

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026

Seabury Woods Assisted Living

August 2026 Seabury Woods Assisted Living												10:30 Art for the Young at Heart w/Terese -CH* 1-4pm Take it or Leave it- Resident Gently Used Item Exchange w/Dorothy, Doris & Shirley -PDR 2pm Java Music w/Nancy –CH* 3pm Open Games w/Residents -AC	
Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* 1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC* 2:30 Read Aloud w/David -PDR	2	10am Communion (Catholic) w/Martha -CH* 10:30 MITE/Exercise w/Becky -CH* 1:30 Chair Yoga w/Katie -COE* 1:30 Scrabble w/Kristen -AC 3:30 Bible Study w/Nancy -CH 6pm Movie Night: The Notebook w/Robin-CH	3	9am Walking Group (weather permitting) w/Kristen -LB 11am Piggy Bankers w/Kristen -CH 1:30 Tabletop Bowling w/Kristen-CH 2:45 Rummikub w/Kristen -AC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB	4	10:30 MITE/Exercise w/Kristen -CH* 1:30 Mexican Dominoes w/Kristen -AC 3:15 Music w/Joe Miltch -MC 5:30 Bingo w/Michele -MC	5	9am Walking Group (weather permitting) w/Kristen -LB 10:30 Wheel of Fortune w/Kristen -CH 1:30 Manicures w/Kristen -AC 2:30 Resident Choice Games w/Kristen -AC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB	6	10:30 MITE/Exercise w/Kristen -CH* 1pm Hochstein Music Therapy w/Cassie -MC 1:15 Worship Service w/Pastor Eric -CH 2:15 Bingo w/Kristen & Becky -DR* 3:30 Happy Hour w/Kristen & Becky -LB*	7	10:30 Art for the Young at Heart w/Terese -CH* 2pm Java Music w/Nancy –CH* 3pm Open Games w/Residents -AC	8
Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* 1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC* 2:30 Read Aloud w/David -PDR	9	10am Communion (Catholic) w/Martha -CH* 10:30 MITE/Exercise w/Kristen -CH* 1:30 Chair Yoga w/Katie -COE* 3:30 Bible Study w/Nancy -CH 6pm Movie Night: Message in a Bottle w/Robin-CH	10	9am Walking Group (weather permitting) w/Kristen -LB 11am Travelogue: Exploring the Everglades w/Kristen -CH 1pm Patio Home Mtg w/Staff -CH 1:30 Craft Corner w/Kristin -AC 2:45 Rummikub w/Kristen -AC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB	11	10:30 MITE/Exercise w/Becky -CH* 1:30 Jeopardy w/Becky -CH 3:15 Music w/Hilton -MC 5:30 Bingo w/Michele -MC	12	9am Walking Group (weather permitting) w/Kristen -LB 10:30 Drumming w/Becky -CH* 1pm Volunteer Recognition Celebration w/Shelby -CH 2:30 Resident Choice Games w/Kristen -AC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB	13	10:30 MITE/Exercise w/Kristen -CH* 1pm Hochstein Music Therapy w/Cassie -MC 1:15 Worship Service w/Pastor Eric -CH 2:15 Bingo w/Kristen & Becky -DR* 3:30 Happy Hour w/Kristen & Becky -LB*	14	10:30 Art for the Young at Heart w/Terese -CH* 2pm Java Music w/Nancy –CH* 3pm Open Games w/Residents -AC	15
Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* 2:30 Read Aloud w/David -PDR	16	10am Communion (Catholic) w/Martha -CH* 10:30 Scrabble w/Kristen -AC 1:30 Chair Yoga w/Katie -COE* 2:30 Food Meeting w/AJ -DR 3:30 Bible Study w/Nancy -AC 6pm Movie Night: A Walk to Remember w/Robin-CH	17	9am Walking Group (weather permitting) w/Kristen -LB 11am Out to Lunch w/Rec Staff -Meet in Lobby 3pm Rummikub w/Kristen -AC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB 8pm Virtual Meditation w/Katie (On Zoom)	18	10:30 MITE/Exercise w/Becky -CH* 1:30 Family Feud w/Becky -CH 2:45 Resident Choice Games w/Kristen -AC 5:30 Bingo w/Michele -MC	19	9am Walking Group (weather permitting) w/Becky -LB 10:30 Drumming w/Becky -CH* 10:45 Bagpipes w/Karen -MC 1:30 Manicures w/Kristen 3:15 Music w/Steve P -MC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB	20	10:30 MITE/Exercise w/Kristen -CH* 1pm Hochstein Music Therapy w/Cassie -MC 1:15 Worship Service w/Patti -CH 2:15 Bingo w/Kristen & Becky -DR* 3:30 Happy Hour w/Kristen & Becky -LB*	21	10:30 Art for the Young at Heart w/Terese -CH* 2pm Java Music w/Nancy –CH* 3pm Open Games w/Residents -AC	22
Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* 1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC* 2:30 Read Aloud w/David -PDR	23	10am Communion (Catholic) w/Martha -CH* 10:30 Drumming w/Becky -AC 1:30 Chair Yoga w/Katie -COE* (meet in LB at 1:15) 3:30 Scrabble w/Becky -AC 6pm Movie Night: Nights in Rodanthe w/Robin-CH	24	9am Walking Group (weather permitting) w/Kristen -LB 11am Trivia w/Kristen -CH 1:15- Resident Council Mtg w/Staff (for all AL Residents) -CH 2:30 Rummikub w/Kristen -AC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB 8pm Virtual Meditation w/Katie	25	10:30 MITE/Exercise w/Kristen -CH* 2:30 August Birthday Party w/Rec Staff -DR 3:15 Music w/Jeff Elliott -MC 5:30 Bingo w/Michele -MC	26	9am Walking Group (weather permitting) w/Kristen -LB 10:30 Drumming w/Becky -CH* 1:30 Manicures w/Kristen -AC 2:30 Resident Choice Games w/Kristen -AC 4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB	27	10:30 MITE/Exercise w/Kristen -CH* 1:15 Worship Service w/Hilary -CH 2:15 Bingo w/Kristen & Becky -DR* 3:30 Happy Hour w/Kristen & Becky -LB*	28	10:30 Art for the Young at Heart w/Terese -CH* 1-4pm Board Games w/SUNY Brockport Students -AC & CH	29
Enjoy a visit with friends and family. 1pm Euchre Pick Up Game – AC* 2:30 Read Aloud w/David -PDR	30	10am Communion (Catholic) w/Martha -CH* 10:30 MITE/Exercise w/Becky -CH* 1:30 Chair Yoga w/Katie -COE* 1:30 Scrabble w/Kristen -CH 3:30 Bible Study w/Nancy -CH 6pm Movie Night: Return of the Pink Panther w/Robin-CH	31	Seabury Woods calendar is subject to change please see the daily activity sheet for the most up to date information.									

Questions? Contact Becky 426-4950. AC=Activity Center, CH=Chapel, COE=Church of the Epiphany, DR=Dining Room, LB=Lobby, MC=Memory Care, PDR=Private Dining Room

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2026

Seabury Woods Memory Care

August 2026 Seabury Woods Memory Care												10:30 Chronicle, Good News & Just for Laughs w/Nancy 10:45 Stretch & Laugh out Loud w/Nancy 1pm Strange but True Facts w/Nancy 2pm Saturday Afternoon at the Movies & a Snack w/RCA's	1
Enjoy a visit with friends and family. 10:30 Morning Fun w/ Staff 1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC* 2pm Afternoon Movie w/ Staff	2	10:30 Communion w/Martha 10:45 Chronicle, Good News & Just for Laughs w/Kristen 11am Watermelon Craft w/Kristen 1pm Afternoon Walk w/Nancy 1:15 Baking w/Nancy 2:30 Snack & Chat w/Nancy 2:45 EZ Yahtzee w/Nancy 3:30 Drumming w/Becky	3	10:30 Chronicle w/Michele 10:45 Exercise w/Michele 11:15 Morning Walk w/Michele 1pm Scrabble & Folding w/Michele 1:45 Building & Connecting w/Michele 2:30 Snack & Chat w/Michele 3pm Dominoes w/Michele 3:45 Twenty Questions w/Michele 5:15 The Match Game w/Michele	4	10:30 Chronicle w/Michele 10:45 Morning Exercise w/Michele 1pm Parachute Fun w/Michele 2pm Adult Coloring w/Michele 2:30 Snack & Chat w/Michele 2:45 True or False w/Michele 3:15 Music w/Joe Miltch 5:30 Bingo w/Michele	5	10:30 Chronicle w/Nancy 10:45 Morning Exercise w/Nancy 1pm Afternoon Walk w/Nancy 1:15 Bible Study w/Nancy 2:15 Snack & Chat w/Nancy 2:30 Manicures w/Nancy 3:30 Famous Quotes w/Nancy 5:15 August Highlights w/Nancy	6	10:30 Chronicle w/Nancy 10:45 Morning Exercise w/Nancy 1pm Hochstein Music Therapy w/Cassie 2pm Worship Service w/Patti 3pm Happy Hour Snack & Chat w/Nancy 3:30 What's your Chocolate Preference? w/Nancy	7	10:30 Chronicle, Good News & Just for Laughs w/Nancy 10:45 Stretch & Laugh out Loud w/Nancy 1pm Funny Riddles w/Nancy 2pm Saturday Afternoon at the Movies & a Snack w/RCA's	8
Enjoy a visit with friends and family. 10:30 Morning Fun w/ Staff 1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC* 2pm Afternoon Movie w/ Staff	9	10:30 Communion w/Martha 10:45 Chronicle w/Nancy 11am Morning Exercise w/Nancy 1pm Afternoon Walk w/Nancy 1:15 Baking w/Nancy 2:30 Snack & Chat w/Nancy 2:45 EZ Yahtzee w/Nancy 3:30 Would you Rather Game w/Kristen	10	10:30 Chronicle w/Michele 10:45 Exercise w/Michele 11:15 Morning Walk w/Michele 1pm Choice Games w/Michele 1:45 Computer Fun w/Michele 2:30 Snack & Chat w/Michele 3pm Sing A Long w/Michele 3:45 Seabury's Got Talent w/Michele 5:15 Dominoes w/Michele	11	10:30 Chronicle w/Kristen 10:45 Ring Toss w/Kristen 1pm Yahtzee w/Kristen 2pm Adult Coloring w/Michele 2:30 Snack & Chat w/Michele 2:45 Fun with Numbers w/Michele 3:15 Music w/Hilton 5:30 Bingo w/Michele	12	10:30 Chronicle w/Kristen 10:45 Morning Exercise w/Kristen 1pm Afternoon Walk w/Nancy 1:15 Bible Stories w/Nancy 2:15 Snack & Chat w/Nancy 2:30 Craft Corner w/Nancy 3:30 Ball Toss w/Nancy 5:15 Balloon Burst w/Nancy	13	10:30 Chronicle w/Nancy 10:45 Morning Exercise w/Nancy 1pm Hochstein Music Therapy w/Cassie 2pm Worship Service w/Pastor Eric 3pm Happy Hour Snack & Chat w/Nancy 3:30 August Trivia w/Nancy	14	10:30 Chronicle, Good News & Just for Laughs w/Nancy 10:45 Stretch & Laugh out Loud w/Nancy 1pm In my Opinion w/Nancy 2pm Saturday Afternoon at the Movies & a Snack w/RCA's	15
Enjoy a visit with friends and family. 10:30 Morning Fun w/ Staff 2pm Afternoon Movie w/ Staff	16	10:30 Communion w/Martha 10:45 Chronicle w/Nancy 11am Moring Exercise w/Nancy 1pm Afternoon Walk w/Nancy 1:15 Manicures w/Nancy 2:30 Snack & Chat w/Nancy 2:45 Comedy Time w/Nancy 3:30 Trivia w/Kristen	17	10:30 Chronicle w/Michele 10:45 Chair Dance w/Michele 11am Out to Lunch w/Rec Staff 1pm Matinee Movie w/Staff 2:45 Snack & Chat w/Michele 3pm Yahtzee w/Michele 3:45 Jingo w/Michele 5:15 Cat Animation w/Michele	18	10:30 Chronicle w/Kristen 10:45 Morning Exercise w/Kristen 1pm Adult Coloring w/Kristen 2pm Fruits & Veggies w/Michele 2:30 Snack & Chat w/Michele 2:45 Twenty Questions w/Michele 3:15 Bean Bag Toss w/Michele 5:30 Bingo w/Michele	19	10:30 Chronicle, Good News & Just for Laughs w/Kristen 10:45 Bagpipes w/Karen -MC 1pm Bible Study w/Nancy 2pm Balloon Volleyball w/Nancy 3pm Snack & Chat w/Nancy 3:15 Music w/Steve P -MC 5:15 Computer Games w/Nancy	20	10:30 Chronicle w/Nancy 10:45 Morning Exercise w/Nancy 1pm Hochstein Music Therapy w/Cassie 2pm Worship Service w/Patti 3pm Happy Hour Snack & Chat w/Nancy 3:30 Power of Friendship w/Nancy	21	10:30 Chronicle, Good News & Just for Laughs w/Nancy 10:45 Stretch & Laugh out Loud w/Nancy 1pm Relaxation Techniques w/Nancy 2pm Saturday Afternoon at the Movies & a Snack w/RCA's	22
Enjoy a visit with friends and family. 10:30 Morning Fun w/ Staff 1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC* 2pm Afternoon Movie w/ Staff	23	10:30 Communion w/Martha 10:45 Chronicle w/Michele 11am Yoga & Walk w/Michele 1pm Scrabble & Building w/Michele 1:45 Tabletop Bowling w/Michele 2:30 Snack & Chat w/Michele 2:45 Instruments w/Michele 3:15 Riddles & More w/Michele	24	10:30 Chronicle w/Michele 10:45 Exercise& Walk w/Michele 1pm Scrabble & Folding w/Michele 1:45 Building & Connecting w/Michele 2:30 Snack & Chat w/Michele 3pm Dominoes w/Michele 3:45 Twenty Questions w/Michele 5:15 The Match Game w/Michele	25	10am Art Class w/Dianna 11am Morning Exercise w/Michele 1pm Afternoon Walk w/Michele 1:15 Word Games w/Michele 2:30 August Birthday Party w/Rec Staff -DR 3:15 Music w/Jeff Elliott 5:30 Bingo w/Michele	26	10:30 Chronicle w/Kristen 10:45 Morning Exercise w/Kristen 1pm Afternoon Walk w/Nancy 1:15 Bible Study w/Nancy 2:15 Snack & Chat w/Nancy 2:30 Craft Corner w/Nancy 3:30 Name that Tune w/Nancy 5:15 Word Games w/Nancy	27	10:30 Chronicle, Good News & Just for Laughs w/Nancy 10:45 Morning Exercise w/Nancy 1pm Manicures w/Nancy 2pm Worship Service w/Hilary 3pm Happy Hour Snack & Chat w/Nancy 3:30 Dice Game w/Nancy	28	10:30 Chronicle, Good News & Just for Laughs w/Nancy 10:45 Stretch & Laugh out Loud w/Nancy 1pm Did you Know? w/Nancy 2pm Saturday Afternoon at the Movies & a Snack w/RCA's	29
Enjoy a visit with friends and family. 10:30 Morning Fun w/ Staff 2pm Afternoon Movie w/ Staff	30	10:30 Communion w/Martha 10:45 Chronicle w/Kristen 11am Morning Exercise w/Kristen 1pm Afternoon Walk w/Nancy 1:15 Baking w/Nancy 2:30 Snack & Chat w/Nancy 2:45 EZ Yahtzee w/Nancy 3:30 Drumming w/Becky	31	Seabury Woods calendar is subject to change please see the daily activity sheet for the most up to date information.									

Questions? Contact Becky 426-4950. All activities take place in Memory Care unless otherwise noted.