

August 2026

Sunday	Monday	Tuesay	Wednesday	Thursday	Friday	Saturday
DR– Dining Room PD– Private Dining Room	TR– Theater Room CR–Craft Room RL– Resident Lounge					1 10:00 Meditation Group (PD) 1:00 Chinese Mahjong (DR) 2:00 Board Games (PD) 4:00 Social Hour (RL)
2 2:00 Board Games (PD) 4:00 Social Hour (RL)	3 11:00 Discussion Group (PD) 1:00 Vt Chamber Music Concert (RL) 2:00 Mexican Train Dominoes (PD) 4:00 Social Hour (RL)	4 11:00 BINGO (DR) 2:00 Board Games (PD) 4:00 Visit from Sara Simeone (RL)	5 9:00 Walking Group with Jess 10:00 Morgan Mornings (RL) 2:00 Board Games (PD) 4:00 Social Hour (RL)	6 1:00 Skyjo (DR) 2:00 Bridge Club (PD) 4:00 Social Hour with Carolyn Zuaro (RL) 7:00 Movie Night (TR)	7 9:00 Coffee Hour (RL) 11:00 Painting Group (PD) 2:00 5 Crowns (PD) 4:00 Social Hour (RL)	8 10:00 Meditation Group (PD) 1:00 Chinese Mahjong (DR) 2:00 Board Games (PD) 4:00 Social Hour (RL)
9 2:00 Board Games (PD) 4:00 Social Hour (RL)	10 11:00 Discussion Group (PD) 1:00 Documentary Monday (TR) 2:00 Mexican Train Dominoes (PD) 4:00 Social Hour (RL)	11 11:30 Food Discussion (PD) 1:00 Cribbage (PD) 2:00 Board Games (PD) 4:00 Social Hour (RL)	12 9:00 Walking Group with Jess 10:00 Morgan Mornings (RL) 2:00 Board Games (PD) 4:00 Social Hour (RL)	13 11:00 TED TALKS (TR) 1:00 Skyjo (DR) 2:00 Bridge Club (PD) 4:00 Social Hour (RL) 7:00 Movie Night (TR)	14 9:00 Coffee Hour (RL) 1:00-3:00 Jessamyn West Tech Help (DR) 2:00 5 Crowns (PD) 4:00 Social Hour (RL)	15 10:00 Meditation Group (PD) 1:00 Chinese Mahjong (DR) 2:00 Board Games (PD) 4:00 Social Hour (RL)
16 2:00 Board Games (PD) 4:00 Social Hour (RL)	17 Discussion Group (PD) 1:00 Documentary Monday (TR) 2:00 Mexican Train Dominoes (PD) 4:00 Wine Tasting (RL)	18 11:00 Bingo (DR) 2:00 Board Games (PD) 4:00 Social Hour (RL)	19 9:00 Walking Group with Jess 10:00 Morgan Mornings (RL) 11:30 Cooking Demo With Armando (DR) 1:00 Card Making (DR) 2:00 Board Games (PD) 4:00 Social Hour (RL)	20 12:00 Monthly Birthday Celebration (DR) 1:00 Skyjo (CR) 2:00 Bridge Club (PD) 4:00 Social Hour (RL) 7:00 Movie Night (TR)	21 9:00 Coffee Hour (RL) 11:00 Curtis MacDonald Performance (DR) 2:00 5 Crowns (PD) 4:00 Social Hour (RL)	22 10:00 Meditation Group (PD) 1:00 Chinese Mahjong (DR) 2:00 Board Games (PD) 4:00 Social Hour (RL)
23 2:00 Board Games (PD) 4:00 Social Hour (RL)	24 11:00 Discussion Group (PD) 1:00 Documentary Monday (TR) 2:00 Mexican Train Dominoes (PD) 4:00 Social Hour (RL)	25 11:00 Painting Group (CR) 2:00 Board Games (CR) 4:00 Social Hour (RL)	26 9:00 Walking Group with Jess 10:00 Morgan Mornings (RL) 2:00 Board Games (CR) 4:00 Social Hour (RL)	27 1:00 Skyjo (CR) 2:00 Bridge Club Cancelled 4:00 Social Hour (RL) 7:00 Movie Night (TR)	28 9:00 Coffee Hour (RL) 2:00 5 Crowns (CR) 4:00 Social Hour (RL)	29 10:00 Meditation Group (CR) 1:00 Chinese Mahjong (GR) 2:00 Board Games (CR) 4:00 Social Hour (RL)
30 2:00 Board Games (PD) 4:00 Social Hour (RL)	31 11:00 Discussion Group (PD) 1:00 Documentary Monday (TR) 2:00 Mexican Train Dominoes (CR) 4:00 Social Hour (RL)					

This Month we will continuing our “Trek around New England.” Come join us in the Theater Room every Monday at 1:00 for a documentary.

Monday, August 3– At 1:00 in the Lounge The Vermont Chamber Music Company will be here to put on a short performance. This is open to the public so if you are planning on attending please come down early to get a seat.

Tuesday, August 4– We will have a BINGO game in the Dining Room at 11:00.

Tuesday, August 4– At 4:00 we will have a special guest joining us at Social Hour. Sara Simeone will be here. Sara is the VP of Nursing and Patient Safety at Gifford Medical Center . She will be here to answer any questions you may have. Everyone is welcome to come help welcome Sara to Strode.

Friday, August 7– The Painting group will be meeting in the Private Dining Room at 11:00. Everyone is welcome to join.

Tuesday, August 11- There will be a food discussion group in the Private Dining Room at 11:30. everyone is welcome to come share their thoughts opinions and suggestions with Chef Armando.

Thursday, August 13– We will have TED talks at 11:00 in the Theater Room.

Friday, August 14– From 1:00-3:00 Jessamyn West will be here to help with our basic tech needs. Please remember this is drop in style, so please be patient with the people in front of you.

Monday, August 17– There will be a wine tasting at 4:00 in the Resident Lounge. This event is open for everyone.

Tuesday, August 18– BINGO! There will be a BINGO game in the Dining Room at 11:00. come on down to try your luck at winning fantastic prizes.

Wednesday, August 19– There will be a Cooking demo with Chef Armando. This will be in the Dining Room at 11:30.

Wednesday, August 19– There will be a card making workshop at 1:00 in the Dining Room. Sign up at the Front Desk.

Thursday, August 20– HAPPY BIRTHDAY! We will have our monthly Birthday Celebration at 12:00 in the Dining Room everyone is welcome.

Friday, August 21– At 11:00 we will have a musical performance by Curtis MacDonald. Curtas plays a mixed Genre of musical styles. This will be held in the Dining Room.

Tuesday, August 25– There will be a Painting Group at 11:00 in the **Craft Room**.

Meditation Group The meditation group meets every Saturday for 30 minutes in the Private Dining Room at 10:00. This group is open to everyone.

Discussion Group The Discussion group meets every Monday Morning at 11:00 in the Private Dining room. This group talks about current events. Everyone is welcome to join this group.

Walking Group The walking group has a new member and is looking for more. Jessica is joining the walking group starting Wednesday, August 5. This group meets in the lobby at 9:00 . Come walk with us.

Cribbage will be held Tuesday, August 11 at 1:00 in the Dining Room.

All Groups and Activities are open to everyone.



2026

Events & Activities