

August 2026

Spring Arbor Of Athens - Cottage Care



Happy Birthday!

Carol Johnson 8/1  
Donald Wannamaker 8/4  
Alexis King 8/14  
Shirley Nelson 8/19  
Florine Reckner 8/27  
Mercedes Scruggs 8/27

Bus Outings

Lunch & Bowling Ally 8/7  
Thrift Shopping 8/17  
Lunch & Aquarium 8/27  
Steel Wheel & Market 8/28

August Fun!

Be sure to check the activity calendar each day so you don't miss a moment of the excitement. From our Family Watermelon Social and Book Lover Bingo to Senior Citizens Day celebrations and fun outings, we have a month full of smiles, memories, and good times ahead!

Looking Ahead

National Assisted Living week is coming up in September! Be on the lookout for fun events!

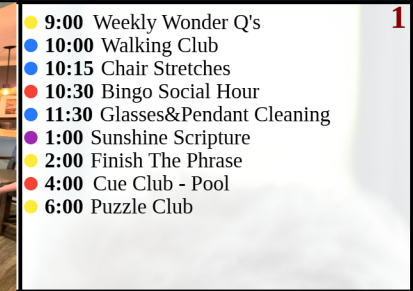
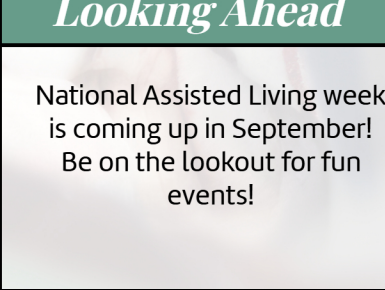
| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                       | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                       | Saturday                                                                                                                                                                                                                                                                                                                                                                     |
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August 2026

Spring Arbor Of Athens - Assisted Living



| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                           | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                              | Saturday                                                                                                                                                                                                                                                                                                                                                                                                            |
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|  <ul style="list-style-type: none"><li>10:30 Light Mind &amp; Body</li><li>11:15 Devotion With Webbs</li><li>11:30 Livestream Church</li><li>12:30 Ice Cream Sandwiches</li><li>12:30 Tic Tac Toe Competition</li><li>1:00 Porch Pick Me Ups</li><li>2:30 Board Games</li><li>3:00 Gaither Gospel Band</li><li>6:00 Relax &amp; Rewind</li></ul> |  <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:15 Simple Table Exercises</li><li>10:30 Bingo Social</li><li>11:30 Table Top Games</li><li>1:30 Star Senior Sneakers</li><li>2:00 Family Watermelon Social</li><li>2:30 Watermelon Spitting Contest</li><li>3:00 Hydration Station</li><li>4:00 Mani Monday</li><li>6:00 Memory Match</li></ul> |  <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:00 Today Fun Facts</li><li>10:15 Shake Loose a Memory</li><li>10:30 Therapy Balloon Bop</li><li>2:00 Baking Club</li><li>2:00 Bird Watch Club</li><li>2:30 Spring Arbor Choir</li><li>2:45 Devotions with Vant</li><li>3:00 Chocolate Chip Cookies</li><li>3:30 Whiteboard Games</li><li>5:30 Uno Card Game</li></ul>                  |  <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:00 Yoga Class with Nancy</li><li>11:00 Daily Devotional</li><li>1:50 Weekly Prayer List</li><li>2:00 Bingo Social</li><li>3:00 Water Ballon Toss</li><li>4:00 Afternoon Stroll</li><li>5:00 Conversation Cafe Cards</li><li>6:00 Word Puzzles</li></ul> |  <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:00 Movin' To Music</li><li>10:30 Chapel Service</li><li>11:00 Porch Rockin'</li><li>1:00 Sing with David King</li><li>2:00 Rootbeer Floats W/ Tristan</li><li>3:00 Movie &amp; Popcorn</li><li>4:00 Parkinson's Pals</li><li>6:00 Book Bingo Bash</li></ul> |  <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:00 Devotions Social</li><li>10:15 Beach Ball Exercise</li><li>11:00 Book Club Reading</li><li>11:30 Lunch Bunch Crew</li><li>1:00 Bowling Ally Trip</li><li>2:00 What Makes You Happy?</li><li>4:00 Cue Club - Pool</li><li>6:00 Puzzle Club</li></ul> |  <ul style="list-style-type: none"><li>9:00 Weekly Wonder Q's</li><li>10:00 Walking Club</li><li>10:15 Chair Stretches</li><li>10:30 Bingo Social Hour</li><li>11:30 Glasses&amp;Pendant Cleaning</li><li>1:00 Sunshine Scripture</li><li>2:00 Finish The Phrase</li><li>4:00 Cue Club - Pool</li><li>6:00 Puzzle Club</li></ul> |
| <ul style="list-style-type: none"><li>10:30 Light Mind &amp; Body</li><li>11:15 Devotion With Webbs</li><li>11:30 Livestream Church</li><li>12:30 Tic Tac Toe Competition</li><li>1:00 Porch Pick Me Ups</li><li>2:30 Board Games</li><li>3:00 Gaither Gospel Band</li><li>6:00 Relax &amp; Rewind</li></ul>                                                                                                                     | <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:15 Simple Table Exercises</li><li>10:30 Bingo Social</li><li>11:30 Table Top Games</li><li>1:30 Star Senior Sneakers</li><li>2:00 S'More Great Fun</li><li>3:00 Bible Study W Kenny</li><li>3:00 Hydration Station</li><li>4:00 Mani Monday</li><li>6:00 Memory Match</li></ul>                                                                                                   | <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:00 Today Fun Facts</li><li>10:15 Shake Loose a Memory</li><li>10:30 Therapy Balloon Bop</li><li>2:00 Baking Club</li><li>2:00 Bird Watch Club</li><li>2:30 Spring Arbor Choir</li><li>2:45 Devotions with Vant</li><li>3:00 Chocolate Chip Cookies</li><li>3:30 Whiteboard Games</li><li>5:30 Uno Card Game</li></ul>                                                                                                     | <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:00 Yoga Class with Nancy</li><li>11:00 Daily Devotional</li><li>1:50 Weekly Prayer List</li><li>2:00 Bingo Social</li><li>2:00 Vinyl Singo Bash</li><li>4:00 Afternoon Stroll</li><li>5:00 Conversation Cafe Cards</li><li>6:00 Word Puzzles</li></ul>                                                                                      | <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:00 Movin' To Music</li><li>10:30 Chapel Service</li><li>11:00 Porch Rockin'</li><li>1:30 Resident Council Meeting</li><li>2:00 Left Handers Drawing</li><li>2:30 Pictionary WB Game</li><li>3:00 Ice Cream Cones</li><li>4:00 Parkinson's Pals</li><li>6:00 Evening Bingo</li></ul>                                                             | <ul style="list-style-type: none"><li>MO Deke Day Pals</li><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:00 Devotions Social</li><li>10:15 Balloon Volleyball - Deke</li><li>11:00 Book Club Reading</li><li>2:00 FBT Seniors Visit</li><li>2:30 Bean Auction FBT</li><li>3:00 Orange Cream Soda</li><li>6:00 Friday Night Game Night</li></ul>                                                                            | <ul style="list-style-type: none"><li>9:00 Weekly Wonder Q's</li><li>10:00 Walking Club</li><li>10:15 Chair Stretches</li><li>10:30 Bingo Social Hour</li><li>11:30 Glasses&amp;Pendant Cleaning</li><li>12:30 Lemon Pie Day!</li><li>1:00 Sunshine Scripture</li><li>2:00 Finish The Phrase</li><li>2:00 Finish The Phrase</li><li>4:00 Cue Club - Pool</li><li>6:00 Puzzle Club</li></ul>                         |
| <ul style="list-style-type: none"><li>10:30 Light Mind &amp; Body</li><li>11:15 Devotion With Webbs</li><li>11:30 Livestream Church</li><li>12:30 Tic Tac Toe Competition</li><li>1:00 Joke Masters!</li><li>1:30 Porch Pick Me Ups</li><li>2:30 Board Games</li><li>3:00 Gaither Gospel Band</li><li>6:00 Relax &amp; Rewind</li></ul>                                                                                          | <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:15 Simple Table Exercises</li><li>10:30 Bingo Social</li><li>11:30 Table Top Games</li><li>1:30 Star Senior Sneakers</li><li>2:00 Thrift Shop Shopping</li><li>3:00 Hydration Station</li><li>4:00 Mani Monday</li><li>6:00 Memory Match</li></ul>                                                                                                                                | <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:00 Today Fun Facts</li><li>10:15 Shake Loose a Memory</li><li>10:30 Therapy Balloon Bop</li><li>2:00 Baking Club</li><li>2:00 Bird Watch Club</li><li>2:30 Spring Arbor Choir</li><li>2:45 Devotions with Vant</li><li>3:30 Poem Making Social</li><li>5:30 Uno Card Game</li></ul>                                                                                                                                       | <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:00 Yoga Class with Nancy</li><li>11:00 Daily Devotional</li><li>1:50 Weekly Prayer List</li><li>2:00 Bingo Social</li><li>3:00 First Baptist Church Social</li><li>4:00 Afternoon Stroll</li><li>5:00 Conversation Cafe Cards</li><li>6:00 Word Puzzles</li></ul>                                                                           | <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:00 Movin' To Music</li><li>10:30 Chapel Service</li><li>12:00 Loaded Potato Bar</li><li>1:00 Sing W David King</li><li>1:30 Hot Potato Game</li><li>2:00 Potato Smash Bash</li><li>3:30 Jeopardy &amp; Juice</li><li>4:00 Parkinson's Pals</li><li>6:00 Evening Bingo</li></ul>                                                                 | <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:00 Devotions Social</li><li>10:15 Beach Ball Exercise</li><li>11:00 Book Club Reading</li><li>2:00 Prehistoric Party</li><li>2:30 Don't Go Extinct - Shots!</li><li>3:00 Dino-Mite Snacks</li><li>6:00 Friday Night Game Night</li></ul>                                                                                                   | <ul style="list-style-type: none"><li>9:00 Weekly Wonder Q's</li><li>10:00 Walking Club</li><li>10:15 Chair Stretches</li><li>10:30 Bingo Social Hour</li><li>11:30 Glasses&amp;Pendant Cleaning</li><li>1:00 Sunshine Scripture</li><li>2:00 Finish The Phrase</li><li>2:00 Finish The Phrase</li><li>4:00 Cue Club - Pool</li><li>6:00 Puzzle Club</li></ul>                                                      |
| <ul style="list-style-type: none"><li>10:30 Light Mind &amp; Body</li><li>11:15 Devotion With Webbs</li><li>11:30 Livestream Church</li><li>12:30 Tic Tac Toe Competition</li><li>1:00 Porch Pick Me Ups</li><li>2:30 Board Games</li><li>3:00 Gaither Gospel Band</li><li>6:00 Relax &amp; Rewind</li></ul>                                                                                                                     | <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:15 Simple Table Exercises</li><li>10:30 Bingo Social</li><li>11:30 Table Top Games</li><li>1:30 Star Senior Sneakers</li><li>2:00 Lemonade Fundraiser</li><li>3:00 Tellico Village Clowns</li><li>4:00 Mani Monday</li><li>6:00 Memory Match</li></ul>                                                                                                                            | <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:00 Today Fun Facts</li><li>10:15 Shake Loose a Memory</li><li>10:30 Therapy Balloon Bop</li><li>2:00 Baking Club</li><li>2:00 Bird Watch Club</li><li>2:30 Spring Arbor Choir</li><li>2:45 Devotions with Vant</li><li>3:30 Whiteboard Games</li><li>5:30 Uno Card Game</li></ul>                                                                                                                                         | <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:00 Yoga Class with Nancy</li><li>11:00 Daily Devotional</li><li>1:50 Weekly Prayer List</li><li>2:00 Bingo Social</li><li>3:00 Granny Pants Game</li><li>4:00 Afternoon Stroll</li><li>5:00 Conversation Cafe Cards</li><li>6:00 Word Puzzles</li></ul>                                                                                     | <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:15 Walking Club</li><li>9:30 Movin' To Music</li><li>10:00 Chapel Service</li><li>10:00 Load Bus - Chattanooga</li><li>11:30 Lunch Bunch Outing</li><li>1:00 Chattanooga Aquarium</li><li>2:00 Movie &amp; Popcorn</li><li>4:00 Parkinson's Pals</li><li>6:00 Evening Bingo</li></ul>                                                                                      | <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:00 Devotions Social</li><li>10:15 Beach Ball Exercise</li><li>11:00 Book Club Reading</li><li>11:30 Lunch Bunch Outing</li><li>12:00 Steel Wheel Garage</li><li>1:30 Amish Farmers Market</li><li>3:00 Fresh Fruit Friday</li><li>6:00 Friday Night Game Night</li></ul>                                                                   | <ul style="list-style-type: none"><li>9:00 Weekly Wonder Q's</li><li>10:00 Walking Club</li><li>10:15 Chair Stretches</li><li>10:30 Bingo Social Hour</li><li>11:30 Glasses&amp;Pendant Cleaning</li><li>1:00 Sunshine Scripture</li><li>2:00 Finish The Phrase</li><li>2:00 Finish The Phrase</li><li>4:00 Cue Club - Pool</li><li>6:00 Puzzle Club</li></ul>                                                      |
| <ul style="list-style-type: none"><li>10:30 Light Mind &amp; Body</li><li>11:15 Devotion With Webbs</li><li>11:30 Livestream Church</li><li>12:30 Tic Tac Toe Competition</li><li>1:00 Porch Pick Me Ups</li><li>2:30 Board Games</li><li>3:00 Gaither Gospel Band</li><li>6:00 Relax &amp; Rewind</li></ul>                                                                                                                     | <ul style="list-style-type: none"><li>8:30 Morning Fax &amp; Prayer</li><li>9:45 Walking Club</li><li>10:15 Simple Table Exercises</li><li>10:30 Bingo Social</li><li>11:30 Table Top Games</li><li>1:30 Star Senior Sneakers</li><li>2:00 Scavenger Hunt Clues</li><li>2:30 Trail Mix Bar</li><li>3:00 Golf Cart Riding!</li><li>4:00 Mani Monday</li><li>6:00 Memory Match</li></ul>                                                                                                     |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                     |

Happy Birthday!

Carol Johnson 8/1  
Donald Wannamaker 8/4  
Alexis King 8/14  
Shirley Nelson 8/19  
Florine Reckner 8/27  
Mercedes Scruggs 8/27

Bus Outings!

Lunch & Bowling Ally 8/7  
Thrift Shopping 8/17  
Lunch & Aquarium 8/27  
Steel Wheel & Market 8/28

August Fun!

Be sure to check the activity calendar each day so you don't miss a moment of the excitement. From our Family Watermelon Social and Book Lover Bingo to Senior Citizens Day celebrations and fun outings, we have a month full of smiles, memories, and good times ahead!

Looking Ahead

National Assisted Living week is coming up in September! Be on the lookout for fun events!