

Life Enrichment – Sterling Heights

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sterling Heights – Clinton Township Picnic Dates:</b> September 3 <sup>rd</sup> & 4 <sup>th</sup>	<b>Bible Study on Thursdays</b> <b>Book Club:</b> Tuesday, August 5 <sup>th</sup> <b>Men’s Empowerment Group (MEG):</b> Monday, August 18 <sup>th</sup> Blackjack Tourn. <b>Choir Club Fridays</b>			<b>1</b> 10:00 Coffee & Conversation 10:30 Morning Stretches 10:45 August Trivia 11:30 William Clark Bio 1:00 Craft Cart
<b>4 Pop-Up Shop/AVON</b> 10:00 Morning Gratitude 10:30 Chair Yoga 10:45 PACE Boutique 11:30 Calendar Review 1:00 Shrinky Dinks	<b>5 Aquarium Outing \$25</b> 10:00 Music & Mingle 10:30 Movement to Music 10:45 Shrinky Dinks 11:30 Calendar Review 1:00 <b>Garden Club</b> /Ind. Leisure	<b>6 Summer Carnival</b> 10:00 This Day in History 10:30 Carnival Games 10:45 <b>Photo Booth</b> 11:30 Prize Table 1:00 Carnival Games/ <b>Euchre</b>	<b>7 Summer Carnival</b> 10:00 Coffee & Conversation 10:30 Walk ‘n’ Roll 10:45 Carnival Games 11:30 Prize Table 1:00 <b>Rosco the Clown/Dancers</b>	<b>8 Elderific Salon</b> 10:00 Salon Sign-Up 10:30 Basketball 10:45 <b>Seafoam Art w/ Kim</b> 11:30 855 Education 1:00 Paper Flower Making
<b>11 Casino Outing</b> 10:00 Music & Mingle 10:30 Morning Stretches 11:00 <b>Tai Chi</b> 11:30 Activity Planning 1:00 <b>Olympics Club</b> /Jeopardy	<b>12 Elderific Salon</b> 10:00 Salon Sign-Up 10:30 Chair Yoga 10:45 <b>Seafoam Art w/Kim</b> 11:30 855 Education 1:00 <b>Comedy with Shanell</b>	<b>13</b> 10:00 Hand Care/Spa Day 10:30 <b>Peaches and Greens</b> 10:45 Jewelry Making 11:30 Nat’l Left-Handers Day 1:00 <b>Charity Club/Dynamic Duo</b>	<b>14 AVON</b> 10:00 Hand Care/Spa Day 10:30 Movement to Music 10:45 Jewelry Making 11:30 Activity Planning 1:00 <b>Painting with Lia GR</b>	<b>15</b> 10:00 Morning Gratitude 10:30 Chair Aerobics 10:45 Word Search Race 11:30 HOS-M Survey Educ. 1:00 <b>Painting with Lia BR</b>
<b>18</b> 10:00 This Day in History 10:30 Walk ‘n’ Roll 10:45 Movie & Popcorn 11:30 Independent Leisure 1:00 Scrapbooking/ <b>MEG</b>	<b>19 LC Creations/DC Envisions</b> 10:00 Coffee & Conversation 10:30 Bucketball 10:45 Healthy Snack Bingo 11:30 HOS-M Survey Educ. 1:00 Scrapbook/ <b>Dynamic Duo</b>	<b>20 Dairy Queen Outing</b> 10:00 Daily Wordle 10:30 Morning Stretches 10:45 Healthy Snack Bingo 11:30 Participant Rights Edu. 1:00 <b>Euchre</b> /Family Feud	<b>21 Back in the Day</b> 10:00 Retro TV 10:30 Chair Yoga 10:45 Guess Who? 11:30 Photos from the Past 1:00 ‘50s, ‘60s, ‘70s Trivia	<b>22 Back in the Day</b> 10:00 Retro TV 10:30 Movement to Music 10:45 Guess Who? 11:00 <b>Sock Hop w/Amando</b> 1:00 Photos &
<b>25</b> 10:00 Coffee & Conversation 10:30 Chair Aerobics 10:45 <b>Baking Club</b> /Uno 11:30 Dementia Education 1:00 Wooden Painting Crafts	<b>26 Country Hoedown</b> 10:00 Daily Wordle 10:30 Horseshoes 10:45 Wanted Posters 11:30 Cowboy Names 1:00 <b>Willie Nelson</b> /Bingo	<b>27 Country Hoedown</b> 10:00 Morning Gratitude 10:30 Relaxing Meditation 10:45 Seated Line Dancing 11:30 Wanted Posters 1:00 <b>Country Circus Act</b>	<b>28 Gabe’s Outing</b> 10:00 Music & Mingle 10:30 Movement to Music 10:45 <b>Summer Fashion Show</b> 11:30 Dementia Education 1:00 <b>Olympics/Craft Club</b>	<b>29</b> 10:00 This Day in History 10:30 Velcro Darts 10:45 <b>Summer Fashion Show</b> 11:30 Participant Rights Edu. 1:00 <b>Garden Club</b> /Outdoor Social

