


August 2018

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1 National Ice Cream Soda Day 9:00 Tai Chi (CH) 9:30 Bingo (AR) 10:30 Chicks w/Sticks (AR) 11:15 Stretch & Relax (AR) 1:30 Wheel of Fortune (AR) 1:30 Culinary Comm. Mtg(DR) 2:15 Sing Along & Soda (CH) 2:30 Heart Smart (AR) 3:00 Chapel Trivia (CH) 6:00 Euchre (AR) 6:30 Leader Dog (AR)	2 9:00 Kroger (LB) 9:00 Better Balance (FC) 10:00 Men's Coffee Hour (AR) 10:00 Crossword (LB) 11:00 Walk Club (LB) 11:00 Rosary (CH) 1:30 Brain Quest (AR) 3:00 Inspirational Read (CH) 4:00 Harborlights (CH) 6:00 Pinochle (AR)	3 National Watermelon Day 9:00 Manicures (AR) 9:00 Women's Coffee Hr (AR) 9:00 Circuit Training(FC) 11:00 Country Smokehouse (LB) 11:15 Tai Chi Stretch (AR) 1:30 Bingo (AR) 2:30 Watermelon Party(AR)	4 9:30 Bingo (AR) 10:30 Learn to Knit(AR) 10:45 Sing-a-long (AR) 1:30 Sat. Matinee (AR)
5 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH) 12:00 Decorate a bag On your own(CH) 2:00 Movie Day(CH)	6 National Root Beer Float Day 9:00 Bingo (AR) 9:00 Cardio Circuit (FC) 10:00 Cover that Number (AR) 11:15 Stretch & Relax (AR) 1:30 Word Games & Floats (AR) 1:30 Bible Study (CH) 2:30 Arthritis Exercise (AR) 6:00 Bridge (AR)	7 8:30 Eastern Market (LB) 9:00 Arthritis Exercise (FC) 9:30 Bingo (AR) 10:30 Pictionary (AR) 10:45 Catholic Service (CH) 11:30 Kick-a-Roo (AR) 1:30 Crossword (AR) 2:30 Building & Grounds (CM) 2:15 Beanbag Toss (AR) 2:30 Chicks w/ Sticks (AR) 3:00 Sing-a-long (AR) 6:00 Pinochle (AR)	8 7-10:30am Omelet Station(DR) 9:00 Tai Chi (CH) 9:30 Bingo (AR) 10:30 Chicks w/Sticks (AR) 11:15 Stretch & Relax (AR) 1:30 Wheel of Fortune (AR) 2:15 Sing Along (CH) 2:30 Heart Smart (AR) 3:00 Chapel Trivia (CH) 3:00 Communication Mtg(CM) 6:00 Euchre (AR)	9 9:00 Mandala Coloring (AR) 9:00 Kroger (LB) 9:00 Better Balance (FC) 10:00 Men's Coffee Hour (AR) 10:00 Crossword (LB) 11:00 Walk Club (LB) 11:00 Rosary (CH) 1:30 Brain Quest (AR) 3:00 Inspirational Read (CH) 4:00 Harborlights (CH) 6:00 Pinochle (AR)	10 S'mores Day 9:00 Manicures (AR) 9:00 Women's Coffee Hr (AR) 9:00 Circuit Training (FC) 11:15 Tai Chi Stretch (AR) 1:30 Bingo (AR) 2:30 Kick-a-Roo (AR) 5:00 Music by the Bay(LB)	11 9:30 Bingo (AR) 10:30 Learn to Knit(AR) 10:45 Sing-a-long (AR) 1:30 Sat. Matinee (AR)
12 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH) 12:00 Decorate a bag On your own(CH) 2:00 Movie Day(CH)	13 9:00 Bingo (AR) 9:00 Cardio Circuit (FC) 10:00 Cover that Number (AR) 11:15 Stretch & Relax (AR) 1:30 Word Games (AR) 1:30 World's Finest Custard(LB) 1:30 Bible Study (CH) 2:30 Arthritis Exercise (AR) 6:00 Bridge (AR)	14 8:00 Golf Outing (LB) 9:00 Arthritis Exercise (FC) 9:30 Bingo (AR) 10:00 Lunch w/ Veterans (LB) 10:30 Pictionary (AR) 10:45 Catholic Service (CH) 11:30 Stability Ball Beat (AR) 1:30 Crossword (AR) 2:15 Beanbag Toss (AR) 2:30 Chicks w/ Sticks (AR) 3:00 Sing-a-long (AR) 6:00 Pinochle (AR)	15 9:00 Tai Chi (CH) 9:30 Bingo (AR) 10:30 Chicks w/Sticks (AR) 11:15 Stretch & Relax (AR) 11:30 Women's Lunch (LB) 1:30 Wheel of Fortune (AR) 2:30 Heart Smart Exer (AR) 3:00 Chapel Trivia (CH) 3:30 Book Group (AR) 6:00 Euchre (AR) 1:30 Wheel of Fortune (AR)	16 9:00 Mandala Coloring (AR) 9:00 Better Balance (CH) 9:30 Kroger (LB) 10:00 Men's Coffee Hour (AR) 11:00 Rosary (CH) 12:00 Birthday Dinner (DR) 1:30 Birthday Entertain (CH) 3:00 Inspirational Read (CH) 4:00 Harborlights (CH) 6:00 Pinochle/Bridge (AR)	17 9:00 Manicures (AR) 9:00 Women's Coffee Hr (AR) 9:00 Circuit Training (FC) 10:00 Belle Isle Picnic (LB) 11:15 Tai Chi Stretch (AR) 1:30 Bingo (AR) 2:30 Balloon Volleyball (AR)	18 9:30 Bingo (AR) 10:30 Learn to Knit(AR) 10:45 Sing-a-long (AR) 1:30 Sat. Matinee (AR)

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19 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH) 12:00 Decorate a bag On your own(CH) 2:00 Movie Day(CH) 5:00 Resident Potluck (AR) 	20 9:00 Bingo (AR) 9:00 Cardio Circuit (FC) 10:00 Cover that Number (AR) 11:15 Stretch & Relax (AR) 1:30 Word Games (AR) 1:30 Bible Study (CH) 2:30 Arthritis Exercise (AR) 6:00 Bridge (AR)	21 Senior Citizen Day 9:00 Arthritis Exercise (FC) 9:30 Bingo (AR) 10:30 Family Skype (AR) 10:45 Catholic Service (CH) 11:30 Kick-a-Roo (AR) 1:00 Family Skype (AR) 2:00 Alzheimer's Support (CH) 4:00 Dinner Cruise (LB) 6:00 Pinochle (AR)	22 9:00 Tai Chi (CH) 9:30 Bingo (AR) 10:30 Chicks w/Sticks (AR) 11:15 Stretch & Relax (AR) 1:30 Wheel of Fortune (AR) 2:15 Sing Along & Soda (CH) 2:30 Heart Smart Exer (AR) 3:00 Chapel Trivia (CH) 6:00 Euchre (AR)	23 9:00 Mandala Coloring (AR) 9:00 Kroger (LB) 9:00 Better Balance (FC) 10:00 Men's Coffee Hour (AR) 10:00 Crossword (LB) 10:30 Tiger's Game (LB) 11:00 Walk Club (LB) 11:00 Rosary (CH) 1:30 Brain Quest (AR) 3:00 Inspirational Read (CH) 4:00 Harborlights (CH) 6:00 Pinochle (AR)	24 9:00 Manicures (AR) 9:00 Women's Coffee Hr (AR) 9:00 Circuit Training (FC) 11:15 Tai Chi Stretch (AR) 1:30 Bingo (AR) 2:45 Happy Hr/Horse Race(AR)	25 9:30 Bingo (AR) 10:30 Learn to Knit(AR) 10:45 Sing-a-long (AR) 1:30 Sat. Matinee (AR)
26 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH) 12:00 Decorate a bag On your own(CH) 2:00 Movie Day(CH)	27 9:00 Bingo (AR) 9:00 Cardio Circuit (FC) 10:00 Art w/ Linda (AR) 11:15 Stretch & Relax (AR) 1:30 Word Games (AR) 1:30 Bible Study (CH) 2:30 Arthritis Exercise (AR) 6:00 Bridge (AR)	28 9:00 Coffee & Coloring (AR) 9:00 Better Balance (CH) 9:30 Meijer (LB) 9:30 Bingo (AR) 10:45 Catholic Service (CH) 11:30 Stability Ball Beat (AR) 12:00 Men's Lunch (AR) 1:30 Brain Games (AR) 2:15 Beanbag Toss (AR) 2:30 Chicks w/ Sticks (AR) 3:00 Sing-a-long (AR) 6:00 Pinochle (AR)	29 9:00 Mandala Coloring (AR) 9:00 Tai Chi (CH) 10:00 Bingo (AR) 11:15 Stretch & Relax (AR) 11:30 Harsen's Island (LB) 1:30 Wheel of Fortune (AR) 2:15 Sing Along (AR) 2:30 Heart Smart Exer (AR) 3:00 Chapel Trivia (CH) 6:00 Euchre (AR)	30 9:00 Mandala Coloring (AR) 9:00 Kroger (LB) 9:00 Better Balance (FC) 10:00 Men's Coffee Hour (AR) 10:00 Crossword (LB) 11:00 Walk Club (LB) 11:00 Rosary (CH) 1:30 Tasty Thursday (AR) 3:00 Inspirational Read (CH) 4:00 Harborlights (CH) 6:00 Pinochle (AR)	31 9:00 Manicures (AR) 9:00 Women's Coffee Hr (AR) 9:00 Circuit Training (FC) 9:00 Mt. Clemens Mkt (LB) 11:15 Tai Chi Stretch (AR) 1:30 Bingo (AR) 9:00 Manicures (AR) 1:30 Bingo (AR) 2:30 Balloon Volleyball (AR)	

AR=Activity Room
 CH=Chapel
 FC=Fitness Center
 CH=Capman Hall
 DR=Dining Room
 KH=Kirk Hall
 LB=Lobby

Look for PVM on:






PLEASE NOTE:
ALL ACTIVITIES, FITNESS CLASSES & CHAPEL PROGRAMS ARE SUBJECT TO CHANGE!