all seasons OF BIRMINGHAM

August 2018

LR Living Room	FR Fitness Room
GR Game Room	BI Bistro
CO Conservatory	CR Crafts Room
MP Multipurpose Room	DR Dining Room
LI Library	★ Lecture

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 MP Brains and Balance Class with Ken 11:00 MP Current Events Forum with Linda 2:00 GR Gin Rummy 2:00 DR Chef Demo 3:00 CO Healthy Wednesday Social 7:00 MP Wednesday Night at the Movies	2 10:00 MP Super Fitness Class with Stephanie 11:00 LR Outing; Troy Nature Center Walk 1:00 CR Crafts with Dorothy 2:30 LI Computer Lab with Dorothy 3:00 LI Book Club with Lauren 3:00 CO Smoothie Social 7:00 LR Musical Evening	3 9:30 MP Chair Yoga with Linda 1:00 CR Writing Workshop: Authoring Your Life with Meg Connors 3:00 CO Parfait Social 7:00 MP Friday Night at the Movies	4 10:00 MP Classical Saturday Mornings 2:00 BI Champagne and Finger Sandwich Social 7:00 MP Saturday Night at the Movies
5 11:00 CO Puzzle Time 1:00 MP Sunday Afternoon at the Movies 3:00 CO Wine and Cheese Social Hour 7:00 MP Sunday Night at the Movies	6 9:30 MP Sneak Peek of Weekly Activities 10:00 MP Strength & Circuit Training with Stephanie 3:00 CO Wine and Cheese Social Hour 7:00 LR Musical Evening	7 10:00 MP Chair Yoga with Linda 1:30 MP Lecture: Brush Park District of Detroit with Arnold Collens★ 3:00 MP Golden Tones Rehearsal with Director Dan 3:00 CO Teatime Social 7:00 MP Tuesday Night at the Movies	8 9:30 MP Brains and Balance Class with Ken 11:00 MP Current Events Forum with Linda 12:00 DR Invite a Friend to Lunch 2:00 GR Gin Rummy 3:00 CO Healthy Wednesday Social 7:00 MP Wednesday Night at the Movies	9 10:00 MP Super Fitness Class with Stephanie 10:30 GR Bridge Lesson with Jonathan 11:00 FR How To Correctly Use Our Exercise Equipment with Stephanie 1:00 CR Crafts with Dorothy 2:30 LI Computer Lab with Dorothy 3:00 CO Smoothie Social 7:00 LR Musical Evening	10 9:30 MP Chair Yoga with Linda 2:00 LR Outing: Tour of Detroit Masonic Temple 3:00 CO Parfait Social 7:00 MP Friday Night at the Movies	11 10:00 MP Classical Saturday Mornings 2:00 BI Ice Cream Social 7:00 MP Saturday Night at the Movies
12 11:00 CO Puzzle Time 1:00 MP Sunday Afternoon at the Movies 3:00 CO Wine and Cheese Social Hour 7:00 MP Sunday Night at the Movies	13 9:30 MP Sneak Peek of Weekly Activities 10:00 MP Strength & Circuit Training with Stephanie 3:00 CO Wine and Cheese Social Hour 7:00 LR Musical Evening	14 10:00 MP Chair Yoga with Linda 1:00 MP Lecture: Living with Chronic Pain with Laurie Rodriguez; HealthPro Heritage★ 3:00 MP Golden Tones Rehearsal with Director Dan 3:00 CO Teatime Social 7:00 MP Tuesday Night at the Movies	15 9:30 MP Brains and Balance Class with Ken 10:00 LR Outing: Tour of the Soul Center Art Studio and Gallery with Lunch at the Soul Cafe 11:00 MP Current Events Forum with Linda 1:00 MP Lecture: Hot Weather Safety Tips with Lisa Cousino; Nexus Home Medical Equipment★ 2:00 GR Gin Rummy 3:00 CO Healthy Wednesday Social 7:00 MP Wednesday Night at the Movies	16 10:00 MP Super Fitness Class with Stephanie 1:00 CR Crafts with Dorothy 1:00 GR Canasta Lesson with Carol 2:30 LI Computer Lab with Dorothy 3:00 CO Smoothie Social 7:00 LR Musical Evening	17 9:30 MP Chair Yoga with Linda 1:00 CR Writing Workshop: Authoring Your Life with Meg Connors 3:00 CO Parfait Social 7:00 MP Friday Night at the Movies	18 10:00 MP Classical Saturday Mornings 2:00 BI Woodward Avenue Dream Cruise Social 7:00 MP Saturday Night at the Movies
19 11:00 CO Puzzle Time 1:00 MP Sunday Afternoon at the Movies 3:00 CO Wine and Cheese Social Hour 7:00 MP Sunday Night at the Movies	20 9:30 MP Sneak Peek of Weekly Activities 10:00 MP Strength & Circuit Training with Stephanie 10:30 LR Outing: MGM Casino 11:00 MP Lecture: The Sensational 17th Century of Art with Wendy Evans★ 3:00 CO Wine and Cheese Social Hour 7:00 LR Musical Evening	21 10:00 MP Chair Yoga with Linda 12:00 CO Resident Picnic with Food, Beverages and Games 3:00 CO Teatime Social 3:00 MP Golden Tones Rehearsal with Director Dan 7:00 MP Tuesday Night at the Movies	22 9:30 MP Brains and Balance Class with Ken 11:00 MP Current Events Forum with Linda 2:00 GR Gin Rummy 3:00 CO Healthy Wednesday Social 7:00 MP Wednesday Night at the Movies	23 10:00 MP Super Fitness Class with Stephanie 10:30 GR Bridge Lesson with Jonathan 1:00 CR Crafts with Dorothy 2:30 LI Computer Lab with Dorothy 3:00 LR Signature Event featuring Violinist Sonia Lee 4:00 BI Signature Event Reception 7:00 LR Thursday Night at the Movies	24 9:30 MP Chair Yoga with Linda 1:30 LR Piano Music With Ethan and Charles 3:00 CO Parfait Social 7:00 MP Friday Night at the Movies	25 10:00 MP Classical Saturday Mornings 2:00 BI Ice Cream Social 7:00 MP Saturday Night at the Movies
26 11:00 CO Puzzle Time 1:00 MP Sunday Afternoon at the Movies 3:00 CO Wine and Cheese Social Hour 7:00 MP Sunday Night at the Movies	27 9:30 MP Sneak Peek of Weekly Activities 10:00 MP Strength & Circuit Training with Stephanie 3:00 CO Wine and Cheese Social Hour 7:00 LR Musical Evening	28 10:00 MP Chair Yoga with Linda 12:00 LR Outing: Let's Go To The Movies (exact movie and times pending) 3:00 CO Teatime Social 3:00 MP Golden Tones Rehearsal with Director Dan 7:00 MP Tuesday Night at the Movies	29 9:30 MP Brains and Balance Class with Ken 11:00 MP Current Events Forum with Linda 2:00 GR Gin Rummy 3:00 CO Healthy Wednesday Social 7:00 MP Wednesday Night at the Movies	30 10:00 MP Super Fitness Class with Stephanie 1:00 GR Canasta Lesson with Carol 1:00 CR Crafts with Dorothy 2:30 LI Computer Lab with Dorothy 3:00 CO Smoothie Social 7:00 LR Musical Evening	31 9:30 MP Chair Yoga with Linda 3:00 CO Meet Your New Neighbors Wine and Cheese Social 7:00 MP Friday Night at the Movies	