

# Activity Calendar

# August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Water Aerobics 1 9:30 Strength & Cardio Exercise <i>*both videos at 9:30 again</i> <b>*10:30 Net Nutrition Class with Valley Services</b> 1:00 Hand & Foot Card Games 4:00 Bible Prayer Group	2 10:00 Coffee with MMJ & Weather Safety Presentation with Security 1:00 Crafts: Notebook project for Sunnybrook Children's home 1:00 Happy Stitchers- Club Room 3:45 Water Walking	3 9:30 Water Aerobics 9:30 Strength & Cardio Exercise <i>*both videos at 9:30 again</i> 6:30 Bingo	4 3:45 Water Walking 6:30 Night at the Races
5	6	7	8	9	10	11
9:00 Mass-Chapel 10:30 Activity Center Worship	9:30 Water Aerobics 9:30 Strength & Cardio Exercise <i>*both videos at 9:30 again</i> 10:30 Village Q&A Meeting	<b>*8:30 Chair Yoga with Instructor, Lee Parrott</b> <b>*9:30 Bus departs for Nissan Plant Tour, back by 11:30</b> 1:00 Movie: A League of their own 3:45 Water Walking	9:30 Strength & Cardio Exercise <i>*both videos at 9:30 again</i> 11-1 Local Honey for Sale 1:00 Hand & Foot Card Games 4:00 Bible Prayer Group	<b>*9:30 Kitchen Tour, meet in</b> <b>Activity Room</b> 10:30 Bible Study with Sam T. 1:00 Art Class: Clay <b>*NEW!*</b> 1:00 Happy Stitchers- Club Room 3:45 Water Walking	9:30 Water Aerobics 9:30 Strength & Cardio Exercise <i>*both videos at 9:30 again</i> 6:30 Bingo	3:45 Water Walking 6:30 Night at the Races
12	13	14	15	16	17	18
9:00 Mass-Chapel 10:30 Activity Center Worship	9:30 Water Aerobics 9:30 Strength & Cardio Exercise <i>*both videos at 9:30 again</i> 10:30 Act. Committee Mtg. <b>*4:00 Wine Tasting Dinner Demonstration</b>	<b>*8:30 Chair Yoga with Instructor, Lee Parrott</b> <i>No history club this month</i> 1:00 Movie: Heaven is for Real 3:45 Water Walking	9:30 Water Aerobics 9:30 Strength & Cardio Exercise <i>*both videos at 9:30 again</i> 1:00 Hand & Foot Card Games 4:00 Bible Prayer Group	10:00 Nourish Your Noggin. Topic: Emotional & Spiritual Wellness 1:00 Art Class: Painting 1:00 Happy Stitchers- Club Room 3:45 Water Walking	9:30 Water Aerobics 9:30 Strength & Cardio Exercise <i>*both videos at 9:30 again</i> 1:00 Ed Thomas on piano! 6:30 Bingo	3:45 Water Walking 6:30 Night at the Races
19	20	21	22	23	24	25
				10:30 Bible Study with Richard		

9:00 Mass- Chapel 10:30 Activity Center Worship	9:30 Water Aerobics 9:30 Strength & Cardio Exercise <i>*both videos at 9:30 again</i> 2:00 “Getting the most out of your charitable dollar” Presented by, John Richards	<b>*8:30 Chair Yoga with Instructor, Lee Parrott</b> 1:00 Movie: Sister Act 3:45 Water Walking <b>*5:00 LEDO (Let’s Eat Dinner Out!) Bus to Anjou for the ‘Early Bird Special’</b>	9:30 Water Aerobics 9:30 Strength & Cardio Exercise <i>*both videos at 9:30 again</i> 1:00 Hand & Foot Card Games 4:00 Bible Prayer Group	<i>11:30-1:30 Hawaiian Luau in Skylight Dining Room.</i> 1:00 Hawaiian Lei making at the Tiki Bar (Activity Room) 1:00 Happy Stitchers- Club Room 3:45 Water Walking 4:00 Book Club- Dogwood Room	9:30 Water Aerobics 9:30 Strength & Cardio Exercise <i>*both videos at 9:30 again</i> <b>*3:00 Dart Games</b> 6:30 Bingo	3:45 Water Walking 6:30 Night at the Races
26	27	28	29	30	31	
9:00 Mass- Chapel 10:30 Activity Center Worship	9:30 Water Aerobics 9:30 Strength & Cardio Exercise <i>*both videos at 9:30 again</i> <b>*2:00 Net Nutrition Class with Valley Services</b>	<b>Instructor, Lee Parrott</b> <b>*11:15 Bus to MS Braves Baseball Game, hosted by Bank Plus in the suite</b> 1:00 Movie: Sully 3:45 Water Walking	9:30 Water Aerobics Exercise <i>*both videos at 9:30 again</i> 1:00 Hand & Foot Card Games <i>in the Club</i> 1:00 Opera Buffs- Rigoletto 4:00 Bible Prayer Group	<b>*10:00 Ladies’ Breakfast with Guest Speaker Kveta Slobodnikova</b> 1:00 Art Class: Drawing 1:00 Happy Stitchers- Club Room 3:45 Water Walking	9:30 Water Aerobics 9:30 Strength & Cardio Exercise <i>*both videos at 9:30 again</i> <b>*1:00 Bridge Tournament</b> 6:30 Bingo	

**Happy Birthday!**