

ACTIVITY

August 2021

CALENDAR

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 10:30 Bible Study	2 9:00 - Water Aerobics 9:15 - Resident Council Meeting 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Movie Matinee: "2 Hearts"	3 8:00 - Yoga w/ Lee 9:30 - Low Impact Cardio w/ KLove 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 1:00 - 3:00 - Matter of Balance 4:00 - Water Walking	4 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 2:00 - "Gift of Years"	5 10:00 - Coffee w/ Lisa 12:30 - 1:30 - Book Mobile 1:00 - 3:00 - Matter of Balance 4:00 - Water Walking * Low Impact Cardio w/	6 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Presentation on Identity Theft & Fraud Prevention 1:00 - Wii Bowling Tournament 3:00 - Darts (In Cyber) 4:00 - Happy Hour 6:30 - BINGO	7 4:00 Water Walking
8 10:30 Bible Study	9 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Activity Committee Meeting 1:00 - Movie Matinee: "5 Flights Up" 3:00 - Book Swap	10 8:00 - Yoga w/ Lee 9:30 - Low Impact Cardio w/ KLove 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 1:00 - 3:00 - Matter of Balance 4:00 - Water Walking	11 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 11:00 - 1:00 - Honey for Sale 1:00 - "National Elvis Week": Elvis G.I. Blues Musical Film	12 9:30 - Low Impact Cardio w/ KLove 1:00 - History Club 2:30 - Ladder Ball 4:00 - Water Walking	13 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Ping Pong 3:00 - Darts (In Cyber) 4:00 - Happy Hour 6:30 - BINGO	14 4:00 Water Walking
15 10:30 Bible Study	16 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Classic Movie Matinee: "My Fair Lady"	17 8:00 - Yoga w/ Lee 9:30 - Low Impact Cardio w/ KLove 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 4:00 - Water Walking	18 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 2:00 - National Senior Citizens Day Luau!	19 9:30 - Low Impact Cardio w/ KLove 12:30 - 1:30 - Book Mobile 4:00 - Water Walking	20 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 3:00 - Darts (In Cyber) 4:00 - Happy Hour 6:30 - BINGO	21 4:00 Water Walking
22 10:30 Bible Study	23 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Movie Matinee: "The Terminal"	24 8:00 - Yoga w/ Lee 9:30 - Low Impact Cardio w/ KLove 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 1:00 - 3:00 - Matter of Balance 4:00 - Water Walking	25 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 2:00 - "Gift of Years"	26 10:00 - Saxophonist Thomas "Tiger" Rogers 1:00 - \$1 Bridge Game 4:00 - Water Walking * Low Impact Cardio w/ KLove CANCELLED	27 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 3:00 - Darts (In Cyber) 4:00 - Happy Hour 6:30 - BINGO	28 4:00 Water Walking
29 10:30 Bible Study	30 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Movie Matinee: "The Meddler"	31 8:00 - Yoga w/ Lee 9:30 - Low Impact Cardio w/ KLove 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 1:00 - 3:00 - Matter of Balance 4:00 - Water Walking				

