



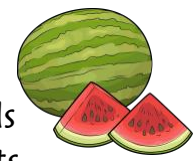




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;"><b>August 2023</b> Bethesda Southgate LTC</p>						
		<p>10am Nail Painting (200 &amp; 300 halls) <b>1</b></p> <p>2:30 Window Clings</p> <p>Evening Cards or Patio Visits</p>	<p>10:00 Sunflower craft <b>2</b></p> <p>2:30 Decorating the Fireplace with Happiness Sunflowers</p> <p>Evening Bingo </p>	<p>10am Music and lemonade on the patio (weather permitting) <b>3</b></p> <p>2:30 Exercise</p> <p>Evening Summertime Memories or Cards</p>	<p>10am Book Bingo <b>4</b></p> <p>2:30 "Brewing Iconic Beers" documentary (and enjoy a beer!) </p>	<p>10:45am Peace Lutheran <b>5</b></p> <p>video service in LTC Dining Room</p> <p>6:15pm Cardinals vs Rockies</p>
<p>10:45 Mass on TV in LTC Dining Room <b>6</b></p> <p>1:15pm Cardinals vs Rockies</p>	<p>10:30 Exercise <b>7</b></p> <p>11:00 Rosary</p> <p>2:30 Bingo</p> <p>Evening Beach Ball Bounce</p>	<p>10am Nail Painting (100 &amp; 400) <b>8</b></p> <p>2:30 Poker </p> <p>Evening Cards or Patio Visits</p>	<p>10:00 Crafty Creations with Jessica <b>9</b></p> <p>2:30 Exercise</p> <p>3:00 Dining Circle Meeting</p> <p>Evening Bingo</p>	<p>10am Music and lemonade on the patio (weather permitting) <b>10</b></p> <p>2:30 Washer Tournament</p> <p>Evening Drive In Memories or Cards</p>	<p>10am Bingo <b>11</b></p> <p>2:30 "Elvis Presley-'68 Comeback Special" video </p>	<p>10:45am Peace Lutheran <b>12</b></p> <p>video service in LTC Dining Room</p> <p>6:10pm Cardinals vs Royals</p>
<p>10:45 Mass on TV in LTC Dining Room <b>13</b></p>	<p>10:30 Exercise <b>14</b></p> <p>11:00 Rosary</p> <p>2:30 Bingo</p> <p>Evening Balloon Volleyball</p>	<p>10am Nail Painting (200 &amp; 300 halls) <b>15</b></p> <p>Afternoon Watermelon Cart </p> <p>Evening Cards or Patio Visits</p>	<p>10:00 Devotions <b>16</b></p> <p>2:30 Exercise</p> <p>3:00 Community Council Meeting</p> <p>Evening Bingo</p>	<p>10am Music and lemonade on the patio (weather permitting) <b>17</b></p> <p>2:30 Bunco Game</p> <p>Evening Ice Cream Social</p>	<p>10am Bingo <b>18</b></p> <p>Afternoon "Keep Your Cool Day" photobooth </p>	<p>10:45am Peace Lutheran <b>19</b></p> <p>video service in LTC Dining Room</p> <p>6:15pm Cardinals vs Mets</p>
<p>10:45 Mass on TV in LTC Dining Room <b>20</b></p> <p>1:15pm Cardinals vs Mets</p>	<p>10:30 Exercise <b>21</b></p> <p>11:00 Rosary</p> <p>2:30 Bingo</p> <p>Evening Beach Ball Bounce</p>	<p>10am Nail Painting (100 &amp; 400) <b>22</b></p> <p>2:30 Music and lemonade on the patio</p> <p>Evening Cards or Patio Visits</p>	<p>10:00 Poker <b>23</b></p> <p>2:30 Exercise</p> <p>Evening Bingo</p>	<p>10am August Guess the Letter <b>24</b></p> <p>2:30 Birthday Party/Karaoke</p> <p>Evening Camping Memories or Cards</p>	<p>10am Bingo <b>25</b></p> <p>2:30 "Laura Ingalls Wilder documentary and Little House on the Prairie museum video"</p>	<p>10:45am Peace Lutheran <b>26</b></p> <p>video service in LTC Dining Room</p> <p>6:05pm Cardinals vs Phillies</p>
<p>10:45 Mass on TV in LTC Dining Room <b>27</b></p> <p>12:35pm Cardinals vs Phillies</p>	<p>10:30 Exercise <b>28</b></p> <p>11:00 Rosary</p> <p>2:30 Bingo</p> <p>Evening Balloon Volleyball</p>	<p>10am Nail Painting (200 &amp; 300 halls) <b>29</b></p> <p>2:30 Happy Hour Social</p> <p>Evening Cards or Patio Visits</p>	<p>10:00 Ken Roberts entertains <b>30</b> </p> <p>2:30 Exercise</p> <p>3:00 Famous places</p> <p>Evening Bingo</p>	<p>10am Famous People Trivia <b>31</b></p> <p>Afternoon Ice Cream Cart</p> <p>Evening Back to School Memories or Cards</p>	