

September 2019

Independent & Assisted Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 Beginner's Bridge 11:00 Dominoes 1:00 Worship Service 2:00 Knit & Crochet 6:00 Game Night	2 Labor Day 10:00 Water Aerobics Class 10:30 AR Through Food - Old Chicago in North Little Rock 12:00 Labor Day Cook Out 2:30 Tech Visits 4:00 Happy Hour	3 10:00 Manicures & Pedicures 1:15 Bingo 2:15 Yoga 4:00 Happy Hour 4:00 Happy Hour & Games - 3rd Floor	4 10:30 Guest Speaker - Dr. Bradley Davis 2:00 Music in the Atrium - Eclipse the Rain Duo 2:30 Tech Visits 4:00 Happy Hour	5 9:00 Chenal Hearing Appointments 2:15 Yoga 4:00 Happy Hour 4:00 Happy Hour & Games - 3rd Floor	6 9:30 Communion 10:30 Chair Aerobics Class 11:15 Lunch Bunch - Copeland's 1:15 Bingo 4:00 Happy Hour	7 11:00 Men's Billiards Group 1:00 Conversation Club 4:00 Happy Hour 6:30 Razorback Game Watch Party
8 11:00 Beginner's Bridge 11:00 Dominoes 12:30 Grandparents Day Brunch 1:30 Worship Service 2:00 Knit & Crochet 6:00 Game Night	9 10:00 Water Aerobics Class 10:30 AR Through Food - Logan's Roadhouse in Bryant 12:00 Lunch 4:00 Happy Hour	10 10:00 Manicures & Pedicures 1:15 Bingo 2:15 Yoga 4:00 Happy Hour 4:00 Happy Hour & Games - 3rd Floor	11 11:00 Line Dancing with Carolyn 11:00 Pottery 2:00 Music in the Atrium - Carol Dabney 2:00 Nurses Meeting 4:00 Happy Hour	12 10:30 Painting with a Twist - 3rd Floor 2:15 Yoga 4:00 Happy Hour 4:00 Happy Hour & Games - 3rd Floor	13 9:30 Communion 10:30 Chair Aerobics Class 11:15 Lunch Bunch - Maddie's Place 1:15 Bingo 2:30 Tech Visits 4:00 Happy Hour & Wine and Cheese	14 11:00 Men's Billiards Group 3:00 Razorback Game Watch Party 4:00 Happy Hour 6:30 Saturday Night Movie - Clue
15 11:00 Beginner's Bridge 11:00 Dominoes 1:00 Worship Service 2:00 River City Men's Chorus Outing 6:00 Game Night	16 10:00 Water Aerobics Class 10:30 AR Through Food - East End Cafe in Hensley 11:30 Jewelry Conversion 2:30 Tech Visits 4:00 Happy Hour	17 10:00 Manicures & Pedicures 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	18 8:30 LifeQuest 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	19 8:30 LifeQuest 10:00 Spa Day at Asian Nails 12:00 Activity Committee Meeting 2:15 Yoga 4:00 Happy Hour 4:00 Happy Hour & Games - 3rd Floor	20 9:30 Communion 10:30 Chair Aerobics Class 11:15 Lunch Bunch - Red Lobster 1:15 Bingo 2:30 Tech Visits 4:00 Happy Hour	21 10:30 Untapped Performance 11:00 Men's Billiards Group 4:00 Happy Hour TBD Razorback Game Watch Party 6:30 Saturday Night Movie - Stranger Than Fiction
22 11:00 Beginner's Bridge 11:00 Dominoes 1:00 Worship Service 2:00 Knit & Crochet 6:00 Game Night	23 10:00 Water Aerobics Class 10:30 AR Through Food - Taco Mama in Hot Springs 2:30 Tech Visits 4:00 Happy Hour	24 10:00 Manicures & Pedicures 11:00 Blood Pressure Checks 1:15 Bingo 2:15 Yoga 4:00 Happy Hour 4:00 Happy Hour & Games - 3rd Floor	25 Birthday Night 8:30 LifeQuest 11:00 Line Dancing with Carolyn 2:00 Library Committee Meeting 2:00 Music in the Atrium - Butch Money Gospel 2:30 Tech Visits 4:00 Happy Hour	26 8:30 LifeQuest 10:30 Meet & Greet with New Neighbors - Atrium 2:15 Yoga 4:00 Happy Hour 4:00 Happy Hour & Games - 3rd Floor	27 9:30 Communion 10:30 Chair Aerobics Class 11:15 Lunch bunch - Texas Roadhouse 1:15 Bingo 2:30 Tech Visits 4:00 Happy Hour 7:00 Bingo Night	28 11:00 Men's Billiards Group 1:00 Conversation Club 4:00 Happy Hour TBD Razorback Game Watch Party 6:30 Saturday Night Movie - Resident's Choice
29 11:00 Beginner's Bridge 11:00 Dominoes 1:00 Worship Service 2:00 Knit & Crochet 6:00 Game Night	30 10:00 Water Aerobics Class 10:30 AR Through Food - Purple Onion in Cabot 2:00 OWLS Book Club 2:30 Tech Visits 4:00 Happy Hour	<div>  <div> 8700 Riley Drive Little Rock, AR 72205 501-224-4242 </div> </div>				