

Life Enrichment – Sterling Heights				August 2026
Monday	Tuesday	Wednesday	Thursday	Friday
3 Pop-Up Shop 10:30 Movement to Music 10:45 Bingo 11:30 Calendar Review 1:00 August Trivia/Jeopardy 2:00 Nat'l Watermelon Day	4 PACE Annual Picnic at Dodge Park 	5 PACE Annual Picnic at Dodge Park 	6 Elderific Salon/AVON 10:30 Chair Aerobics 10:45 Craft Stick Fans 11:30 Calendar Review 1:00 Paper Airplanes 2:00 Music & Mingle	7 10:30 Walk 'n' Roll 10:45 Craft Stick Fans 11:30 Scam Prevention Educ. 1:00 Paper Airplanes 2:00 Daily Gratitude
10 10:30 Chair Yoga 10:45 Virtual Vacation: Dubai 11:30 Activity Planning 1:00 Citrus Stamping Craft 2:00 Daily Wordle	11 Elderific Salon/Dollar Tree 10:30 Morning Stretches 10:45 Tai Chi 11:30 Activity Planning 1:00 Citrus Stamping Craft 2:00 You Pick Music	12 Elderific Salon/Flower Fest 10:30 Velcro Darts/Cornhole 10:45 Flower Craft 11:30 HOS-M Surveys 1:00 Paul Ritchie /Bingo 2:00 Table Talk Tidbits	13 Flower Fest/Pet Therapy 10:30 Simon Says 10:45 Flower Craft 11:30 Scam Prevention Educ. 1:00 Amando /Bingo 2:00 Left-Handers Day	14 10:30 You Pick Exercise 10:45 Craft Cart 11:30 Bio: Doc Holliday 1:00 Outdoor Social 2:00 Water Fight Outside
17 PACE Renaissance Faire 10:30 Balloon Volleyball 10:45 Sword/Shield Decorating 11:30 Dragon Slaying 1:00 Juggling Show 2:00 Wheelchair Jousting	18 PACE Renaissance Faire 10:30 Movement to Music 10:45 Sword/Shield Decorating 11:30 Dragon Slaying 1:00 Annemarie Jo /Bingo 2:00 Wheelchair Jousting	19 AVON/Dollar Tree 10:30 Chair Aerobics 10:45 Bowling & Cornhole 11:30 Participant Rights Edu. 1:00 Green vs. Blue Family Feud 2:00 You Pick Music	20 10:30 Walk 'n' Roll 10:45 Bowling & Cornhole 11:30 855 Education 1:00 Green vs. Blue Family Feud 2:00 Daily Wordle	21 10:30 Chair Yoga 10:45 Movie & Popcorn 11:30 Movie & Popcorn 1:00 Movie & Popcorn 2:00 Movie & Popcorn
24 10:30 Morning Stretches 10:45 Cardio Drumming 11:30 Sept. Outing Signup 1:00 Cal Robbinz & Friends 2:00 Music & Mingle	25 10:30 Basketball/Horseshoes 10:45 Seafoam Art w/Kim 11:30 HOS-M/Outing Signup 1:00 Dr. Feelgood /Bingo 2:00 Daily Gratitude	26 Car Show 10:30 Simon Says 10:45 Tai Chi 11:30 Participant Art Show 1:00 You Be the Judge/HOS-M 2:00 Nat'l Dog Day Puppy Cams	27 Craft Club 10:30 You Pick Exercise 10:45 Cardio Drumming 11:30 Participant Art Show 1:00 Outdoor Social/Uno 2:00 Participant Rights Educ.	28 Applebee's Outing 10:30 Movement to Music 10:45 Seafoam Art w/Kim 11:30 855 Education 1:00 Ice Cream Truck \$\$ 2:00 Daily Wordle
31 Baking Club 10:30 Chair Exercises 10:45 Word Search Race 11:30 Bio: Maria Montessori 1:00 Independent Leisure 2:00 Daily Gratitude	Garden Club TBD Bible Study on Thursdays Choir Club on Fridays Book Club: Tuesday, August 11 th Baking Club: Monday, August 31 st Craft Club: Thursday, August 27 th			