

# Activity Calendar

# August

# 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 Turn over for more details			10:00 Coffee with Lisa and Fire 1 Safety Presentation with Security 12:30- 1:30 Book Mobile outside lobby 1:00 Happy Stitches: <u>Club Rm.</u> 1:00 Art Class: Bob Ross painting 3:45 Water Walking: <u>Pool</u>	2 9:30 Water Aerobics 9:30 Group Exercise 4:00 Happy Hour, byob 6:30 Bingo	3 3:45 Water Walking: <u>Pool</u>
4	5	6	7	8	9	10
9:00 Mass: <u>Chapel</u> 10:30 Activity Room Service <b>*1:30 Bridge Games: Cafe</b>	9:30 Water Aerobics: <u>Pool</u> 9:30 Group Exercise 10:30 Village Q & A (all residents invited) 1:00 Movie: Where the Heart Is	*8:30 Yoga on the big screen 1:00 Beginner Spanish Class 3:45 Water Walking: <u>Pool</u> <b>(Primary Election Day)</b> <b>*8:30 Bus to Vote</b>  <b>*2:00 Bus to Vote</b>	<b>*9-11 Personal Training Sessions/Gym (sign-up on bulletin)</b> 9:30 Water Aerobics: <u>Pool</u> 9:30 Group Exercise 1:00 Hand & Foot Card Games	10:30 Bible Study with Sam T. 1:00 Happy Stitches: <u>Club Rm.</u> 1:00 Art Class: Ribbon jewelry 3:45 Water Walking: <u>Pool</u>	9:30 Water Aerobics 9:30 Group Exercise <b>*10:15 Technology Learning Sessions</b> 4:00 Happy Hour, byob 6:30 Bingo	3:45 Water Walking: <u>Pool</u> <b>9:00 am-12 pm Dr. Wong and Dr. Stover Parkinson's and ALZ Seminar</b>
11	12	13	14	15	16	17
9:00 Mass: <u>Chapel</u> 10:30 Activity Room Service <b>*1:30 Bridge Games: Cafe</b>	9:30 Water Aerobics: <u>Pool</u> 9:30 Group Exercise 10:30 Activity Committee Meeting 1:00 Movie: Sabrina	<b>*8:30 Yoga with Lee</b> 10:30 History Club with George K. Pioneers West! Part 1 1:00 Beginner Spanish Class 3:45 Water Walking: <u>Pool</u> <b>*5:00 Bus to Dinner Out at Strawberry Cafe</b> 	<b>*9-11 Personal Training Sessions/Gym (sign-up on bulletin)</b> 9:30 Water Aerobics: <u>Pool</u> 9:30 Group Exercise 11-1 Local Honey for sale in front lobby 1:00 Hand & Foot Card Games	<i>No art class today</i> <i>Volunteers setting up for clothing closet sale, you can also donate clothing today from 9am – 3pm</i> 12:30- 1:30 Book Mobile outside lobby 1:00 Happy Stitches: <u>Club Rm.</u> 3:45 Water Walking: <u>Pool</u>	<i>No group exercise</i> 9:30 Water Aerobics <b>7-12:00 pm CLOTHING SALE!</b> 4:00 Happy Hour, byob 6:30 Bingo	3:45 Water Walking: <u>Pool</u>
18	19	20	21	22	23	24
9:00 Mass: <u>Chapel</u> 10:30 Activity Room Service <b>*1:30 Bridge Games: Cafe</b>	9:30 Water Aerobics: <u>Pool</u> 9:30 Group Exercise 1:00 Movie: 27 Dresses	<b>*8:30 Yoga with Lee</b> 1:00 Beginner Spanish Class 3:45 Water Walking: <u>Pool</u> 11:30 – 1 Hawaiian Luau (buffet) & <i>hosted in SKYLIGHT DINING RM.</i> 5-6:30 pm Hawaiian Luau (buffet)	<b>*9-11 Personal Training Sessions/Gym (sign-up on bulletin)</b> 9:30 Water Aerobics: <u>Pool</u> 9:30 Group Exercise 1:00 Hand & Foot Card Games	<b>10:30 Guest Speaker: Kit Davis, Author</b> 1:00 Happy Stitches: <u>Club Rm.</u> 1:00 Art Class: Water Color 3:45 Water Walking: <u>Pool</u> 4:00 Book Club: <u>Club Rm.</u>	9:30 Water Aerobics 9:30 Group Exercise <b>*3:30 Dart Games: Cafe</b> 4:00 Happy Hour, byob 6:30 Bingo	 3:45 Water Walking: <u>Pool</u> <b>*6:15 Bus to FREE MS Community Symphonic Band Concert</b>
25	26	27	28	29	30	31
9:00 Mass: <u>Chapel</u> 10:30 Activity Room Service <b>*1:30 Bridge Games: Cafe</b>	9:30 Water Aerobics: <u>Pool</u> 9:30 Group Exercise 1:00 Movie: Indiana Jones and the Last Crusade All Day- CABI Clothing: <u>Magnolia Room</u>	<b>*8:30 Yoga with Lee</b> 1:00 Beginner Spanish Class 3:45 Water Walking: <u>Pool</u> <b>(Primary Runoff Election Day)</b> <b>*8:30 Bus to Vote</b>  <b>*10:30 Bus to Vote</b>	<b>*9-11 Personal Training Sessions/Gym (sign-up on bulletin)</b> 9:30 Water Aerobics: <u>Pool</u> 9:30 Group Exercise 1:00 Hand & Foot Card Games	<b>10:30 Guest Speaker: Dr. Candice Polk on Inflammation in the body</b> 1:00 Happy Stitches: <u>Club Rm.</u> 1:00 Art Class: Card making 3:45 Water Walking: <u>Pool</u>	<i>No group exercise</i> 8:00 Meeting 9:30 Water Aerobics <b>*1:00 \$1 Bridge Game</b> 4:00 Happy Hour, byob 6:30 Bingo	3:45 Water Walking: <u>Pool</u>