

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>August 2025</div> <div>"August is the slow, golden hour of summer – a time to savor, reflect, and soak up the light."</div>					<div>1</div> <div>10a- Trip to Breezy Hill Berry Farm & Lunch @ Roxie's (Bus leaving at 10a) 10a- Independent Exercise (C) 2:30p- Blueberry Cheesecake Dip Social (P)</div>	<div>2</div> <div>1p- Movie (What Dreams May Come-1998) (C) 4p- Resident Social (LR)</div>
<div>3</div> <div>1p- Movie (Deep Cover- 2025) (C)</div>	<div>4</div> <div>9:30a- Finish That Phrase (A) 10a- Independent Exercise (C) 10:30a- Walking Group (P) 1p- Sure & Steady (C) 3p- Fresh Flower Arranging (A)</div>	<div>5</div> <div>9:30a- Wellness Tuesday 10a- Blood Pressure Check (LR) 10:15a- Functional Fitness (C) 1p- Crafts (Hand- Painted Wine Glasses) (A) 2:30p- Grief Support Group (C)</div>	<div>6</div> <div>9:30a- Blueberry Muffin Social (LR) 10a- Independent Exercise (C) 10:30a- Walking Group (P) 12:30p- Contract Rummy (LR) 1p- Sure & Steady (C) 3p- August Jeopardy (A)</div>	<div>7</div> <div>9:30a- Anagramania (A) 10a- Functional Fitness (C) 1p- Shopping Trip 1p- Giant Boggle (A) 2p-Documentary (The American Buffalo, Part 1) (C)</div>	<div>8</div> <div>9:30a- Tapple (A) 10a- Independent Exercise (C) 10:30a- Walking Group (P) 12p- Lunch @ Roots (Bus leaving at 11:45a) 3p- BINGO (C)</div>	<div>9</div> <div>1p- Movie (Sister Act-1992) (C) 4p- Resident Social (LR)</div>
<div>10</div> <div>1p- Movie (Rio Bravo- 1959) (C)</div>	<div>11</div> <div>10a- Trip to Rutland Free Library (Bus boarding at 9:45a) 10a- Independent Exercise (C) 1p- Sure & Steady (C) 3:30p- Music with Bob Recupero (C)</div>	<div>12</div> <div>9:30a- Wellness Tuesday 10a- Blood Pressure Check (LR) 10:15a- Functional Fitness (C) 1p- Crafts (Blossom Board) (A) 3:30p- "Berry Good Company" Social (P)</div>	<div>13</div> <div>9:30a- Watercolor Postcards (A) 10a- Independent Exercise (C) 10:30a- Walking Group (P) 12:30p- Contract Rummy (LR) 1p- Sure & Steady (C) 2p- Caring Canines (P)</div>	<div>14</div> <div>10a- Trip to Vermont State Fair (Bus boarding at 9:45a) 1p- Shopping Trip 1p- Movie (State Fair- 1945) (C)</div>	<div>15</div> <div>9:30a- Bananagrams 10a- Independent Exercise (C) 10:30a- Walking Group (P) 2p- Presentation (Savvy Saving Seniors: Steps to Avoid Scams) (C)</div>	<div>16</div> <div>10a- Resident Committee Conversation (C) 1p- Movie (A Fish Called Wanda- 1988) (C) 4p- Resident Social (LR)</div>
<div>17</div> <div>1p- Movie (Anne of Green Gables- 1985) (C)</div>	<div>18</div> <div>9:30a- Morning Make & Take (A) 10a- Independent Exercise (C) 10:30a- Walking Group (P) 1p- RACK-O (C) 2p- Art with Mary Fran (A)</div>	<div>19</div> <div>9:30a- Wellness Tuesday 10a- Blood Pressure Check (LR) 10:15a- Walking Group (P) 1p- Crafts (Sunflower Pineapple) (A) 3p-Let's Make Chocolate- Drizzled Rice Krispie Treats (A)</div>	<div>20</div> <div>9:30a- Caring by Cards (A) 10a- Independent Exercise (C) 10:30a- Walking Group (P) 12:30p- Contract Rummy (LR) 1p- Resident Council (C) 1p- Rummikub (A) 2:30p- Documentary (The American Buffalo, Part 2) (C)</div>	<div>21</div> <div>9:30a- Word Twist 10a- Walking Group (P) 1p- Shopping Trip 1p- Travel Club (Egypt) (A) 3p- National Spumoni Day Social (P)</div>	<div>22</div> <div>9:30a- The Final Guess (A) 10a- Independent Exercise (C) 10:30a- Walking Group (P) 12p- Lunch @ Baxter's (Bus boarding at 11:50a) 3p- Scrabble (A)</div>	<div>23</div> <div>1p- Movie (News of the World- 2020) (C) 4p- Resident Social (LR)</div>
<div>24</div> <div>1p- Movie (Paris, Texas- 1984) (C)</div>	<div>25</div> <div>9:30a- UNO (A) 10a- Independent Exercise (C) 10:30a- Walking Group (P) 1p- Sure & Steady (C) 3p- Activity Committee Meeting (All are welcome) (A)</div>	<div>26</div> <div>9:30a- Wellness Tuesday 10a- Blood Pressure Check (LR) 10:15a- Functional Fitness (C) 1p- Crafts (Mosaic Vase) (A) 2p- Book Club (LI) 3:30p- Wii Bowling (C)</div>	<div>27</div> <div>8a- Men's Breakfast (DR) 10a- Trip to The Railyard & Skenesborough Museum (Bus boarding @ 9:45) 10a- Independent Exercise (C) 12:30p- Contract Rummy (LR) 1p- WRITEaway Group (LI)</div>	<div>28</div> <div>9:30a- Reworded (A) 10a- Functional Fitness (C) 1p- Shopping Trip 1p- Who, What, Where (C) 2:30p- BINGO (C)</div>	<div>29</div> <div>9:30a- Morning Stretch & Flow (LR) 10a- Independent Exercise (C) 10:30a- Walking Group (P) 1p- Let's Make Hummus & Crostini (A) 2p- Music & Mocktails with Bob B. (C)</div>	<div>30</div> <div>1p- The Thursday Murder Club- 2025) (C) 4p- Resident Social (LR)</div>
<div>31</div> <div>1p- Movie (Inherit the Wind- 1960) (C)</div>	<div>Please see Health & Wellness to sign up for trips!</div> <div>Locations: (C)- Commons (A)- Activities (DR)- Dining Room (P)- Porch (LR)- Living Room (O)- Outside (LI)- Library</div>					
The Gables at East Mountain 200 Gables Place, Rutland, VT 05701					*All activities and locations subject to change*	