August 2019 Independent & Assi	sted Living Lifestyle &	Leisure
Sunday	Monday	Τι
WOODLAND HEIGHTS	8700 Riley Drive Little Rock, AR 72205 501-224-4242	



Independent & Assi	sted Living Lifestyle &	Leisure				with UUUU
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WOODLAND HEIGHTS	8700 Riley Drive Little Rock, AR 72205 501-224-4242			10:00 Spa Day at Asian Nails 10:30 Tech Class: Online Shopping - 3rd Floor 2:15 Yoga 4:00 Happy Hour 4:00 Happy Hour & Games - 3rd Floor	9:30 Communion 10:30 Chair Aerobics Class 11:15 Lunch Bunch - Milford Track 1:15 Bingo 2:30 Tech Visits 4:00 Happy Hour & Watermelon Day Social	11:00 Men's Billiards Group 1:00 Conversation Club 4:00 Happy Hour 6:30 Saturday Night Movie - Wonder
11:00 Beginner's Bridge 1:00 Worship Service 2:00 Knit & Crochet 2:30 Swing Band Reunion Outing 6:00 Game Night	10:00 Water Aerobics Class 10:30 AR Through Food - Nick's Bar-B-Q & Catfish in Carlisle 2:30 Tech Visits 4:00 Happy Hour	10:00 Manicures & Pedicures 10:30 Tech Class: AR Online - 3rd Floor 1:15 Bingo 2:15 Yoga 4:00 Happy Hour & Games - 3rd Floor 4:00 Happy Hour & Root Beer Floats	11:00 Line Dancing with Carolyn 2:00 Music in the Atrium - Harry Blanton 2:30 Tech Visits 4:00 Happy Hour	10:30 Veteran Benefit Seminar 2:15 Yoga 4:00 Happy Hour 4:00 Happy Hour & Games - 3rd Floor	9:30 Communion 10:30 Chair Aerobics Class 11:15 Lunch Bunch - Bobby's Country Cookin' 1:15 Bingo 2:30 Tech Visits 4:00 Happy Hour & Name That Tune	11:00 Men's Billiards Group 1:00 Conversation Club 4:00 Happy Hour 6:30 Saturday Night Movie - The Frozen Ground
11:00 Beginner's Bridge 11:00 Dominoes 1:00 Worship Service 2:00 Knit & Crochet 6:00 Game Night	10:00 Water Aerobics Class 10:30 AR Through Food - Mike's Place in Conway 2:30 Tech Visits 4:00 Happy Hour	10:00 Manicures & Pedicures 11:30 Blood Pressure Checks with Remedy Drug 1:15 Bingo 2:15 Yoga 4:00 Happy Hour & Games - 3rd Floor 4:00 Happy Hour & Prosecco Tasting	10:30 Tech Class: The iPad - 3rd Floor 2:00 Music in the Atrium - Carol Dabney 2:00 Nurses Meeting 2:30 Tech Visits 4:00 Happy Hour	10:30 Let's Scrapbook Memories 12:00 Activity Committe Meeting 2:15 Yoga 4:00 Happy Hour 4:00 Happy Hour & Games - 3rd Floor	9:30 Communion 10:30 Chair Aerobics Class 11:15 Lunch Bunch - Mellow Mushroom 1:15 Bingo 2:30 Tech Visits 4:00 Happy Hour & Woodstock Social	11:00 Men's Billiards Group 1:00 Conversation Club 4:00 Happy Hour 6:30 Saturday Night Movie - Life Itself
11:00 Beginner's Bridge 11:00 Dominoes 12:30 Brunch 1:30 Worship Service 2:00 Knit & Crochet 6:00 Game Night	10:00 Water Aerobics Class 10:30 AR Through Food - Dickey's Barbecue Pit in Bryant 11:00 Jewelry Conversion 12:00 Lunch 2:30 Tech Visits 4:00 Happy Hour	10:00 Manicures & Pedicures 20 11:00 Blood Pressure Checks with Don's Pharmacy 1:15 Bingo 2:15 Yoga 4:00 Happy Hour 4:00 Happy Hour & Games - 3rd Floor	11:00 Residents' Meeting 1:00 Assisted Living Residents' Meeting 2:00 Music in the Atrium - Paul Morphis 2:30 Tech Visits 4:00 Happy Hour	10:00 Spa Day at Asian Nails 10:30 House of Prayer Outing 2:15 Yoga 4:00 Happy Hour 4:00 Happy Hour & Games - 3rd Floor	Class 10:30 Lunch Bunch - Charlotte's in Keo 1:15 Bingo 2:30 Tech Visits	11:00 Men's Billiards Group 1:00 Conversation Club 4:00 Happy Hour 6:30 Saturday Night Movie - The First Wives Club
11:00 Beginner's Bridge 11:00 Dominoes 1:00 Worship Service 2:00 Knit & Crochet 6:00 Game Night	10:00 Water Aerobics Class 10:30 AR Through Food - Papito's in Jacksonville 11:00 OWLS Book Club 2:30 Tech Visits 4:00 Happy Hour	Pedicures 1:15 Ringo	Birthday Night 11:00 Line Dancing with Carolyn 11:00 Pottery 2:00 Library Committee Meeting 2:00 Music in the Atrium - Butch Money Gospel 2:30 Tech Visits 4:00 Happy Hour	10:30 Resident Swap Shop 2:15 Yoga 4:00 Happy Hour 4:00 Happy Hour & Games - 3rd Floor 6:00 Danny Miller Performance - Theater	9:30 Communion 10:30 Chair Aerobics Class 11:15 Lunch Bunch - Olive Garden 1:15 Bingo 2:30 Tech Visits 4:00 Happy Hour & Razorback Kick Off Party	11:00 Men's Billiards Group 1:00 Conversation Club 3:00 Razorback Game Watch Party - Theater 4:00 Happy Hour 6:30 Saturday Night Movie - Don't Quit: The Joe Roth Story