

LTC/ MSU/ AL Recreation Activities - August 2026

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
													1
		AC – Artist Colony BF – Ball Field CC – Community Center CCL – Community Center Lobby CL – Computer Lab CR – Club Room CS – Ceramics Studio CT – Canteen		DH – Dining Hall DI – Defenders’ Inn GR – Game Room HOH – Hall of Honor L – Library LR – Living Room MR – Meditation Room MS – Memory Support		PR – Promenade RC – Rose Chapel RT– Recreation Therapy SHBY – Sheridan Back Yd. SC – Stanley Chapel TH – Theater SCL – Sheridan Computer Lab 2SL – 2 nd Floor Scott Lobby						1000 Veterans Yoga Project 1300Bingo 1600 Social	SC CC DI
	2		3		4		5		6		7		8
0900 Catholic Mass 0900 Protestant Services	RC TH	0900 Catholic Mass 0930 Spanish Summer Camp 1100 Qi Gong 1130 Popcorn	RC GR GR CCL	0900 Catholic Mass 0900 Trip Meeting 1000 Think Tank 1330 WETA Screening & Reception “The American Revolution Military History” 1500 Bible Study 1800 Saloon Night	RC TH 2SL CC MR DI	0900 Catholic Mass 0930 RT YMCA Boot Camp 1030 Smoothie Time 1100 Qi Gong	MR 2SL 2SL GR	0730 News Brief 0900 Catholic Mass. 1000 Think Tank 1030 Table Top Sports 1330 Movie Selection Mtg. 1330 Rummikub Challenge 1830 Nam Knight Bingo Social 1830 Women’s Bible Study	3S RC 3SH 3S GR CT CC LR	1100 Qi Gong 1500 Christian Fellowship	GR GR	1000 MOC Social 1000 Spiritual Engagement 1300 Bingo 1600 Social	DI 2SL CC DI
	9		10		11		12		13		14		15
0900 Catholic Mass 0900 Protestant Services	RC TH	0900 Catholic Mass 0930 Spanish Summer Camp 1100 Qi Gong 1130 Popcorn	RC GR GR CCL	0900 Catholic Mass. 0900 Dining Committee Mtg. 1000 Custodial Meeting 1000 Think Tank 1100 Technology Hour 1500 Bible Study	RC GR GR 2SL SCL MR	0900 Catholic Mass 0930 RT YMCA Boot Camp 1100 Qi Gong 1500 Chat with the Chief	MR 2SL GR TH	0730 News Brief 0900 Catholic Mass 0930 Sing Along 1000 Think Tank 1000 PALS Visit 1230 Activity Roving Cart 1330 Rummikub Challenge 1830 Women’s Bible Study	3SH RC 3S 3SH CCL 2S GR LR	1000 RT Art 1100 Qi Gong 1330 RT Garden 1400 Popcorn & Social 1500 Christian Fellowship	CC GR 2SL 3S GR	1300Bingo 1600 Social	CC DI
	16		17		18		19		20	RT Trip		21	22
0900 Catholic Mass 0900 Protestant Services	RC TH	0730 Morning Trivia! 0900 Catholic Mass 0930 Spanish Summer Camp 1030 RT Bingo 1100 Qi Gong 1130 Popcorn 1330 Ring Toss	3S RC GR CC GR CCL 3S	0900 Catholic Mass. 1000 Think Tank 1130 Birthday Luncheon 1500 Bible Study	RC 2SL DH MR	0900 Catholic Mass 0900 Open RAC 0900 Sing Along 0930 RT YMCA Boot Camp 1030 Trivia! 1100 Qi Gong	MR CC 2SL 2SL 2SL GR	0730 News Brief 0900 Catholic Mass 1000 Name that Logo 1000 Think Tank 1030 Balloon Volleyball 1330 Rummikub Challenge 1400 American Legion Mtg. 1830 Women’s Bible Study	2S RC 3S 3SH 3S CT GR LR	0930 Sit & Stretch 1100 Qi Gong 1500 Christian Fellowship	CC GR GR	1000 Spiritual Engagement 1300Bingo 1600 Social	2SL CC DI
23	30	24	31		25		26		27		28		29
0900 Catholic Mass 0900 Protestant Services	RC TH	0900 Catholic Mass 0930 Spanish Summer Camp 1100 Qi Gong 1130 Popcorn Aug. 31st RT Trip	RC GR GR CCL	0900 Catholic Mass 1000 Think Tank 1230 Ice Cream Social 1330 Literary Hour 1500 Bible Study	RC 2SL CCL GR MR	0730 Morning Trivia! 0900 Catholic Mass 0930 RT YMCA Boot Camp 1030 Smoothie Time 1000 Resident Memorial 1100 Qi Gong	3SH MR 2SL 2SL CC GR	0900 Catholic Mass 0900 Town Hall 1000 Think Tank 1300 Casino Royale 1330 Rummikub Challenge 1830 Women’s Bible Study	RC CC 3SH CC CT LR	0730 Morning Trivia! 1100 Qi Gong 1330 Popcorn & Movie 1500 Christian Fellowship	3SH GR 3SH GR	1300Bingo 1600 Social	CC DI

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 DPT: 1000 RTN: 1430							
	9		10		11	Sign up begins: 8/5	12		13		14		15
						Walmart/Bob Evans DPT: 1000 RTN: 1300							
	16		17		18	Sign up begins: 8/12	19		20	RT Trip		21	22
						Bolling Air Force Base DPT: 1000 RTN: 1300				Olive Garden Restaurant DPT: 1100 RTN: 1330			
23	30	24	31		25	Sign up begins: 8/19	26		27		28		29
		RT Trip August 31 st Walmart/Arundel Mills DPT:1000 RTN:1430				Smithsonian Castle DPT: 1000 RTN: 1400							