

August

Independent Living Activity Calendar

2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	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)				1 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 11:00 - Lunch Bunch: Hokkaido Hibachi 2:00 - Ping Pong 2:30 - Watermelon Treat 4:00 - Happy Hour 6:30 - Bingo	2 4:00 Water Walking
3 10:30 Protestant Service	4 8:00 - Morning Coffee 9:00 - Water Aerobics 9:15 - Residents' Council Meeting 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00- Movie Matinee: The Legend of Bagger Vance	5 10:00 - Coffee w/ Lisa 11:00- BP Checks 1:00- Happy Stitchers 1:30- Wii Bowling 3:00 - Men's Bible Study (Dogwood Room) 4:00- Water Walking	6 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Virtual Tour Travel Specials 1:00 - Hand and Foot 3:00 - Wednesday Bible Study	7 8:00 - Morning Coffee 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio w/Klove 10:30 - Pafford/ EMS Informative Presentation 2:30 - PT Panel Discussion 4:00 - Water Walking	8 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Unlocking the Future: Understanding Artificial Intelligence Presentation 1:00 - Mahjong Game (Activity Room) 4:00 - Happy Hour 6:30 - Bingo	9 4:00 Water Walking
10 10:30 Protestant Service	11 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Activity Committee Meeting 1:00- Movie Matinee: Elsa & Fred	12 8:00 - Morning Coffee 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio w/ KLove 10:00- BP Checks 10:30 - Veteran's Club 1:00- Happy Stitchers 1:30- Wii Bowling 3:00 - Men's Bible Study (Dogwood Room) 4:00- Water Walking 5:00 - Dinner Out: Yai Yai's	13 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30- Morning Stretch 10:00 - Water Aerobics 10:00 - Origin Bank 10:30 - Virtual Tour Travel Special 11:00 - 1:00 - Honey for Sale 1:00 - Hand and Foot 3:00 - Wednesday Bible Study	14 8:00 - Morning Coffee 8:30 - Yoga w/ Lee 9:30- Low Impact Cardio w/Klove 10:30 - Suzanne Marrs Presents: "Eudora Welty: A Genius for Friendship" 1:00 - History Club 4:00 - Water Walking	15 8:00 - Morning Coffee 9:00- Water Aerobics 10:00 - Water Aerobics 1:00- \$1 Bridge Game 2:30 - Darts Begin 4:00 - Happy Hour 6:30 - Bingo	16 3:00 Symphonic Band Concert 4:00 Water Walking
17 10:30 Protestant Service	18 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Movie Matinee: The Jane Austen Book Club	19 8:00 - Morning Coffee 8:30- Yoga w/ Lee 9:30 - Low Impact Cardio w/Klove 3:00 - Men's Bible Study (Dogwood Room) 1:30 - Wii Bowling 3:00 - Men's Bible Study (Dogwood Room) 4:00 - Water Walking	20 8:00 - Morning Coffee 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Virtual Tour Travel Special 1:00 - Hand and Foot 3:00 - Wednesday Bible Study	21 8:00 - Morning Coffee 9:30 - Low Impact Cardio w/ Klove 10:30 - Steven Sachs Performs 2:00 - World Senior Citizens Day Ice Cream Social & Entertainment 2:00 - Book Mobile 4:00- Water Walking WORLD SENIOR CITIZENS DAY	22 8:00 - Morning Coffee 9:00- Water Aerobics 9:30- Morning Stretch 10:00 - Water Aerobics 10:30 - Ravin Lovitt: Quilting Interest Group Presentation 2:30 - Darts 4:00 - Happy Hour 6:30 - Bingo	23 4:00 Water Walking
24 10:30 Protestant Service	25 9:00 - Water Aerobics 10:00 - Water Aerobics CLOSET SALE SET-UP	26 1:00 - Happy Stitchers 3:00 - Men's Bible Study (Dogwood Room) 4:00 - Water Walking CLOSET SALE SET-UP	27 9:00 - Water Aerobics 10:00 - Water Aerobic 10:00 - Origin Bank CLOSET SALE SET-UP	28 CLOSET SALE DAY 8:00 - 1:00	29 9:00 - Water Aerobics 10:00- Water Aerobics 4:00 - Happy Hour 2:30 - Darts 4:00 - Current Eventz 6:30 - Bingo Morning Stretch Canceled	30 4:00 Water Walking
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