



August 2023

Activity Calendar



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio w/Klove 10:00a - 11:00a - BP Checks 1:00p - Happy Stitchers 1:30p - Wii Bowling 2:30p - Wii Bowling 3:30p - Men's Bible Study 4:00p - Water Walking	9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Virtual Tour: Austria & the Alps 1:00p - Hand and Foot 3:00p - Ladies Bible Study	10:00a - Coffee w/ Lisa TBD - Malco Grandview Movie Outing	9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 11:00a - Lunch Bunch: Crazy Cats 2:30p - Darts 4:00p - Happy Hour 6:30p - Bingo	4:00p Water Walking
6 10:30a Protestant Service	7 9:00a - Water Aerobics 9:15a - Resident Council Meeting 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee: "Larry Crowne"	8 8:30a - Yoga w/ Lee 8:30a - Trip to the Voting Polls 9:30a - Low impact Cardio w/Klove 10:00a - Yoga DVD 10:00a - 11:00a - BP Checks 1:00p - Happy Stitchers 1:30p - Wii Bowling 2:30p - Wii Bowling 2:30p - Trip to the Voting Polls 4:00p - Water Walking 5:00p - Dinner Out: Walkers Drive - In	9 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Origin Bank 10:00a - Water Aerobics 10:30a - Virtual Tour: Austria & the Alps 11:00a - 1:00p - Honey for Sale 1:00p - Hand and Foot 3:00p - Ladies Bible Study	10 9:30a - Low Impact Cardio w/Klove 1:00p - History Club 2:30p - Ladder Ball 3:00p - Popcorn Snack 4:00p - Water Walking	11 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Sing-a-long with Ed Thomas 2:30p - Darts 4:00p - Happy Hour 6:30p - Bingo	12 4:00p Water Walking
13 10:30a Protestant Service	14 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Activity Committee Meeting 1:00p - Movie Matinee: "The Secret Life of Bees"	15 8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio w/Klove 10:00a - 11:00a - BP Checks 1:00p - Happy Stitchers 1:30p - Wii Bowling 2:30p - Wii Bowling 3:30p - Men's Bible Study 4:00p - Water Walking	16 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Virtual Tour: Austria & the Alps 1:00p - Hand and Foot 3:00p - Ladies Bible Study	17 9:30a - Low Impact Cardio w/ Klove 10:30a - Basics of Texting on an iPhone 2:00p - Arts and Crafts 2:30p - 3:30p - Book Mobile 4:00p - Water Walking	18 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - \$1 Bridge Game 2:30p - Darts 4:00p - Happy Hour 6:30p - Bingo	19 4:00p Water Walking
20 10:30a Protestant Service	21 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 11:30a - World Senior Citizens Day Luau Celebration & Lunch	22 8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio w/Klove 10:00a - Tai Chi DVD 10:00a - 11:00a - BP Checks 1:00p - Happy Stitchers 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking	23 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Origin Bank 10:00a - Water Aerobics 10:30a - Creative Jazz Performance: Tim Stanek 1:00p - Hand and Foot 3:00p - Ladies Bible Study	24 9:30a - Low Impact Cardio w/ Klove 10:30a - Basics of Texting on an Android 2:00p - Lida Gibson-Asylum Hill Presentation 3:00p - Popcorn Snack 4:00p - Water Walking	25 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Amanda Herron Speaks on Strokes 2:30p - Darts 4:00p - Happy Hour 6:30p - Bingo	26 4:00p Water Walking
27 10:30a Protestant Service	28 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee: "The Secondhand Lions"	29 8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio w/Klove 10:00a - 11:00a - BP Checks 1:00p - Happy Stitchers 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking	30 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Virtual Tour: Italy's Cities 1:00p - Hand and Foot 3:00p - Ladies Bible Study	31 9:00a - Low Impact Cardio w/ Klove 10:30a - Resident Show & Tell 2:30p - Keep it Up! 4:00p - Water Walking 4:00p - Current Events Meeting		

Church Services

Catholic Service: Monday - Friday 8:30am/Sunday 9:00am(Chapel)

United Methodist Service: Tuesdays 4:00pm (Chapel)

Episcopal Service: Every Wednesday 4:00pm (Chapel)

Protestant Service: Every Sunday 10:30am (Activity Room)