

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
  August 2026 Heartlands at Ellicott City INDEPENDENT LIVING						
10:30: Non-Denominational Christian Service (CP) 2 11:00: Bloody Mary Bar (CR) 1:30: Sunday Afternoon Crafts: Fabric Covered Journals (CR) 3:00: Move & Groove (CLR) 4:00: Resident Choice Movie(MR) 5:30: Talk & Trivia (ALL)	10:30: FOX Tai Chi (MR) 3 11:00: FOX Exercise (MR) 1:00: Bingo for Bucks (CR) 3:00: Watermelon Social (CR) 5:30: Trivia Time (ALL) 6:30: Monday Night Musicals (MR)	11:00: Dr. Lazris' Health Talk (CLR) 4 12:00: Cookout Lunch (KP) 2:00: The History of Junk Food (MR) 2:30: Junk Food Tasting (CR) 3:00: Jumbo Crossword (CLR) 5:30: Can We Talk? (ALL) 6:00: Brain Busters (ALL)	9:30: Shopping Shuttle (LO) 5 11:00: FOX Tai Chi (MR) 1:00: Bead It! with Cindy (CR)** 1:30: Shopping Shuttle (LO) 2:00: Music w/ Bob Kropowski(CLR) 3:00: Dirty Soda Social (CR) 5:30: How Was Your Day? (ALL) 6:00: What Do You Know? (ALL) 6:30: Games & Gab w/ Friends (CR)	10:00: Outing: Arundell Mills Mall & Casino (LO) 6 11:00: Zumba w/Jasmine (MR) 1:00: BP Check (MR) 2:30: Chocolate Chip Cookie Bake Off Tasting & Judging (CR) 5:30: Check In Time (ALL) 6:00: Great Minds (ALL) 6:30: Summer Blockbusters (MR)	10:30: FOX Exercise (MR) 7 11:00: FOX Exercise (MR) 1:00:Stories w/Michael Borin(CLR) 1:30: The Chosen (CP) 3:00: Karaoke Happy Hour (CR) 5:30: Can We Talk? (ALL) 6:00: Brain Busters (ALL) 6:30: Spy Cinema (CR)	11:00: Daily Chronicle (ALL) 1 1:00: Bingo for Bucks (CR) 2:30: Music w/ Tim Amann (CLR) 3:30: Thinklers 4:00: Catholic Mass (CP) 5:30: Open Forum (ALL) 6:00: Left Brain Thinking (ALL)
11:00: Protestant Service (CP) 9 11:00: Bloody Mary Bar (CR) 1:30: Sunday Afternoon Crafts: Fried Flower Votives (CR) 2:00: Mahjong with Judy (W3) 3:00: Move & Groove (CLR) 4:00:Resident Choice Movie(MR) 5:30: Talk & Trivia (ALL)	10:30: Boot Camp w/ Annie (MR) 10 1:00: Bingo for Bucks (CR) 3:00: Popsicles & Mocktails Social (CR) 5:30: Trivia Time (ALL) 6:30: Monday Night Musicals (MR)	11:00: Zumba w/ Jasmine (MR) 11 12:00: Cookout Lunch (KP) 2:00: Echoes of Nature (CLR) 3:00: Jumbo Crossword (CLR) 5:30: Can We Talk? (ALL) 6:00: Brain Busters (ALL)	9:30: Shopping Shuttle (LO) 12 1:30: Shopping Shuttle (LO) 2:00: Music w/ Michael Brown (CLR) 3:00: Corn Hole Social (KP) 5:30: How Was Your Day? (ALL) 6:00: What Do You Know? (ALL) 6:30: Games & Gab w/Friends (CR)	10:00: Outing: Howard Co. County Fair (LO) 13 11:00: Zumba w/ Jasmine (MR) 1:00: BP Check (MR) 1:30: Art Talk: 3:00: American Experience: JFK Episode 1 (MR) 5:30: Check In Time (ALL) 6:00: Great Minds (ALL) 6:30: Summer Blockbusters (MR)	10:30: Move & Groove w/ Matthew (MR) 14 11:00: Shabbat Service (ILDR) 1:30: The Chosen (CP) 3:00: Creamsicle Happy Hour (CR) 5:30: Can We Talk? (ALL) 6:00: Brain Busters (ALL) 6:30: Spy Cinema (CR)	11:00: Daily Chronicle (ALL) 15 1:00: Bingo for Bucks (CR) 2:30: Sing-along w/Julie (CLR) 3:30: Thinklers (ALL) 4:00: Catholic Mass (CP) 5:30: Open Forum (ALL) 6:30: After Dinner Music (CLR)
10:30: Non-Denominational Christian Service (CP) 16 11:00: Bloody Mary Bar (CR) 2:00: Card Making (CR) 2:00: Mahjong w/ Judy (W3) 3:00: Move & Groove (CLR) 4:00: Resident's Choice Movie (MR) 5:30: Talk & Trivia (ALL)	10:30: FOX Tai Chi (MR) 17 11:00: FOX Exercise (MR) 1:00: Bingo for Bucks (CR) 3:00: Milkshake Social (CR) 5:30: Trivia Time (ALL) 6:30: Monday Night Musicals (MR)	11:30: FOX Exercise (MR) 18 12:00: Cookout Lunch (KP) 2:30: Music w/ Vladimir Friedman (CLR) 3:30: Jumbo Crossword (CLR) 5:30: Can We Talk? (ALL) 6:00: Brain Busters (ALL)	9:30: Shopping Shuttle (LO) 19 11:00: FOX Tai Chi (MR) 1:00: Bead It! with Cindy (CR)** 1:30: Shopping Shuttle (LO) 2:00: August Birthdays with Greg Lardieri (CLR) 3:00: Birthday Social (CR) 5:30: How Was Your Day? (ALL) 6:00: What Do You Know? (ALL) 6:30: Games & Gab w/ Friends (CR)	11:00: Outing:Yu Noodles (LO) 20 11:00: Jeopardy w/ Debbie (CLR) 1:00: BP Check (MR) 1:30: 3:00: American Experience: JFK Episode 2 (MR) 5:30: Check In Time (ALL) 6:00: Great Minds (ALL) 6:30: Summer Blockbusters (MR)	10:30: FOX Exercise (MR) 21 11:00: FOX Exercise (MR) 1:30: The Chosen (CP) 3:00: Patio Party w/ Bobby B. (KP) 5:30: Can We Talk? (ALL) 6:00: Brain Busters (ALL) 6:30: Bingo for Bucks (CR)	11:00: Daily Chronicle (ALL) 22 1:00: Bingo for Bucks (CR) 3:00: Who? What? Where? (CLR) 4:00: Catholic Mass (CP) 5:30: Open Forum (ALL) 6:00: Left Brain Thinking (ALL)
10:30: Non-Denominational Christian Service (CP) 23 11:00: Bloody Mary Bar (CR) 1:30: Sunday Afternoon Crafts Stenciled Sunflowers (CR) 2:00: Mahjong w/ Judy (W3) 3:00: Move & Groove (CLR) 4:00:Resident'sChoiceMovie(MR) 5:30: Talk & Trivia (ALL)	10:30: FOX Tai Chi (MR) 24 11:00: FOX Exercise (MR) 1:00: Bingo for Bucks (CR) 3:00: Chocolate Mocktini Social (CR) 5:30: Trivia Time (ALL) 6:30: Monday Night Musicals (MR)	11:30: FOX Exercise (MR) 25 12:00: Cookout Lunch (KP) 2:00: Word in Word (MR) 2:30: Book Club (LB) 3:00: Jumbo Crossword (CLR) 5:30: Can We Talk? (ALL) 6:00: Brain Busters (ALL)	9:30: Shopping Shuttle (LO) 26 11:00: FOX Tai Chi (MR) 1:30: Shopping Shuttle (LO) 2:00: Community Meeting (CLR) 3:00: Dirty Soda Social (CR) 5:30: How was Your Day? (ALL) 6:00: What Do you Know? (ALL) 6:30: Games & Gab w/ Friends (CR)	10:00: Outing: MD Center for History & Culture (LO) 27 11:00: Zumba w/ Jasmine (MR) 1:00: BP Check (MR) 2:00: Music w/ Lynn Roxy (CLR) 3:00: American Experience: JFK Episode 3 (MR) 5:30: Check In Time (ALL) 6:00: Great Minds (ALL) 6:30: Summer Blockbusters (MR)	10:30: FOX Exercise (MR) 28 11:00: FOX Exercise (MR) 12:00: Men's Lunch (ILDR) 1:00: Stories w/ Michale Borin (CLR) 1:30: The Chosen (CP) 3:00: Trivia Challenge Happy Hour (CR) 5:30: Can We Talk? (ALL) 6:00: Brain Busters (ALL) 6:30: Spy Cinema (MR)	11:00: Daily Chronicle (ALL) 29 1:00: Bingo for Bucks (CR) 2:30: Sing-along w/Julie (CLR) 3:30: Thinklers (ALL) 4:00: Catholic Mass (CP) 5:30: Open Forum (ALL) 6:00: Left Brain Thinking (ALL)
10:30: Non-Denominational Christian Service (CP) 30 11:00: Bloody Mary Bar (CR) 1:30: Open Craft Studio (CR) 2:00: Mahjong w/ Judy (W3) 3:00: Music w/ Take Two (CLR) 3:00: Move & Groove (CLR) 4:00:Resident'sChoiceMovie(MR) 5:30: Talk & Trivia (ALL)	10:30: FOX Tai Chi (MR) 31 11:00: FOX Exercise (MR) 1:00: Bingo for Bucks (CR) 3:00: S'mores Social (CR) 5:30: Trivia Time (ALL) 6:30: Monday Night Musicals (MR)	 Location Code CP-Chapel LO-Lobby CR-Craft Room WL- Waterford Lobby ALL- Assisted Living Lounge CLR- Community Living Room LB- Library KP-Koi Pond MR-Meeting Room W3-Waterford 3rd Floor ILDR- IL Dining Room LOWF- Lobby & Waterford				

Changes to locations, times and programs may occur. Please check the Daily Schedule for the most up-to-date information. Resident-led programs are listed separately.