



August 2026

The Carlisle Palm Beach Memory Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						10:15 Sit & Swing Exercise with Ally! 11:00 Brain Boosters: Word Games 1:00 Creative Craft Corner 2:00 Live Music with Max Green! 2:30 Mixology 101: Make Your Own Mocktails 3:00 Mix & Mingle Happy Hour & Trivia!
10:45 Seated Exercises 11:15 Carlisle Social Scoop 1:30 Bingo! 2:00 Ice Cream Sundae Social 3:00 Mix & Mingle Happy Hour!	10:00 Mindful Meditations & Yoga 10:30 Carlisle Social Scoop 11:00 Puzzles & Crosswords 1:30 Art Therapy: Abstract Art 2:30 Sip & Savor Happy Hour 3:00 Baking Club: Homemade Bread!	10:00 Tai Chi Tuesday 10:30 Carlisle Social Scoop 11:00 Tuesdays on The Town: Ice Cream Sundaes & Scenic Drive 1:30 Creative Craft Corner 2:30 Flower Arrangements 3:00 Sip & Savor Happy Hour!	10:15 Holy Spirit Catholic Church 11:00 Chair Yoga & Meditation 1:30 Baking Club: Homemade Bread 2:30 Nicole Hulett Live! 3:00 Sip & Savor Happy Hour 3:30 Culture Club: Jazz Legends	10:00 Drum Fit with Denise! 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Trivia Games! 2:00 Seated Exercises with Quan 2:30 Happy Hour! 3:30 Board Games: The Game of Life	10:15 Chair Pilates 10:45 Morning Meditation 11:00 Mind Games: Guess Who? 1:00 Coloring Corner 2:30 Jewelry Design 3:00 Sip & Savor Happy Hour	10:00 Pool Noodle Tennis 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games 1:30 Karen's Cabaret 2:00 Mixology 101: Make Your Own Mocktails 2:30 Mix & Mingle Happy Hour! 3:30 Flower Arrangements
10:00 Drum Fit! 10:30 Carlisle Social Scoop 11:00 Beach Ball Ice Breakers 1:00 Creativity Corner 2:00 Ice Cream Sundae Social 3:00 Bingo & Bubbly Happy Hour	10:00 Mindful Meditations & Yoga 10:30 Carlisle Social Scoop 11:00 Puzzles & Crosswords 1:30 Art Therapy: Impressionism 2:30 Sip & Savor Happy Hour 3:00 Baking Club: Homemade Bread!	10:00 Tai Chi Tuesday 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games 1:30 Tea Party & Trivia 2:30 Nail Salon & Hand Massages 3:00 Sip & Savor Happy Hour!	10:15 Holy Spirit Catholic Church 11:00 Chair Yoga & Meditation 1:30 Baking Club: Homemade Bread 2:30 Live Music with KNR Entertainment! 3:00 Sip & Savor Happy Hour 3:30 Culture Club: The Kennedy's	10:00 Healing Hounds Pet Therapy! 10:30 Drum Fit with Denise! 11:00 Brain Boosters: Trivia Games! 2:00 Seated Exercises with Quan 2:30 Happy Hour! 3:30 Gardening Club	10:15 Chair Pilates 10:45 Morning Meditation 11:00 Pictionary! 1:00 Coloring Corner 2:30 Shabbat Services 3:00 Sip & Savor Happy Hour	10:00 Pool Noodle Tennis 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games 1:00 Puzzle Corner 2:00 Mixology 101: Make Your Own Mocktails 2:30 Mix & Mingle Happy Hour! 3:30 Card Conversation Starters



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Drum Fit!16 10:30 Carlisle Social Scoop 11:00 Retro TV Trivia 1:00 Creativity Corner 2:30 Ice Cream Sundae Social 3:00 Bingo & Bubbly Happy Hour	10:00 Mindful Meditations & Yoga17 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games 1:30 Art Therapy: Landscapes 2:30 Sip & Savor Happy Hour 3:00 Baking Club: Homemade Bread!	10:00 Tai Chi Tuesday18 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games 1:30 Tea Party & Trivia 2:30 Nail Salon & Hand Massages 3:00 Sip & Savor Happy Hour!	10:15 Holy Spirit Catholic Church19 11:00 Chair Yoga & Meditation 1:30 Baking Club: Homemade Bread 2:30 Nicole Hulett Live! 3:00 Sip & Savor Happy Hour 3:30 Culture Club: Dance Around The World	10:00 Drum Fit with Denise!20 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Trivia Games! 2:00 Seated Exercises with Quan 2:30 Happy Hour! 3:30 Gardening Club	10:15 Chair Pilates21 10:45 Morning Meditation 11:00 Word Games: Guess The Place 1:00 Coloring Corner 2:30 Flower Arrangements 3:00 Sip & Savor Happy Hour	10:00 Pool Noodle Tennis22 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games 1:00 Puzzle Corner 2:00 Steve Michaels Live! 2:15 Mixology 101: Make Your Own Mocktails 3:00 Mix & Mingle Happy Hour! 3:30 Flower Arrangements
10:00 Drum Fit!23 10:30 Carlisle Social Scoop 11:00 Beach Ball Ice Breakers 1:00 Creativity Corner 2:30 Ice Cream Sundae Social 3:00 Bingo & Bubbly Happy Hour	10:00 Mindful Meditations & Yoga24 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games 1:30 Art Therapy: Pop Art! 2:30 Sip & Savor Happy Hour 3:00 Baking Club: Homemade Bread!	10:00 Tai Chi Tuesday25 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games 1:30 Tea Party & Trivia 2:30 Nail Salon & Hand Massages 3:00 Sip & Savor Happy Hour!	10:15 Holy Spirit Catholic Church26 11:00 Chair Yoga & Meditation 1:30 Paint & Sip With Lori! 2:30 Live Music with KNR Entertainment! 3:00 Sip & Savor Happy Hour 3:30 Culture Club: Architectural Marvels	10:00 Drum Fit with Denise!27 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Trivia Games! 2:00 Seated Exercises with Quan 2:30 Happy Hour! 3:30 Baking Club: Homemade Bread!	10:15 Chair Pilates28 10:45 Morning Meditation 11:00 Jeopardy! 1:00 Coloring Corner 2:30 Shabbat Services 3:00 Sip & Savor Happy Hour	10:00 Pool Noodle Tennis29 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games 1:00 Puzzle Corner 2:00 Mixology 101: Make Your Own Mocktails 3:00 Mix & Mingle Happy Hour! 3:30 Card Conversation Starters
10:00 Drum Fit!30 10:30 Carlisle Social Scoop 11:00 Flower Arrangements 1:00 Creativity Corner 2:30 Ice Cream Sundae Social 3:00 Bingo & Bubbly Happy Hour	10:00 Mindful Meditations & Yoga31 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games 1:30 Art Therapy: Surrealism 2:30 Sip & Savor Happy Hour 3:00 Baking Club: Homemade Bread!	Location Key MC Music Room MC 2nd Floor Dining Room MC 2nd Floor Living Room MC Living Room MC Dining Room MC Art Studio Activities are subject to change- please check daily schedule for updates.				