

# August 2026



BUCKINGHAM HEIGHTS<sub>®</sub>  
MEMORY CARE

| Sun                                                                                                                                                                                                 | Mon                                                                                                                                                         | Tue                                                                                                                                            | Wed                                                                                                                                                              | Thu                                                                                                                                                                  | Fri                                                                                                                                                                | Sat                                                                                                                                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| 30<br>10:00 Love Your Brain Yoga<br>11:00 St. Dunstons<br>1:30 Cornhole<br>3:00 Bottoms Up<br>3:45 Nail Spa<br>3:45 Community Walks<br>6:00 Stretch & Cooldown                                      | 31 Matchmaker Day<br>10:00 Using Weights<br>11:00 Match it Up<br>1:30 Bowling<br>1:30 Famous Couples<br>3:00 You Be the Judge<br>6:00 Movement to Music     |                                                                                                                                                |                                                                                                                                                                  |                                                                                                                                                                      |                                                                                                                                                                    | 1<br>10:00 Range of Motion<br>11:00 Television Trivia<br>1:30 Sports & Table Medley<br>3:00 Mind & Body Exercises<br>6:00 Slowdown & Stretch  |
| 2 Ice Cream Sandwich Day<br>10:00 Love Your Brain Yoga<br>11:00 St. Dunstons<br>1:30 Ice Cream Sandwich Cart<br>3:00 Bottoms Up<br>3:45 Nail Spa<br>3:45 Community Walks<br>6:00 Stretch & Cooldown | 3<br>10:00 Using Weights<br>11:00 Word Puzzles<br>1:30 Basketball<br>1:30 Watercolors<br>3:00 Porch Sing Alongs<br>6:00 Movement to Music                   | 4<br>10:00 Motown Movement<br>11:00 Did You Know?<br>1:30 Resistance Exercise<br>2:00 Door Decor<br>3:00 BINGO<br>6:00 Cooldown with Shay      | 5<br>10:00 Sound Healing<br>11:00 What's in the Bag?<br>1:30 Full Body Stretch<br>3:00 Cup Toss<br>6:00 Evening Exercise                                         | 6 Root Beer Float Day<br>10:00 Dancercise<br>11:00 Does it Float?<br>1:30 Root Beer Float Cart<br>2:00 Fast Facts<br>3:00 Dreamcatchers<br>6:00 An Evening with Shay | 7 Water Balloon Day<br>10:00 Lower Body<br>11:00 SUMMER Words<br>1:30 Rick Lovallo<br>3:00 Pillow Polo<br>3:00 Patio water balloon Toss<br>6:00 Cooldown with Shay | 8<br>10:00 Range of Motion<br>11:00 Television Trivia<br>1:30 Sports & Table Medley<br>3:00 Mind & Body Exercises<br>6:00 Slowdown & Stretch  |
| 9<br>10:00 Love Your Brain Yoga<br>11:00 St. Dunstons<br>1:30 Bible Trivia<br>3:00 Bottoms Up<br>3:45 Nail Spa<br>3:45 Community Walks<br>6:00 Stretch & Cooldown                                   | 10 S'mores Day<br>10:00 Using Weights<br>11:00 The Price is Right<br>1:30 Bowling<br>1:30 Making S'mores BCK<br>3:00 Bird Feeders<br>6:00 Movement to Music | 11<br>10:00 ZUMBA<br>11:00 Similies<br>1:30 Resistance Exercise<br>2:00 Stump Me<br>3:00 BINGO<br>6:00 Cooldown with Shay                      | 12<br>10:00 Stretch & Shape<br>11:00 Trivia Cards<br>12:00 Picnic<br>2:00 Keep It Up<br>3:00 Finish My Line<br>5:00 Caregiver Seminar<br>6:00 National Park Tour | 13<br>10:00 Dancercise<br>11:00 Hot & Cold<br>1:30 ZUMBA<br>2:00 Name That Tune<br>3:00 Kids Say the Darnedest<br>6:00 An Evening with Shay                          | 14 Creamsicle Day<br>10:00 Lower Body<br>11:00 Riddles<br>1:30 Red & Yellow<br>3:00 Table Volleyball<br>6:00 Cooldown with Shay                                    | 15<br>10:00 Range of Motion<br>11:00 Television Trivia<br>1:30 Sports & Table Medley<br>3:00 Mind & Body Exercises<br>6:00 Slowdown & Stretch |
| 16 National Joke Day<br>10:00 Love Your Brain Yoga<br>11:00 St. Dunstons<br>1:30 Yolks on You!<br>3:00 Bottoms Up<br>3:45 Nail Spa<br>3:45 Community Walks<br>6:00 Stretch & Cooldown               | 17<br>10:00 Using Weights<br>11:00 Hangman<br>1:30 Basketball<br>1:30 Terrariums<br>3:00 What Do I Know About You<br>6:00 Movement to Music                 | 18<br>10:00 ZUMBA<br>11:00 Fashion through the years<br>1:30 Resistance Exercise<br>2:00 20 Questions<br>3:00 BINGO<br>6:00 Cooldown with Shay | 19 Aviation Day<br>10:00 Stretch & Shape<br>11:00 Aviation & CT<br>1:30 Quirkle & Cards<br>3:00 Jeopardy<br>6:00 Evening Exercise                                | 20<br>10:00 Dancercise<br>11:00 Wheel of Fortune<br>1:30 ZUMBA<br>2:00 Table Fishing<br>3:00 70's Flashback<br>6:00 An Evening with Shay                             | 21<br>10:00 Lower Body<br>11:00 Today in History<br>1:30 Seated Soccer<br>3:00 Friday Musical Review<br>6:00 Cooldown with Shay                                    | 22<br>10:00 Range of Motion<br>11:00 Television Trivia<br>1:30 Sports & Table Medley<br>3:00 Mind & Body Exercises<br>6:00 Slowdown & Stretch |
| 23<br>10:00 Love Your Brain Yoga<br>11:00 St. Dunstons<br>1:30 Skeeball<br>3:00 Bottoms Up<br>3:45 Nail Spa<br>3:45 Community Walks<br>6:00 Stretch & Cooldown                                      | 24 National Waffle Day<br>10:00 Using Weights<br>11:00 Waffle Words<br>1:30 Bowling<br>1:30 Nature Collage<br>3:00 Travelogues<br>6:00 Movement to Music    | 25<br>10:00 ZUMBA<br>11:00 Compound It<br>1:30 Resistance Exercise<br>2:00 Timeslips<br>3:00 BINGO<br>6:00 Cooldown with Shay                  | 26 National Dog Day<br>10:00 Stretch & Shape<br>11:00 All About Dogs<br>12:00 Picnic<br>1:30 Bob Hennessey<br>3:00 Toss Across<br>6:00 Evening Exercise          | 27<br>10:00 Dancercise<br>11:00 Name Five<br>1:30 ZUMBA<br>2:00 Spot the Difference<br>3:00 Painting Group<br>5:00 Support Group<br>6:00 An Evening with Shay        | 28 Race Your Mouse Day<br>10:00 Lower Body<br>11:00 Pictionary<br>1:30 Mouse Racing<br>3:00 Friday Musical Review<br>6:00 Cooldown with Shay                       | 29<br>10:00 Range of Motion<br>11:00 Television Trivia<br>1:30 Sports & Table Medley<br>3:00 Mind & Body Exercises<br>6:00 Slowdown & Stretch |

All programming is subject to change to suit the needs of the community and our residents.