

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HC – Heritage Court AS – Ambassador Square RW – Renaissance Way PT – Prewitt Theater AL – Assisted Living	Mouse Day 1 9:45 Morning Exercise (AS,HC) 10:30 Manicures (AS,HC) 11:00 Card Club (AS,HC) 1:30 Movie & Popcorn “Stuart Little” (PT) 3:00 Popcorn Cart (AS,HC,RW) 3:30 Table Ball Toss (AS,HC)	Ice Cream Sandwich Day 2 9:45 Morning Exercise (AS,HC) 10:30 Baking Club: Cookie Ice Cream Sandwiches (AS,HC) 11:00 Small Group Summer Coloring & Table Puzzles (AS,HC) 2:15 Bingo (AS,HC) 3:30 Snack & Chat (AS,HC) 5:30 Kings in The Corner (AS,HC)	Gold Rush Day 3 9:45 Morning Exercise (AS,HC) 10:30 Travel Brief – Yukon (AS,HC) 11:00 Gold Rush Discussion (AS,HC) 2:00 Independent Leisure Cart (AS,HC,RW) 3:00 Finish the Drawings (AS,HC)	“Well, Hello Dolly” Day 4 9:45 Morning Exercise (AS,HC) 10:30 Book Club w/ Roz (HC) 10:30 Story Time (AS) 11:00 Small Group Louis Armstrong Sing-along & Snacks (AS,HC) 2:15 Bingo (AS,HC) 3:30 Snack & Chat (AS,HC) 5:30 Mindful Coloring (AS,HC)	Foot Friday 5 9:45 Morning Exercise (AS,HC) 10:30 Men’s Group: Golf Trivia & Refreshments (AS) 10:30 Flip Flop Nutter Butters & Foot Facts (HC) 11:00 Card Club (AS,HC) 1:30 Manicures (AS,HC) 3:15 Bible Study w/ Catherine (HC)	Farmer Appreciation Day 6 10:00 Morning Exercise (AS,HC) 10:30 Arts & Crafts: Painting Farm Scenes (AS,HC) 11:00 Small Group Aromatherapy & Hand Massage (AS,HC) 2:15 Bingo (AS) 3:30 Hydration Cart (AS,HC,RW)
Sisters Day 7 10:00 Morning Exercise (AS,HC) 10:30 Spiritual Puzzle (AS,HC) 11:00 Famous Sisters & Quotes (AS,HC) 2:00 Plainfield Christian Church Service (AL) 3:30 Hydration Cart (AS,HC,RW)	Afternoon Tea Day 8 9:45 Morning Exercise (AS,HC) 10:30 Wheel of Fortune Whiteboard (AS,HC) 11:00 Writing Letters to Pen Pal Residents (AS,HC) 1:30 Manicures (AS,HC) 3:00 Sweet Tea Porch Sippin’ (AS,HC)	Elvis Day 9 9:45 Morning Exercise (AS,HC) 10:30 Baking Club: Peanut Butter, Banana, & Bacon Sandwiches! (AS,HC) 11:00 Small Group Elvis Puzzles & Singalong (AS,HC) 2:15 Bingo (AS,HC) 3:30 Snack & Chat (AS,HC) 5:30 Kings in The Corner (AS,HC)	Paul Bunyan Day 10 9:30 Trip to Walmart **Must Sign Up Prior** 10:00 Game Shows on TV 2:00 Independent Leisure Cart (AS,HC,RW) 3:00 Axe Throwing Competition (AS)	Play in The Sand Day 11 9:45 Morning Exercise (AS,HC) 10:30 Book Club w/ Roz (HC) 10:30 Story Time (AS) 11:00 Small Group Kinetic Sand Sensory (AS,HC) 2:15 Bingo (AS,HC) 3:30 Snack & Chat (AS,HC) 5:30 Mindful Coloring (AS,HC)	Middle Child Day 12 9:45 Morning Exercise (AS,HC) 10:30 Men’s Group: Guys Can Color, Too! & Puzzles (AS) 10:30 Middle Child Discussion (AS,HC) 11:00 Card Club (AS,HC) 1:30 Manicures (AS,HC) 3:15 Bible Study w/ Catherine (HC)	Bowling Day 13 10:00 Music with Don White (HC) 11:30 Small Group Table Bowling (HC) 2:15 Bingo (HC) 3:30 Hydration Cart (AS,HC,RW)
Wiffle Ball Day 14 10:00 Morning Exercise (HC) 10:30 Scripture & Song: Creation Discussion (HC) 11:00 Table Ball Toss (HC) 2:00 Plainfield Christian Church Service (AL) 3:30 Hydration Cart (AS,HC,RW)	French Cooking Day 15 9:45 Morning Exercise (AS,HC) 10:30 Manicures (AS,HC) 11:00 Card Club (AS,HC) 1:30 Movie & Popcorn “Julie & Julia” (PT) 3:00 Popcorn Cart (AS,HC,RW) 3:30 Corn Hole (AS,HC)	National Tell a Joke Day 16 10:00 Music with Steve Elston (AS) 11:30 Small Group Funny Jokes & Stories (AS,HC) 2:15 Bingo (AS,HC) 3:30 Painting Piggy Banks (AS,HC) 5:30 Kings in The Corner (AS,HC)	Vacation Memories Day 17 9:45 Morning Exercise (AS,HC) 10:30 Lunch at Stacks **Must Sign Up Prior** 11:00 Game Shows on TV 2:00 Independent Leisure Cart (AS,HC,RW) 3:00 Road Trip Junk Drawer Detective (AS,HC)	Keep You Cool Day 18 9:45 Morning Exercise (AS,HC) 10:30 Book Club w/ Roz (HC) 10:30 Story Time (AS) 11:00 Small Group Sunglasses Styles & History (AS,HC) 2:15 Cool Summer Special Bingo (AS,HC) 3:30 Snack & Chat (AS,HC) 5:30 Mindful Coloring (AS,HC)	Grooming Day 19 9:45 Morning Exercise (AS,HC) 10:30 Men’s Group: Burma Shave & Men’s Haircuts History (AS) 10:30 Roll & Bowl Game (HC) 11:00 Card Club (AS,HC) 1:30 Manicures (AS,HC) 3:15 Bible Study w/ Catherine (HC)	Honey Bee Day 20 10:00 Morning Exercise (AS,HC) 10:30 Arts & Crafts: Paper Plate Bees (AS,HC) 11:00 Small Group Therapeutic Music & Sorting (AS,HC) 2:15 Bingo (AS) 3:30 Hydration Cart (AS,HC,RW)
Hawaii Day 21 10:00 Morning Exercise (AS,HC) 10:30 Spiritual Adult Coloring (AS,HC) 11:00 Pina Coladas & Hawaiian Myths & Legends (AS,HC) 2:00 United Methodist Church Service (AL) 3:30 Hydration Cart (AS,HC,RW)	Sunflower Day 22 9:45 Morning Exercise (AS,HC) 10:30 Be Kind Sunflower Craft (AS,HC) 11:00 Card Club (AS,HC) 1:30 Manicures (AS,HC) 3:00 Summer Porch Sippin’ (AS,HC)	Corn Day 23 9:45 Morning Exercise (AS,HC) 10:30 Baking Club: Mini Corn Dogs (AS,HC) 11:00 Small Group Taste & EZ Trivia (AS,HC) 2:15 Bingo (AS,HC) 3:30 Snack & Chat (AS,HC) 5:30 Kings in The Corner (AS,HC)	Potato Chip Day 24 9:45 Morning Exercise (AS,HC) 10:30 Lunch Orders: Steak n’ Shake **Must Sign Up Prior** 2:00 “Biscuits and Gravy Band” Jay Arnold & Morris Mott (AL) 3:30 Independent Leisure & Chips Cart (AS,HC,RW)	Wizard of Oz Day 25 9:45 Morning Exercise (AS,HC) 10:30 Book Club w/ Roz (HC) 10:30 Story Time (AS) 11:00 Small Group Wizard of Oz Fun Facts & Snacks (AS,HC) 2:15 Bingo (AS,HC) 3:30 Snack & Chat (AS,HC) 5:30 Mindful Coloring (AS,HC)	Cherry Popsicle Day 26 9:45 Morning Exercise (AS,HC) 10:30 Men’s Group: Popsicles & Politics (AS) 10:30 Wheel of Fortune Whiteboard (HC) 11:00 Card Club (AS,HC) 1:30 Manicures (AS,HC) 3:15 Bible Study w/ Catherine (HC)	Banana Lovers Day 27 10:00 Morning Exercise (HC) 10:30 Arts & Crafts: Banana Chocolate Chip Muffins (HC) 11:00 Small Group Aromatherapy & Hand Massage (HC) 2:15 Bingo (HC) 3:30 Hydration Cart (AS,HC,RW)
Feast of Saint Augustine 28 10:00 Morning Exercise (HC) 10:30 Gospel Sing-along (HC) 11:00 Wooden Cross Painting (HC) 2:00 Plainfield Christian Church Service (AL) 3:30 Hydration Cart (AS,HC,RW)	Pink Day 29 9:45 Morning Exercise (AS,HC) 10:30 Manicures (AS,HC) 11:00 Card Club (AS,HC) 1:30 Movie & Popcorn “The Pink Panther” (PT) 3:00 Popcorn Cart (AS,HC,RW) 3:30 Table Ball Toss (AS,HC)	Beach Day 30 9:45 Morning Exercise (AS,HC) 10:30 Arts & Crafts: Beach Sun Catchers (AS,HC) 11:00 Small Group Beach Boys Music & Beach Ball Toss (AS,HC) 2:15 Bingo (AS,HC) 3:30 Puzzles & Pondering (AS,HC) 5:30 Kings in The Corner (AS,HC)	Princess Diana Day 31 9:45 Morning Exercise (AS,HC) 10:30 Who Am I? Cookies & Tea (AS,HC) 2:00 Music with Nathan Dillon (HC) 3:30 Independent Leisure Cart (AS,HC,RW)	<div> <div>Ambassador Square & Heritage Court</div> <div>August 2022</div> <div>1925 Reeves Rd Plainfield, IN 46168</div> <div>317.838.7070 cumberlandtrace.us</div> </div>		

All activities are subject to change. Outings may be cancelled due to weather. Must sign up prior with activity staff to ensure funds. Locations of activities may vary.