




Exercise with Natalie is M, W
10:30 in the Activity Room



AUGUST 2024



Shuttle Bus Tues & Thurs
9:30-12 & 1-3:30

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|---|---|---|
| | | | | 1 10:00 Chair Yoga (AR) 10:30 Activity Meeting With Ashley (BL) 2:00 Bingo (AR) 3:30 Happy Hour (BL) 6:30 Sing-A-Long (L) | 2 Ash Off 10:00 Craft Group: Bead Craft (AR) 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 3:30 Happy Hour: Caesars (BL) | 3 2:00 Bingo (AR) |
| 4 10:30 Coffee & Chats (BL) | 5 <i>Civic Holiday</i>  | 6 Nat Off 10:00 Chair Yoga (AR) 2:00 Bingo (AR) 2:00 Entertainment With Don Owen (L) 3:30 Happy Hour (BL) | 7 Nat Off 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 High Tea—A Thank You From Kennedy! (BL) 3:30 Happy Hour (BL) | 8 Nat Off 10:00 Chair Yoga (AR) 2:00 Bingo (AR) 2:00 Entertainment With Michael T (L) 3:30 Happy Hour (BL) 6:30 Sing-A-Long (L) | 9 Nat Off 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Peach Social (BL) 3:30 Happy Hour (BL) | 10 2:00 Bingo (AR) |
| 11 10:30 Coffee & Chats (BL) 2:00 Entertainment With Lesley Daly (L) | 12 Nat Off 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 3:30 Happy Hour (BL) | 13 10:00 Chair Yoga (AR) 2:00 Bingo (AR) 3:30 Happy Hour (BL) | 14 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment With Just Us Jazz Band (L) 3:30 Happy Hour (BL) | 15 10:00 Chair Yoga (AR) 2:00 Bingo (AR) 3:30 Happy Hour (BL) 6:30 Sing-A-Long (L) | 16 10:00—11:30 Ladies Nails (AR) 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment With Ed Smith (L) 3:30 Happy Hour: Caesars (BL) | 17 2:00 Bingo (AR) |
| 18 10:30 Coffee & Chats (BL) | 19 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Bean Bag Toss (L) 3:30 Happy Hour (BL) | 20 10:00 Chair Yoga (AR) 10:30 Craft Group: Sun Catcher Craft (AR) 2:00 Bingo (AR) 3:30 Happy Hour (BL) | 21 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Lawrence Marks (L) 3:30 Happy Hour (BL) | 22 10:00 Chair Yoga (AR) 10:30 Balloon Volleyball (L) 2:00 Bingo (AR) 3:30 Happy Hour (BL) 6:30 Sing-A-Long (L) | 23 10:00 Trivia (L) 10:30 Zumba (BL) 12:00 Order In Lunch —Chinese Food 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Ice Tea and Cookie Pairing (C) 3:30 Happy Hour (BL) | 24 2:00 Bingo (AR)  |
| 25 10:30 Coffee & Chats (BL)  | 26 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment With Emilio (L) 3:30 Happy Hour (BL) | 27 10:00 Chair Yoga (AR) 10:30 Dice Game (L) 2:00 Bingo (AR) 3:30 Happy Hour (BL) | 28 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Let's Travel: Greece (BL) 3:30 Happy Hour (BL) 6:30 Entertainment With Eric L (L) | 29 10:00 Chair Yoga (AR) 10:30 Bean Bag Toss (L) 2:00 Bingo (AR) 3:30 Happy Hour (BL) 6:30 Sing-A-Long (L) | 30 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:30 Line Dancing Entertainment (O) 2:30 Happy Hour: Caesars (BL) 4:30 Corn Roast (BL) | 31 2:00 Bingo (AR) 2:00 Entertainment With Darlene (L) |