

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2025

Birkwood Village of Fort Madison Memory Care

August 2025 Birkwood Village of Fort Madison Memory Care				1 Morning -Sit & Fit Exercise -Bible Study w/ Katie Afternoon -Cardio Drumming -Junk Drawer Detective	2 Morning Exercise Video Afternoon Group Games	
3 Morning Exercise Video Afternoon Watering Plants on the Patio	4 Morning -Light & Lively Exercise -Manicures Afternoon -Discuss & Recall: State Fairs -Putting Challenge	5 Morning -Chair Yoga -Manicures Afternoon -Travel Tuesday -Scenic Drive	6 Morning -Sit & Fit Exercise -Sunflower Craft Part 1 Afternoon -Creative Color & Music -BINGO in AL	Iowa State Fair Morning -Light & Lively Exercise -Summer Ceramics Afternoon -Rosary -Thirsty Thursday: Fair Food & Drinks	8 Morning -Sit & Fit Exercise -Bible Study w/ Katie Afternoon -Cardio Drumming - Karaoke Style Sing-A-Long in AL	9 Morning Exercise Video Afternoon Group Games
10 Morning Exercise Video Afternoon Coffee Chat	Melon Monday Morning -Light & Lively Exercise -Manicures Afternoon -Melon Tasting & Trivia -Balloon Tennis	12 Morning -Chair Yoga -Manicures Afternoon -Travel Tuesday -Scenic Drive	13 Morning -Sit & Fit Exercise -Sunflower Craft Part 2 Afternoon -Karaoke Sing-A-Long -BINGO in AL	Morning -Light & Lively Exercise -Catholic Mass Afternoon -Dominoes -Thirsty Thursday: Clara's 100th Birthday Bash!	Clara's Birthday Morning -Sit & Fit Exercise -Bible Study w/ Katie Afternoon -Cardio Drumming -Tabletop Bowling	16 Morning Exercise Video Afternoon Group Games
17 Morning Exercise Video Afternoon Watering Plants on the Patio	Antiques Day Morning -Light & Lively Exercise -Manicures Afternoon -Antiques Roadshow -Cornhole Competition	19 Morning -Chair Yoga - Scenic Drive Afternoon - Travel Tuesday - Manicures	Barb's Birthday Morning -Sit & Fit Exercise -Sunflower Craft Part 3 Afternoon -Creative Color & Music -BINGO in AL	Morning -Light & Lively Exercise Afternoon -Rosary -Thirsty Thursday: Slice of Summer Fun Celebration	Sunflower Day Morning -Sit & Fit Exercise -Bible Study w/ Katie Afternoon -Cardio Drumming -Karaoke Style Sing-A-Long in AL	23 Morning Exercise Video Afternoon Group Games
24 Morning Exercise Video Afternoon Coffee Chat	Morning -Light & Lively Exercise -Manicures Afternoon -Discuss & Recall: School Days -Bocce Ball	26 Morning -Chair Yoga -Manicures Afternoon -Travel Tuesday -Scenic Drive & Ice Cream at Hall's	27 Morning -Sit & Fit Exercise -Group Yahtzee Afternoon -Name that Tune -BINGO in AL	John's Birthday Morning -Light & Lively Exercise -Watercolor Painting Afternoon -Rosary -Thirsty Thursday	29 Morning -Sit & Fit Exercise -Bible Study w/ Katie Afternoon -Cardio Drumming - Music w/ Aaron Lotzow (FP)	Anita's Birthday Morning Exercise Video Afternoon Group Games
31 Morning Exercise Video Afternoon Watering Plants on the Patio	“Let the sunshine of August inspire you to shine your own brightness.” – Unknown					