)  Wizard of Oz Day Kiss and Makeup Day	9:00 Pass Out Chronicle (ALL) 9:30 Catholic Church Services (S) 10:00 Citrus Stamping (WI) 11:00 Lemonade Social w/Music at the Gazebo (G) 1:30 BINGO (CO) 3:00 Seven Ways to Make Your Own Luck (S) 3:30 Mederi Caretenders Support Group (D) 4:00 Popsicles on the Porch (CA)  Cherry Popsicle Day Creating with Citrus Day	9:00 Pass Out Chronicle (ALL) 9:30 Pool Noodle Exercises - Stretches (WI) 10:00 Bridge at Sunset (CA) 11:00 Musical Exercise w/Courtney (CH) 11:00 What's Baking w/Antonio (Q) 1:30 Rockledge Gardens Market Trip (G) 4:00 Trivia Thursday - Sunshine & Citrus (CO)  Set a Record Day Just Because Day	9:00 Pass Out Chronicle (ALL) 9:30 Fitness Friday - Elderfit TV Seated Exercises (S) 10:00 Nine-Hole Showdown Game (WA) 11:00 Exercise w/Powerback Rehab (CH) 1:30 BINGO (CO) 2:00 Float Friday w/Mederi Caretenders Hospice (ALL) 3:00 Movie Matinee & Popcorn - Mary Poppins (ALL)  Power Rangers Day	9:00 Pass Out Chronicle (ALL) 10:00 Weekend Workout - Scarf Throw (ALL) 11:00 Coloring Activity - Mary Poppins (ALL) 1:00 Yard Games Tournament (CH) 3:00 Scenic Ride  A Hallmark Day Happy Birthday, Mary Poppins
9:00 Pass Out Chronicle (ALL) 10:00 Non-Denominational Church Service w/John & Marsha (CO) 11:00 Craft Corner - Seashell Decorating (ALL) 1:00 Blackjack (ALL) 3:00 Scenic Ride  Beach Day Happy Birthday Esther "Pat" P!	9:00 Pass Out Chronicle (ALL) 9:30 Movement Monday - Silver Sneakers (CO) 10:00 Bikini Design/Fashion Show (CH) 1:30 Target Trip 3:00 Faux Beach Glass (WI) 4:00 Musical Melodies (ALL)  Trail Mix Day Bump, Set, Spike Day	Palm Cottages of Rockledge Assisted Living Location Key: ALL- Stopping at Each Cottage CA-Canary Cottage CH-Clubhouse CO-Coconut Cottage D-Date Cottage G-Gazebo Memory Care Q-Queen Cottage R-Royal Cottage S-Sylvester Cottage WA-Washington Cottage WI-Windmill Cottage				

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Sunday

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Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026

August 2026						9:00 Pass Out Chronicle (ALL) 10:00 Weekend Workout - Seated Superhero Workout (ALL) 11:00 Coloring Activity - Sun-sational Coasters (ALL) 1:00 Scenic Ride 3:00 Scenic Ride Spider Day Girlfriends Day
9:00 Pass Out Chronicle (ALL) 10:00 Non-Denominational Church Service w/John & Marsha (CO) 11:00 Craft Corner - Ladybug Fabric Magnets (ALL) 2:00 UNO! (ALL) 3:00 Scenic Ride Sister's Day Coloring Book Day	9:00 Pass Out Chronicle (ALL) 9:30 Movement Monday - Silver Sneaker (Q) 10:00 Bridge Building w/Legos (Q) 11:00 Stretches & Weights w/Anastasia (CH) 1:30 BINGO/Memory/Matching (R) 3:00 Lemonade Social (G) 3:30 Upcycled Suncatchers w/Watermelon Slices (R) 4:00 Musical Melodies (ALL) Watermelon Day Peachy Keen Day	8:30 Pass Out Chronicle (ALL) 8:30 - 12:00 Touch of Grey Coffee, Crafts & Canines Trip 1:30 Ice Cream Social w/Music by Guitar Dan (CH) 3:00 Rangoli Sand Art (Q) 4:00 Table Talk Tuesday - The Sunnyside of Health (Q) Happy Birthday Page L! Staff: Happy Birthday Diavonna M!	9:00 Pass Out Chronicle (ALL) 9:30 Catholic Church Services (S) 10:00 Geometric Wall Decor (Q) 11:00 What's Cooking w/Antonio (CH) 1:30 BINGO/Memory/Matching (R) 3:00 Wineglass Painting w/Carola (CH) 4:00 Popsicles on the Porch (R) Happy Birthday Carol M! Staff: Happy Birthday Ebony J!	9:00 Pass Out Chronicle (ALL) 9:30 Pool Noodle Exercises - Airball (R) 10:00 Walmart Trip 1:30 Gardening Club - Sunshine and Sunflowers (G) 2:30 Mocktails & Munchies w/Music by Percy (R) 4:00 Trivia Thursday - 50's Trivia (Q) Wiggle Your Toes Day A&W Rootbeer Float Day	9:00 Pass Out Chronicle (ALL) 9:30 Fitness Friday - Elderfit TV Seated Exercises (Q) 10:00 Water Balloon Fight (Q) 11:00 Exercise w/Powerback Rehab (CH) 1:30 BINGO/Memory/Matching (R) 3:00 Movie Matinee & Popcorn - Annie (ALL) Water Balloon Day Staff: Happy Birthday Carola D!	9:00 Pass Out Chronicle (ALL) 10:00 Weekend Workout - Freeze Dance (ALL) 11:00 Coloring Activity - Aboriginal Dot Painting (ALL) 1:00 Yard Bowling (ALL) 3:00 Sensory Saturday - Citrus Sunshine (ALL) Bowling Day National Garage Sale Day
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9:00 Pass Out Chronicle (ALL) 10:00 Non-Denominational Church Service w/John & Marsha (CO) 11:00 Craft Corner - Seashell Decorating (ALL) 2:00 War (ALL) 3:00 Scenic Ride Beach Day Happy Birthday Esther "Pat" P!	9:00 Pass Out Chronicle (ALL) 9:30 Movement Monday - Silver Sneakers (Q) 10:00 Bikini Design/Fashion Show (CH) 1:30 Target Trip 3:00 Lemonade Social (G) 3:30 Faux Beach Glass (R) 4:00 Musical Melodies (ALL) Trail Mix Day Bump, Set, Spike Day	Palm Cottages of Rockledge Memory Care				
Location Key: ALL- Stopping at Each Cottage CH-Clubhouse CO-Coconut Cottage D-Date Cottage G-Gazebo Memory Care Q-Queen Cottage R-Royal Cottage S-Sylvester Cottage						

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