

# August 2025

## Crescendo Senior Apartments

### Coordinator: Heavyn



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>August Wellness Focus:</b>  <b>Stress Management</b>  <b>Self-Care</b>  <b>Implementing Healthy Routines</b>		    			<sup>1</sup> <u>Coffee, Blueberry Muffins and Crosswords</u> 9:00AM-10:00AM  <u>Resident Walking Club</u> 11:00AM-11:30AM  <div> <u>Helping Hands</u>            1:00PM-4:00PM            *Will be delivered upon arrival*         </div> <i>Loop Shopping Shuttle</i>	<sup>2</sup> <u>Coffee, Word Searches and RTC Bus Passes</u> 9:00AM-10:00AM  <u>Let's Play Rummikub!</u> 11:00AM-12:00PM  <u>Watermelon and BINGO</u> 2:30PM-3:30PM
<b>National Watermelon Day</b> <sup>3</sup>   National Watermelon Day	<b>National Chocolate Chip Cookie Day</b> <sup>4</sup>   NATIONAL CHOCOLATE CHIP COOKIE DAY AUGUST 4	<sup>5</sup> <u>Coffee &amp; Wellness Chat: Implementing Healthy Routines</u> 9:00AM-10:00AM  <u>Baking Class: Let's bake Chocolate Chip Cookies</u> 1:00PM-2:00PM  <u>RTC Bus Passes and Word Searches</u> 3:00PM-4:00PM	<sup>6</sup> <u>Coffee and Strawberry Yogurt Parfaits</u> 9:00AM-10:00AM  <u>Tech Class:</u> <i>Bring your Phones or Laptops down and ask your coordinator any questions!</i> 11:00AM-12:00PM  <u>Watermelon Social Hydration Class w/ Patient &amp; Physicians Choice Home Health</u> 1:30PM-2:30PM	<sup>7</sup> <u>Morning Bingo w/ Archwell Health</u> 10:00AM-11:00AM   <u>Arts and Crafts: Let make Beaded Bracelets</u> 11:00AM-12:00PM  <u>Afternoon Movie "Residents Choice" w/ Popcorn and Soda</u> 2:30PM-3:30PM	<sup>8</sup> <u>Coffee, Fruit Cups, and Get to know your neighbor</u> 9:00AM-10:00AM  <u>Resident Walking Club</u> 11:00AM-11:30AM  <u>Oreo Milksahakes and Board Games</u> 2:00PM-3:00PM  <i>Loop Shopping Shuttle</i>	<sup>9</sup> <div> <u>Crescendo Market Units 101-234</u>  <u>*Sign up @9AM</u>  <u>*Bring Your OWN bag or Cart @11AM</u>  <u>*Shopping Times may vary</u> </div> <u>Let's Play Rummikub!</u> 2:00PM-3:00PM  <u>RTC Bus Passes and Word Searches</u> 3:00PM-4:00PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10  <b>Effective Stress Management</b>  	11  <b>EAT HEALTHY</b> STAY HEALTHY  	12  <b>Coffee, Biscuits &amp; Wellness Chat: How to Manage Stress</b> 9:00AM-10:00AM  <b>Afternoon Movie “Residents Choice” w/ Popcorn and Soda</b> 1:30PM-3:00PM  <b>RTC Bus passes and Puzzles</b> 3:00PM-4:00PM	13  <b>Coffee Social</b> 9:00AM-10:00AM  <b>Team Sikora:</b> <b>Ice Cream and Education: How to age well &amp; treat your chronic disease: balancing use of medication &amp; Sex after 60</b> 10:00AM-11:00AM  <b>Jewish Family Services: Providing programs and services to individuals in need</b> 2:00PM-4:00PM	14  <b>Coffee, Word Searches and RTC Bus Passes</b> 9:00AM-10:00AM  <b>*Golden Groceries*</b> <b>*Bring your own Bags and Carts @1:30PM</b> <b>*Shopping Times depend on Food Delivery*</b>	15  <b>Coffee Social w/ Moses: Executive Director of CLSN</b> 9:00AM-10:00AM  <b>No Afternoon Activities!</b>  <i>Loop Shopping Shuttle</i>	16  <b>Coffee Social w/ Moses: Executive Director of CLSN</b> 9:00AM-10:00AM  <b>Field Trip: Red Rock Casino</b> *Sign up w/ Coordinator *Meet in Lobby @9:00AM  <b>No Afternoon Activities!</b>
17  <b>BE KIND TO yourself</b>  	18  <b>National Fajita Day</b>  	19  <b>Coffee &amp; Wellness Chat: Self-Care Practices</b> 9:00AM-10:00AM  <b>Arts and Crafts: Therapeutic Coloring w/ Calming Music</b> 12:00PM-1:00PM  <b>RTC Bus passes and Crosswords</b> 3:00PM-4:00PM	20  <b>Coffee, Waffles, and Sudoku</b> 9:00AM-10:00AM  <b>Bingo w/ Alicia Arevalo from SBI Benefits</b> 1:00PM-2:00PM    <b>Chair Volleyball &amp; Refreshments</b> 2:00PM-3:00PM	21  <b>Crescendo Market Units 235-366</b> <b>*Sign up @9AM</b> <b>*Bring Your OWN bag or Cart @11AM</b> <b>*Shopping Times may vary</b>  <b>Target Giveaway</b> <b>Time will be announced</b> <b>Must sign up day of</b>	22  <b>Coffee, Breakfast Bars, and Morning Trivia</b> 9:00AM-10:00AM  <b>Resident Walking Club</b> 11:00AM-11:30AM  <b>Afternoon Movie “Residents Choice” w/ Popcorn and Soda</b> 2:30PM-3:30PM  <i>Loop Shopping Shuttle</i>	23  <b>Coffee, Word Searches and RTC Bus Passes</b> 9:00AM-10:00AM  <b>Let’s Play Sequence</b> 11:00AM-12:00PM  <b>August Birthday Bash w/ Cupcakes and Karaoke</b> 2:30PM-3:30PM
24  <b>If you have any questions, please call your Resident Services Coordinator at (702) 990-2764 Monday – Friday between 9:00AM – 5:00PM</b>	25  <b>National Banana Split Day</b>  	26  <b>Coffee and Cinamon Raisin English Muffins</b> 9:00AM-10:00AM  <b>Sweet Social: Let’s make Banana Splits</b> 1:30PM-2:30PM  <b>RTC Bus passes and Sudoku</b> 3:00PM-4:00PM	27  <b>Coffee, Chocolate Chip Muffins, and Crosswords</b> 9:00AM-10:00AM  <b>Pool side Fruit Smoothies</b> 11:00AM-11:30AM  <b>Chair Volleyball &amp; Refreshments</b> 2:00PM-3:00PM	28  <b>Coffee Social and Homemade Waffles</b> 9:00AM-10:00AM  <b>Coordinator Office Hours:</b> <i>*Come ask me to help w/ any of your administrative needs*</i> 11:00AM-12:00PM   2:30PM-3:30PM	29  <b>Coffee and Avocado Toast w/ Eggs</b> 9:00AM-10:00AM  <b>Resident Walking Club</b> 11:00AM-11:30AM  <b>Afternoon Movie “Residents Choice” w/ Popcorn and Soda</b> 2:30PM-3:30PM  <i>Loop Shopping Shuttle</i>	30  <b>Coffee, Word Searches and RTC Bus Passes</b> 9:00AM-10:00AM  <b>Afternoon Stretching w/ Calming Music</b> 12:00PM-1:00PM  <b>Let’s PLAY Outsmarted: Online Trivia Game</b> <i>Winning team gets a prize!</i> 2:00PM-3:00PM