



August

INDEPENDENT ACTIVITY calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1 4:00 Water Walking 4:30 Hymns w/ Mary Lou and Martha
2 10:30 Protestant Service	3 8:00- Morning Coffee 9:30- Morning Stretch 10:00- Water Aerobics 2:00- A Daisey a Day Bouquet Making Class	4 8:00- Morning Coffee 8:30- NO YOGA W/ LEE 9:30- Low Impact Cardio 10:00- Coffee with Lisa followed by A Mission of Healing & Hope Documentary 10:00- BP Check 1:00- Happy Stitchers 2:00- Chris Bratcher Performs 3:00- Men's Bible Study (Dogwood Room)	5 8:00- Morning Coffee 9:30- Sit and Be Fit 10:00- Water Aerobics 10:30- Virtual Tour 1:00- Hand and Foot 3:00- Wednesday Bible Study	6 8:00- Morning Coffee 9:00- Low Impact Cardio 9:30- Tai Chi 2:00- Songbirds Music Program	7 8:00- Morning Coffee 9:30- Morning Stretch 10:00- Water Aerobics 10:30- Author Jason Pendergast Speaks 11:00- Lunch Bunch: Beef O'Brady's 2:30- Darts (Cyber) 4:00- Happy Hour 6:30- Bingo	8 4:00 Water Walking
9 10:30 Protestant Service	10 8:00- Morning Coffee 9:30- Yoga with Lee 9:30- Morning Stretch 10:00- Water Aerobics 10:30- Activity Committee Meeting 1:00- Movie Matinee: Hanging Up	11  Set-up Day 5:00- Dinner Out: Pedro's	12  Set-up Day 10:00- Origin Bank 11:00- Honey for Sale (Lobby)	13  Employees Only 8-8:30am Open to Everyone 8:30am Sale Ends at 12:00pm	14 8:00- Morning Coffee 9:30- Morning Stretch 10:00- Water Aerobics 10:30- Flute & Piano Performance 2:30- Darts (Cyber) 4:00- Happy Hour 6:30- Bingo	15 4:00 Water Walking
16 10:30 Protestant Service	17 8:00- Morning Coffee 9:30- Morning Stretch 10:00- Water Aerobics 10:30- Diabetes Talk with the Diabetes Foundation 1:30- Dominican Sisters Speak in Celebration of 80th Anniversary of St. Dominics	18 8:00- Morning Coffee 8:30- Yoga w/Lee 9:30- Low Impact Cardio 10:00- BP Check 1:00- Happy Stitchers 2:00- Hughe McKenzie Karaoke 3:00- Men's Bible Study (Dogwood Room)	19 8:00- Morning Coffee 9:00- Sit and Be Fit 10:00- Water Aerobics 1:00- Hand and Foot 3:00- Wednesday Bible Study	20 8:00- Morning Coffee 9:00- Low Impact Cardio 9:30- Tai Chi 2:00- Lemonade Social 2:00- Book Mobile 	21 8:00- Morning Coffee 9:30- Morning Stretch 10:00- Water Aerobics 10:30- Ora Reed Performs for World Senior Citizen Day! 1:00- \$1 Bridge Game 2:30- Darts (Cyber) 4:00- Happy Hour 6:30- Bingo	22 4:00 Water Walking
23 10:30 Protestant Service	24 8:00- Morning Coffee 9:30- Morning Stretch 10:00- Water Aerobics 1:00- Movie Matinee: A Man Called Otto	25 8:00- Morning Coffee 8:30- Yoga w/Lee 9:30- Low Impact Cardio 10:00- BP Check 1:00- Happy Stitchers 2:00- Left Right Center 2:30- Trivia 3:00- Men's Bible Study (Dogwood Room)	26 8:00- Morning Coffee 9:30- Sit and Be Fit 10:00- Origin Bank 10:00- Water Aerobics 10:30- Reflections Group with Renisha 1:00- Hand and Foot 3:00- Wednesday Bible Study	27 8:00- Morning Coffee 9:00- Low Impact Cardio 9:30- Tai Chi 1:00- MS State Capitol Tour 4:00- Current Eventz	28 8:00- Morning Coffee 9:30- Morning Stretch 10:00- Water Aerobics 2:00- Ladderball 2:30- Darts (Cyber) 4:00- Happy Hour 6:30- Bingo	29 4:00 Water Walking
30 10:30 Protestant Service	31 8:00- Morning Coffee 9:30- Morning Stretch 10:00- Water Aerobics 1:00- Opera Showing					

Church Services

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

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

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

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



INDEPENDENT ACTIVITY calendar

July



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 8:00-Morning Coffee 9:00-Water Aerobics 9:30-Sit and Be Fit 10:00-Water Aerobics 10:30- Bridging Pope Francis and Pope Leo XIV 1:00-Hand and Foot 3:00-Wednesday Bible Study No Virtual Tour	2 8:00-Morning Coffee 9:00-Low Impact Cardio 11:30- Hot Diggity Dog Lunch (Sign-up) 9:30-Tai Chi 4:00-Water Walking	3 8:00-Morning Coffee 9:00-Water Aerobics 9:30- Morning Stretch 10:00-Water Aerobics 11:00- Lunch Bunch: Pelican Cove 2:00- 250 Years of America's Music Sing-a-long Program 2:30-Darts (Cyber) 4:00-Happy Hour 6:30-Bingo	4 4:00 Water Walking 
5 10:30 Protestant Service	6 8:00-Morning Coffee 9:00-Water Aerobics 1:00- Movie Matinee: Activity Coordinators Off 	7 8:00-Morning Coffee 8:30-Yoga w/Lee 9:30-Low Impact Cardio 10:00-BP Check 1:00-Happy Stitchers 3:00-Men's Bible Study (Dogwood Room) 4:00-Water Walking	8 8:00-Morning Coffee 9:00-Water Aerobics 9:30-Sit and Be Fit 11:00 - Honey for Sale 10:30-Virtual Tour 1:00-Hand and Foot 3:00-Wednesday Bible Study	9 8:00-Morning Coffee 9:00-Low Impact Cardio 9:30-Tai Chi 1:00- History Club with George Kirkpatrick 2:30- Watermelon Social 4:00-Water Walking 	10 8:00-Morning Coffee 9:00-Water Aerobics 9:30- Morning Stretch 10:00-Water Aerobics 2:00- Painting with Peaches 2:30-Darts (Cyber) 4:00- Happy Hour 6:30-Bingo	11 4:00 Water Walking
12 10:30 Protestant Service	13 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: Awakenings	14 8:00-Morning Coffee 8:30-Yoga w/Lee 9:30-Low Impact Cardio 1:00- Showing of Cindy Meehl's Film "Jimmy and the Demons" (Robbie Hughe's daughter) 3:00-Men's Bible Study (Dogwood Room)  4:00-Water Walking 5:00- Dinner Out: Taste	15 8:00-Morning Coffee 9:00-Water Aerobics 9:30-Sit and Be Fit 10:00- Origin Bank 10:30- Bird Watching and Hearing Loss Presentation 11:00 - Honey for Sale 1:00-Hand and Foot 3:00-Wednesday Bible Study	16 8:00-Morning Coffee 9:00-Low Impact Cardio 9:30-Tai Chi 10:30- Reflections Group 2:00- Book Mobile 4:00-Water Walking	17 8:00-Morning Coffee 9:00-Water Aerobics 9:30- Morning Stretch 10:00-Water Aerobics 1:00- \$1 Bridge Game 2:30-Darts (Cyber) 4:00-Happy Hour 6:30-Bingo	18 4:00 Water Walking
19 10:30 Protestant Service	20 8:00-Morning Coffee 9:00-Water Aerobics 9:30-Morning Stretch 10:00-Water Aerobics 10:30-"Dishing with the Dietician" Talk with SCV Dietician Emily Blackwell	21 8:00-Morning Coffee 9:30-Low Impact Cardio 10:00-BP Check 1:00-Happy Stitchers 2:00- Left Right Center Game 3:00-Men's Bible Study (Dogwood Room) 4:00-Water Walking	22 8:00-Morning Coffee 9:00-Water Aerobics 9:30-Sit and Be Fit 10:00-Origen Bank 10:00-Water Aerobics 10:30- Virtual Tour 1:00-Hand and Foot 3:00-Wednesday Bible Study	23 8:00-Morning Coffee 9:00-Low Impact Cardio 9:30-Tai Chi 10:30- MS Symphony Flute Performance 2:00- Active Threat Chat with Ken Gill 4:00-Water Walking	24 8:00-Morning Coffee 9:00-Water Aerobics 9:30- Morning Stretch 10:00-Water Aerobics 2:30-Darts (Cyber) 4:00-Happy Hour 6:30-Bingo	25 4:00 Water Walking
26 10:30 Protestant Service	27 8:00-Morning Coffee 9:00-Water Aerobics 9:30-Morning Stretch 10:00-Water Aerobics 1:00- Movie Matinee: Amadeus	28 8:00-Morning Coffee 8:30-Yoga w/Lee 9:30-Low Impact Cardio 10:00-BP Check 1:00-Happy Stitchers 2:00-Trivia 3:00-Men's Bible Study (Dogwood Room) 4:00-Water Walking	29 8:00-Morning Coffee 9:00-Water Aerobics 9:30-Sit and Be Fit 10:00-Origen Bank 10:00-Water Aerobics 1:00-Hand and Foot 3:00-Wednesday Bible Study	30 8:00-Morning Coffee 9:00-Low Impact Cardio 9:30-Tai Chi 2:00- Popcorn Treat 4:00-Water Walking 4:00 - Current Eventz	31 8:00-Morning Coffee 9:00-Water Aerobics 9:30- Morning Stretch 10:00-Water Aerobics 2:00-Ping Pong 2:30-Darts (Cyber) 4:00-Happy Hour 6:30-Bingo	

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