

| Life Enrichment – Eastpointe                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                | August 2026                                                                                                                                                                                                                                    |
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| Monday                                                                                                                                                                                                                                                   | Tuesday                                                                                                                                                                                                                                                                                                      | Wednesday                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                         |
| <b>3</b> <b>Movie Mondays</b><br><b>10:00</b> Music & word puzzles<br><b>10:15</b> Spiritual Wellness<br><b>10:30</b> <i>Olympic Practice</i><br><b>10:45</b> Silver Senior Sneakers<br><b>11:00</b> Reminiscing Time<br><b>1:00</b> Movie Time & snacks | <b>4</b><br><b>10:00</b> Coffee & conversation<br><b>10:15</b> Spiritual Wellness<br><b>10:30</b> Olympic Practice<br><b>10:45</b> <i>Silver Sneakers</i><br><b>11:00</b> Crafts<br><b>1:00</b> Jazz & crafts                                                                                                | <b>5</b> <b>CAR SHOW DAY</b><br><b>10:00</b> Coffee & conversation<br><b>10:15</b> Spiritual Wellness<br><b>10:30</b> Olympic Practice<br><b>10:45</b> <i>Break time</i><br><b>11:00</b> Crossword out loud<br><b>1:00</b> Bingo | <b>6</b><br><b>10:00</b> Thankful; & grateful<br><b>10:00</b> Spiritual Wellness<br><b>10:30</b> Move & Groove<br><b>10:45</b> <i>Break time</i><br><b>11:00</b> Crossword out loud<br><b>1:00</b> Bingo       | <b>7</b><br><b>10:00</b> Coffee & conversation<br><b>10:15</b> Spiritual wellness<br><b>10:45</b> <i>Silver sneakers</i><br><b>11:00</b> Game time<br><b>1:00</b> Sing a long                                                                  |
| <b>10</b> <b>Movie Mondays</b><br><b>10:00</b> Coffee & wordsearch<br><b>10:15</b> Spiritual Wellness<br><b>10:30</b> Chair Exercise<br><b>10:45</b> <i>Olympic Practice</i><br><b>11:00</b> Reminiscing Time<br><b>1:00</b> Movie Time                  | <b>11</b><br><b>10:00</b> Coffee & Jazz<br><b>10:15</b> Spiritual Wellness<br><b>10:30</b> Silver Sneakers<br><b>10:45</b> <i>Calendar Review</i><br><b>11:00</b> Real Talk<br><b>1:00</b> Leisure Time                                                                                                      | <b>12</b><br><b>10:00</b> Coffee & jazz<br><b>10:15</b> Spiritual Wellness<br><b>10:30</b> Silver sneakers<br><b>10:45</b> <i>Olympic Practice</i><br><b>11:00</b> Reminiscing Time<br><b>1:00</b> Bingo                         | <b>13</b> <b>BELLE ISLE AQUARIUM TRIP</b><br><b>10:00</b> Thankful & grateful<br><b>10:15</b> Spiritual Wellness<br><b>10:45</b> <i>Move &amp; Groove</i><br><b>11:00</b> Game Time<br><b>1:00</b> Sing a long | <b>14</b> <b>BELLE ISLE AQUARIUM TRIP</b><br><b>10:00</b> Breakfast & News<br><b>10:15</b> Spiritual Wellness<br><b>10:30</b> Spiritual Wellness<br><b>10:45</b> <i>Silver Sneakers</i><br><b>11:00</b> Games<br><b>1:00</b> Leisure Time      |
| <b>17</b> <b>Movie Mondays</b><br><b>10:00</b> Coffee & conversation<br><b>10:15</b> Spiritual Wellness<br><b>10:30</b> Chair Exercise<br><b>10:45</b> <i>Olympic Practice</i><br><b>11:00</b> Movie Time<br><b>1:00</b> Leisure Time                    | <b>18</b> <b>MARCUS BEAUTY SHOP</b><br><b>10:00</b> Coffee & Tunes<br><b>10:15</b> Spiritual Wellness<br><b>10:30</b> Clap exercise<br><b>10:45</b> Olympic Practice<br><b>11:00</b> Finish a Phase<br><b>1:00</b> Games                                                                                     | <b>19</b><br><b>10:00</b> Coffee & tunes<br><b>10:15</b> Spiritual Wellness<br><b>10:30</b> Crafts<br><b>10:45</b> <i>Calendar Review Olympic Practice</i><br><b>11:00</b> Would you Rather?<br><b>1:00</b> Independent Leisure  | <b>20</b><br><br><b>EPT ANNUAL PICNIC</b>                                                                                                                                                                      | <b>21</b><br><br><b>EPT ANNUAL PICNIC</b>                                                                                                                                                                                                      |
| <b>24</b> <b>Movie Mondays</b><br><b>10:00</b> Coffee & Jazz<br><b>10:15</b> Spiritual Wellness<br><b>10:30</b> Move & Groove Exercise<br><b>10:45</b> <i>Clap exercise</i><br><b>11:00</b> Crafts<br><b>1:00</b> Movie Time                             | <b>25</b><br><b>10:00</b> Breakfast & News<br><b>10:15</b> Spiritual Wellness<br><b>10:30</b> Olympic Practice<br><b>10:45</b> Reminiscing Time<br><b>11:00</b> Riddles<br><b>1:00</b> Participant choice                                                                                                    | <b>26</b><br><b>10:00</b> Coffee & conversation<br><b>10:15</b> Spiritual Wellness<br><b>10:30</b> Reminiscing Time<br><b>10:45</b> <i>Game Time</i><br><b>11:00</b> Question & Answer Game<br><b>1:00</b> Music Time            | <b>27</b><br><b>10:00</b> Thankful & Grateful<br><b>10:15</b> Spiritual Wellness<br><b>10:30</b> Olympic practice<br><b>10:45</b> Reminiscing Time<br><b>11:00</b> Crafts<br><b>1:00</b> Bingo                 | <b>28</b> <b>FUN DAY FRIDAY</b><br><b>10:00</b> A Soulful morning<br><b>10:1</b> Spiritual Wellness<br><b>10:30</b> Silver Sneakers<br><b>10:45</b> <i>Finish the phrase</i><br><b>11:00</b> Music Trivia<br><b>1:00</b> Team Table Feud Games |
| <b>31</b> <b>Movie Mondays</b><br><b>10:00</b> Coffee & conversation<br><b>10:15</b> Spiritual Wellness<br><b>10:30</b> Senior sneakers<br><b>10:45</b> <i>Game time</i><br><b>11:00</b> Reminiscing Time<br><b>1:00</b> Movie                           | <b>Picnic reminder: Thursday August 20th, 2026 &amp; Friday August 21<sup>st</sup>, 2026, Lakeshore Metropark</b><br><b>Marcus Beauty Shop: Tuesday August 18<sup>th</sup>, 2026</b><br><b>AVON: Monday August 10<sup>th</sup>, 2026</b><br><b>Hands of Grace Store: Friday August 14<sup>th</sup>, 2026</b> |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                |                                                                                                                                                                                                                                                |

