

# Recreation Activities - August 2026

| Sunday                                         |          | Monday                                                                                                                                                                        |                             | Tuesday                                                                                                                                                                   |                                       | Wednesday                                                                                                                                                                                                 |                                     | Thursday                                                                                                                                     |                                          | Friday                                                   |                | Saturday                                               |                |
|------------------------------------------------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|----------------------------------------------------------|----------------|--------------------------------------------------------|----------------|
|                                                |          |                                                                                                                                                                               |                             |                                                                                                                                                                           |                                       |                                                                                                                                                                                                           |                                     |                                                                                                                                              |                                          |                                                          |                | 1                                                      |                |
|                                                |          | AC – Artist Colony<br>BF – Ball Field<br>CC – Community Center<br>CCL – Community Center Lobby<br>CL – Computer Lab<br>CR – Club Room<br>CS – Ceramics Studio<br>CT – Canteen |                             | DH – Dining Hall<br>DI – Defenders’ Inn<br>GR – Game Room<br>HOH – Hall of Honor<br>L – Library<br>LR – Living Room<br>MR – Meditation Room<br>MS – Memory Support        |                                       | PR – Promenade<br>RC – Rose Chapel<br>RT– Recreation Therapy<br>SHBY – Sheridan Back Yd.<br>SC – Stanley Chapel<br>TH – Theater<br>SCL – Sheridan Computer Lab<br>2SL – 2 <sup>nd</sup> Floor Scott Lobby |                                     |                                                                                                                                              |                                          |                                                          |                | 1000 Veterans Yoga Project<br>1300Bingo<br>1600 Social | SC<br>CC<br>DI |
|                                                | 2        |                                                                                                                                                                               | 3                           |                                                                                                                                                                           | 4                                     |                                                                                                                                                                                                           | 5                                   |                                                                                                                                              | 6                                        |                                                          | 7              |                                                        | 8              |
| 0900 Catholic Mass<br>0900 Protestant Services | RC<br>TH | 0900 Catholic Mass<br>0930 Spanish Summer Camp<br>1100 Qi Gong<br>1130 Popcorn                                                                                                | RC<br>GR<br>GR<br>CCL       | 0900 Catholic Mass<br>0900 Trip Meeting<br><b>1330 WETA Screening &amp; Reception “The American Revolution Military History”</b><br>1500 Bible Study<br>1800 Saloon Night | RC<br>TH<br><b>CC</b><br><br>MR<br>DI | 0900 Catholic Mass<br>0930 RT YMCA Boot Camp<br>1030 RT Smoothie Time<br>1100 Qi Gong                                                                                                                     | MR<br>2SL<br>2SL<br>GR              | 0900 Catholic Mass<br>1330 Movie Selection Mtg.<br>1330 Rummikub Challenge<br><b>1830 Nam Night Bingo Social</b><br>1830 Women’s Bible Study | RC<br>GR<br>CT<br><b>CC</b><br>LR        | 1100 Qi Gong<br>1500 Christian Fellowship                | GR<br>GR       | 1000 MOC Social<br>1300 Bingo<br>1600 Social           | DI<br>CC<br>DI |
|                                                | 9        |                                                                                                                                                                               | 10                          |                                                                                                                                                                           | 11                                    |                                                                                                                                                                                                           | 12                                  |                                                                                                                                              | 13                                       |                                                          | 14             |                                                        | 15             |
| 0900 Catholic Mass<br>0900 Protestant Services | RC<br>TH | 0900 Catholic Mass<br>0930 Spanish Summer Camp<br>1100 Qi Gong<br>1130 Popcorn                                                                                                | RC<br>GR<br>GR<br>CCL       | 0900 Catholic Mass<br>0900 Dining Committee Mtg.<br>1000 Custodial Meeting<br>1100 Technology Hour<br>1500 Bible Study                                                    | RC<br>GR<br>GR<br>SCL<br>MR           | 0900 Catholic Mass<br>0930 RT YMCA Boot Camp<br>1100 Qi Gong<br>1500 Chat with the Chief                                                                                                                  | MR<br>2SL<br>GR<br>TH               | 0900 Catholic Mass<br>1000 PALS Visit<br>1330 Rummikub Challenge<br>1830 Women’s Bible Study                                                 | RC<br>CCL<br>CT<br>GR<br>LR              | 1000 RT Art<br>1100 Qi Gong<br>1500 Christian Fellowship | CC<br>GR<br>GR | 1300 Bingo<br>1600 Social                              | CC<br>DI       |
|                                                | 16       |                                                                                                                                                                               | 17                          |                                                                                                                                                                           | 18                                    |                                                                                                                                                                                                           | 19                                  |                                                                                                                                              | 20                                       |                                                          | 21             |                                                        | 22             |
| 0900 Catholic Mass<br>0900 Protestant Services | RC<br>TH | 0900 Catholic Mass<br>0930 Spanish Summer Camp<br>1030 RT Bingo<br>1100 Qi Gong<br>1130 Popcorn                                                                               | RC<br>GR<br>CC<br>GR<br>CCL | 0900 Catholic Mass.<br><b>1130 Birthday Luncheon</b><br>1500 Bible Study                                                                                                  | RC<br><b>DH</b><br>MR                 | 0900 Catholic Mass<br>0900 Open RAC<br>0930 RT YMCA Boot Camp<br>1100 Qi Gong                                                                                                                             | MR<br>CC<br>2SL<br>GR               | 0900 Catholic Mass<br>1330 Rummikub Challenge<br>1400 American Legion Mtg.<br>1830 Women’s Bible Study                                       | RC<br>CC<br>CT<br>GR<br>LR               | 1100 Qi Gong<br>1500 Christian Fellowship                | GR<br>GR       | 1300 Bingo<br>1600 Social                              | CC<br>DI       |
|                                                | 23       |                                                                                                                                                                               | 24                          |                                                                                                                                                                           | 25                                    |                                                                                                                                                                                                           | 26                                  |                                                                                                                                              | 27                                       |                                                          | 28             |                                                        | 29             |
| 0900 Catholic Mass<br>0900 Protestant Services | RC<br>TH | 0900 Catholic Mass<br>0930 Spanish Summer Camp<br>1100 Qi Gong<br>1130 Popcorn                                                                                                | RC<br>GR<br>GR<br>CCL       | 0900 Catholic Mass<br><b>1230 Ice Cream Social</b><br>1330 Literary Hour<br>1500 Bible Study                                                                              | RC<br><b>CCL</b><br>GR<br>MR          | 0900 Catholic Mass<br>0930 RT YMCA Boot Camp<br>1030 RT Smoothie Time<br><b>1000 Resident Memorial</b><br>1100 Qi Gong                                                                                    | MR<br>2SL<br>2SL<br><b>CC</b><br>GR | 0900 Catholic Mass<br><b>0900 Town Hall</b><br><b>1300 Casino Royale</b><br>1330 Rummikub Challenge<br>1830 Women’s Bible Study              | RC<br><b>CC</b><br><b>CC</b><br>CT<br>LR | 1100 Qi Gong<br>1500 Christian Fellowship                | GR<br>GR       | 1300 Bingo<br>1600 Social                              | CC<br>DI       |
|                                                | 30       |                                                                                                                                                                               | 31                          |                                                                                                                                                                           |                                       |                                                                                                                                                                                                           |                                     |                                                                                                                                              |                                          |                                                          |                |                                                        |                |
| 0900 Catholic Mass<br>0900 Protestant Services | RC<br>TH | 0900 Catholic Mass<br>0930 Spanish Summer Camp<br>1100 Qi Gong<br>1130 Popcorn                                                                                                | RC<br>GR<br>GR<br>CCL       |                                                                                                                                                                           |                                       |                                                                                                                                                                                                           |                                     |                                                                                                                                              |                                          |                                                          |                |                                                        |                |

| Bus Trips for August 2026 |    |                                                                                     |    |         |    |                                                  |    |          |    |                                                      |    |          |    |
|---------------------------|----|-------------------------------------------------------------------------------------|----|---------|----|--------------------------------------------------|----|----------|----|------------------------------------------------------|----|----------|----|
| Sunday                    |    | Monday                                                                              |    | Tuesday |    | Wednesday                                        |    | Thursday |    | Friday                                               |    | Saturday |    |
|                           |    |                                                                                     |    |         |    |                                                  |    |          |    |                                                      |    |          | 1  |
|                           |    |                                                                                     |    |         |    |                                                  |    |          |    |                                                      |    |          |    |
|                           | 2  |                                                                                     | 3  |         | 4  | Sign up begins: 7/29                             | 5  |          | 6  |                                                      | 7  |          | 8  |
|                           |    |                                                                                     |    |         |    | Ikea/Chantilly<br>DPT: 1000<br>RTN: 1430         |    |          |    |                                                      |    |          |    |
|                           | 9  |                                                                                     | 10 |         | 11 | Sign up begins: 8/5                              | 12 |          | 13 |                                                      | 14 |          | 15 |
|                           |    |                                                                                     |    |         |    | Walmart/Bob Evans<br>DPT: 1000<br>RTN: 1300      |    |          |    |                                                      |    |          |    |
|                           | 16 |                                                                                     | 17 |         | 18 | Sign up begins: 8/12                             | 19 |          | 20 | RT Trip                                              |    | 21       | 22 |
|                           |    |                                                                                     |    |         |    | Bolling Air Force Base<br>DPT: 1000<br>RTN: 1300 |    |          |    | Olive Garden<br>Restaurant<br>DPT: 1100<br>RTN: 1330 |    |          |    |
| 23                        | 30 | 24                                                                                  | 31 |         | 25 | Sign up begins: 8/19                             | 26 |          | 27 |                                                      | 28 |          | 29 |
|                           |    | RT Trip<br>August 31 <sup>st</sup><br>Walmart/Arundel Mills<br>DPT:1000<br>RTN:1430 |    |         |    | Smithsonian<br>Castle<br>DPT: 1000<br>RTN: 1400  |    |          |    |                                                      |    |          |    |