



Sunday, August 1st

10:00 AM	Charles Stanley	NBC
<u>10:30 AM</u>	<u>EPC Provides Bus Ride to Worship</u>	<u>Main Lobby</u>
<u>3:30 PM</u>	<u>Sunday Vespers led by Nath Briley</u>	<u>Chapel</u>

Joyce Thompson pianist —900 Channel for all

Monday, August 2nd

9:00 AM	Senior Style Exercise Video	900 Channel
<u>9:30 AM</u>	<u>Music Appreciation Class with Amanda Gunter</u>	<u>Activities Room</u>
10:00 AM	Reading Group - Cancelled	Library Lounge
11:00 AM	Foothills Update	900 Channel
2:00 PM	Chair Yoga	900 Channel
2:00 PM	Seated Stretch & Strength	Activities Room
2:30 PM	Standing Strength & Balance	Activities Room
4:00 PM	Bean Bag Baseball	Ready Room
4:00 PM	Great Courses: <i>A Cultural History</i>	900 Channel

This week's lecture is titled, Classical Greece—Dining in Republican and Imperial Rome

Tuesday, August 3rd

No exercises classes—Christi will be at MSO in Columbia

9:00 AM	Senior Style Exercise Video	900 Channel
<u>9:30 AM</u>	<u>Aquatic Exercise</u>	<u>Pool</u>
10:00 AM	Pickleball	Pope Field
<u>11:00 AM</u>	<u>Men's Lunch Out- Husk BBQ</u>	<u>Chapel</u>
11:00 AM	Devotions led by Gerald Roper	Chapel
<u>1:30 PM</u>	<u>Crafting with Robin & Laura</u>	<u>Craft Room</u>
<u>2:00 PM</u>	<u>Dining Committee Meeting</u>	<u>Private Dining Room</u>
2:00 PM	Chair Yoga	900 Channel
<u>2:30 PM</u>	<u>Card Games</u>	<u>Pub</u>
2:30 PM	Cardio Boxing	900 Channel
4:00 PM	<i>The Crown</i> Season 3, Episode 10	900 Channel

Wednesday, August 4th

9:00 AM	Senior Style Exercise Video	900 Channel
<u>9:30 AM</u>	<u>Shopping Trip to Walmart</u>	<u>Main Lobby</u>
2:00 PM	Seated Strengthen & Stretch	Activities Room
<u>2:00 PM</u>	<u>Group Bridge</u>	<u>E-Lounge 1st Floor</u>

FOOTHILLS SPORTS NEWS

BEAN BAG BASEBALL—TIGERS: 9 BRAVES: 16

HOMERUNS: Gary R, Raenota M, Charlotte Gruosso, Gerry H, Bob H

Wii Bowling—Don Erdman 253

2:30 PM	Standing Strength & Balance	Activities Room
2:30 PM	Facilities Committee Meeting	Library Lounge
3:00 PM	AL Music with Julia	Activities Room
3:00 PM	Pro-Walk Tours	900 Channel
4:00 PM	Men's Copacetic Crew	Pub
4:00 PM	Ladies Oenophiles	Main Dining Room

Thursday, August 5th

Ailee at MSO in Columbia

9:00 AM	Senior Style Exercise Video	900 Channel
9:00 AM	Standing Strength & Balance	Activities Room
9:30 AM	Military History Center of the Carolina's	Main Lobby
10:00 AM	Tai Chi with Dr. Scott	Activities Room
11:00 AM	Walking Club—Impact Center & Lunch	Main Lobby
11:00AM	Bible Study led by Emily Eaton	Chapel
2:00 PM	Arthritis Exercise	Activities Room
2:00 PM	Chair Yoga	900 Channel
2:30 PM	BINGO	Main Dining Room
3:00 PM	Wii Bowling Practice	Ready Room
3:30 PM	Aquatic Exercise	Pool
4:30 PM	Music with The Keyboard Man	Piano Lounge

Friday, August 6th

8:00 AM	Swamp Rabbit Trail & Tandem Creperie	Main Lobby
9:00 AM	Senior Style Exercise Video	900 Channel
9:30 AM	Aquatic Exercise	Pool
9:30 AM	Good Life Series Travel Fridays	900 Channel
10:00 AM	Reading Group	Library Lounge
11:00 AM	Prayer Time with Betsy Guffey	900 Channel
2:00 PM	Foothills Choir Practice with Amanda Gunter	Activities Room
5:00 PM	First Friday	Pub

Please bring beverage of choice and a snack to share!

Saturday, August 7th

9:00 AM	Senior Style Exercise Video	900 Channel
10:00 A/2:00 P	BYOD: Bring Your Own Device Q&A	Main Lobby
1:30 PM	Pinochle Card Game	Pub
2:00 PM	Saturday Mystery Movie with Josie	Media

Please note that all spiritual life programs in the chapel will continue to be offered in person and on the 900 channel

Happy Birthday!

8/1: Mary Lark

8/2: Carol Floriani, Joyce Gardner

8/3: Rodney Alles

8/4: Raenota Merrill, Makayla Rowland

8/5: Gladys Williams, Mary Anne Shafer, Kaylee Welborn

8/7: Bob Haithcock, Jane Hart

Red activities require signing up in the Front Desk notebook.
Calendar Questions/Info. Contact Ailee McKain 864-508-0571