

# RendeverLive™

## August 2021 Event Calendar

Rendever offers a variety of live programming every weekday for senior living communities to tune in and enjoy. Start each Monday, Wednesday, and Friday with a mindfulness session, don't miss our adventure and education series each Tuesday and Thursday afternoon. There are also special events like Trivia and Laughter Yoga planned throughout the month!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>11:00 am EDT</b> <b>Mindfulness</b> Meditation for Inner Peace</p>	<p>3</p> <p><b>2:00 pm EDT</b> <b>Adventure &amp; Travel</b> Castles Worldwide</p>	<p>4</p> <p><b>11:00 am EDT</b> <b>Breathing Technique</b> Peaceful Breathing</p> <p><b>4:30 pm EDT</b> <b>Trivia</b></p>	<p>5</p> <p><b>2:00 pm EDT</b> <b>Adventure &amp; Travel</b> Lucille Ball</p>	<p>6</p> <p><b>11:00 am EDT</b> <b>Visualization</b> Golden Light</p>
<p>9</p> <p><b>11:00 am EDT</b> <b>Mindfulness</b> Rest &amp; Recharge Meditation</p>	<p>10</p> <p><b>2:00 pm EDT</b> <b>Adventure &amp; Travel</b> Famous Scientific Discoveries</p>	<p>11</p> <p><b>11:00 am EDT</b> <b>Breathing Technique</b> Relaxing Breathwork</p> <p><b>4:30 pm EDT</b> <b>Trivia</b></p>	<p>12</p> <p><b>2:00 pm EDT</b> <b>Adventure &amp; Travel</b> Sail Around the Mediterranean</p>	<p>13</p> <p><b>11:00 am EDT</b> <b>Visualization</b> Deep Relaxation</p> <p><b>4:30 pm EDT</b> <b>Sing Along</b></p>
<p>16</p> <p><b>11:00 am EDT</b> <b>Mindfulness</b> Morning Motivation Meditation</p>	<p>17</p> <p><b>2:00 pm EDT</b> <b>Adventure &amp; Travel</b> Cars Throughout the Ages</p>	<p>18</p> <p><b>11:00 am EDT</b> <b>Breathing Technique</b> Box Breathing to Stay Motivated</p> <p><b>4:30 pm EDT</b> <b>Trivia</b></p>	<p>19</p> <p><b>2:00 pm EDT</b> <b>Adventure &amp; Travel</b> Take Flight (National Aviation Day)</p>	<p>20</p> <p><b>11:00 am EDT</b> <b>Visualization</b> Find Your Happy Place</p>
<p>23</p> <p><b>11:00 am EDT</b> <b>Mindfulness</b> Meditation for Nurturing Relationships</p>	<p>24</p> <p><b>2:00 pm EDT</b> <b>Adventure &amp; Travel</b> Japan</p>	<p>25</p> <p><b>11:00 am EDT</b> <b>Breathing Technique</b> Compassionate Breathwork</p> <p><b>4:30 pm EDT</b> <b>Trivia</b></p>	<p>26</p> <p><b>2:00 pm EDT</b> <b>Adventure &amp; Travel</b> Movement Potpourri</p>	<p>27</p> <p><b>11:00 am EDT</b> <b>Visualization</b> Deep Listening</p> <p><b>4:30 pm EDT</b> <b>Laughter Yoga</b></p>
<p>30</p> <p><b>11:00 am EDT</b> <b>Mindfulness</b> Being Present</p>	<p>31</p> <p><b>2:00 pm EDT</b> <b>Adventure &amp; Travel</b> Walt Disney: A Man, A Mouse, &amp; A Dream</p>	<p>Current Rendever partners can join by visiting <a href="https://live.rendever.com">live.rendever.com</a> and entering your credentials.</p> <p>If you are not yet a part of the Rendever family, please visit <a href="https://rendever.com/live">rendever.com/live</a> to request access to this complimentary programming.</p>		