










AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30 11:00 Chapel Service (CH) 2:00 Scripture Study (CH)</p>	<p>31 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Strength & Bal (HWC) 1:30 Reminisce (AR) 2:30 Inspirational Reading (CH) 3:30 Cards (AR)</p>	<p>1 9:00 Barbie Movie (LB) 9:00 Balance Ex. (HWC) 10:45 Catholic Service(CH) 11:30 Strength Circuit (FC) 1:30 Bingo (AR) 1:30 Pickleball (HWC) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (HI)</p>	<p>2 National Coloring Day 9:00 Kroger (LB) 9:00 Stretch & Relax (HWC) 9:30 Cookie Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Coloring Class (AR) 1:30 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (CH) 3:00 Culinary Comm (RT) 6:00 Bridge/Cards (AR)</p>	<p>3 9:00 Move&Groove (HWC) 9:00 Purple Rose (LB) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 1:00 Ukulele Lessons (AR) 1:30 Cardio&Coord (HWC) 3:00 Knit/Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)</p>	<p>4 Happiness Happens Day Barbie Party 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 1:30 Barbie Party (RT) 5:00 Dinner Special (RT)</p> 	<p>5 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie(AR)</p> 
<p>6 11:00 Chapel Service (CH) 2:00 Scripture Study (CH)</p>	<p>7 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:00 Word Games (AR) 1:30 Strength & Bal (HWC) 1:30 Reminisce (AR) 2:30 Inspirational Reading (CH) 3:30 Cards (AR) 6:00 Quarter Bingo (AR)</p>	<p>8 Tuesday Smoothie 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 10:30 SummerSmoothie (AR) 10:45 Catholic Service(CH) 11:30 Strength Circuit (FC) 1:30 Bingo (AR) 2:30 Scripture Study (CH) 2:45 Food Truck (LB) 3:00 Bldg & Grnd Mtg (RT) 6:00 Euchre/Pinochle (HI)</p>	<p>9 9:00 Stretch & Relax (HWC) 9:30 Pastry Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Operation Smiles (CH) 1:30 Wheel of Fortune (AR) 1:30 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (CH) 6:00 Bridge/Cards (AR)</p> 	<p>10 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 1:00 Ukulele Lessons (AR) 1:30 Cardio&Coord (HWC) 2:00 Plant Pokes (AR) 3:00 Knit/Crochet (HI) 3:30 Hello Dolly (LB) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)</p>	<p>11 Popsicle Day 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 11:00 Burger Trip (LB) 1:30 Happy Hour Popsicles (AR) 5:00 Dinner Special (RT)</p>	<p>12 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie(AR)</p>
<p>13 11:00 Chapel Service (CH) 2:00 Scripture Study (CH)</p>	<p>14 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:00 Word Games (AR) 1:30 Strength & Bal (HWC) 1:30 Show&Tell Militar(AR) 2:30 Inspirational Reading (CH) 3:30 Cards (AR)</p> 	<p>15 8:45 Eastern Mkt (LB) 9:00 Balance Ex. (HWC) 10:30 Crossword (AR) 10:45 Catholic Mass (CH) 11:30 Strength Circuit (FC) 1:30 Bingo (AR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (HI)</p>	<p>16 9:00 Stretch & Relax (HWC) 9:30 Pop Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & Foot (AR) 1:30 Yahtzee (AR) 1:30 Tai Chi (HWC) 2:30 BibleTrivia/Games (AR) 3:30 Book Group (AR) 6:00 Bridge/Cards (AR)</p> 	<p>17 Luau Day 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 12:00 Birthday Dinner (RT) 1:30 Bday Entertain (CH) 3:00 Knit & Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 6:00 Parkinson's Support Group (RT)</p>	<p>18 8:45 Diamond Jacks (LB) 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 1:30 Happy Hour (AR) 5:00 Dinner Special (RT)</p>	<p>19 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie(AR) 6:30 Game Night (HI)</p> 

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 11:00 Chapel Service (CH) 2:00 Scripture Study (CH) 4:30 Resident Pot Luck (RT) 	21 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:00 Word Games (AR) 1:30 Strength & Bal (HWC) 1:30 Reminisce (AR) 2:30 Inspirational Reading (CH) 3:30 Cards (AR)	22 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 10:30 Armchair Travel (AR) 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 11:30 Women's Lunch (LB) 1:30 Bingo (AR) 2:30 Games (AR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (HI)	23 8:30 Waffle Wed. (RT) 9:00 Stretch & Relax (HWC) 9:30 Cookie Bingo (AR) 10:30 Seated Exercise (AR) 11:15 Fall Reduction (CH) 1:30 Hand & Foot (RT) 1:30 Coloring (AR) 1:30 Tai Chi (HWC) 2:30 Bible Trivia/Games (CH) 3:30 Alzheimer's Support (RT) 4:30 Teepa Snow present (RT) 6:00 Bridge/Cards (AR)	24 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 10:30 Tole Paint w/Linda (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 1:00 Ukulele Lessons (AR) 1:30 Cardio&Coord (HWC) 3:00 Knit & Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	25 9:00 Strength Ex. (HWC) 9:30 Women's Coffee Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 1:30 Tiger Talks (RT) 5:00 Dinner Special (RT)	26 9:30 Bingo (AR) 1:00 IL Movie (CM) 1:30 AL Movie (AR) 
27 11:00 Chapel Service (CH) 2:00 Scripture Study (CH)	28 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:00 Word Games (AR) 1:30 Strength & Bal (HWC) 1:30 Reminisce (AR) 2:30 Inspirational Reading (CH) 3:30 Cards (AR)	29 9:00 Meijer (LB) 9:00 Balance Ex. (HWC) 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 11:30 Men's Lunch (LB) 1:30 Bingo (AR) 1:30 Pickleball (HWC) 2:30 Games (AR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (HI)	30 9:00 Stretch & Relax (HWC) 9:30 Donut Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & Foot (RT) 1:30 Tai Chi (HWC) 2:30 Bible Trivia/Games (CH) 6:00 Bridge/Cards (AR) 	31 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 10:30 Tiger Game (LB) 11:00 Rosary (CH) 11:30 Drumming (AR) 1:00 Ukulele Lessons (AR) 3:00 Knit & Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)		
					KEY AR-Activity Room CH-Chapel CM-Capman FC-Fitness Center HI-Harbor Inn Midrise Community Room HWC-Health & Wellness Center LB-Lobby RT-Restaurant	
						ALL ACTIVITIES ARE SUBJECT TO CHANGE