

# August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p>9:30 Morning Newspaper and Chat with Bill-HC</p> <p><b>M</b> 10:00 Morning Music Trivia on LS</p> <p><b>I</b> 11:00 Mindful Moments-HC</p> <p><b>I</b> 2:00 Park Christian Church Service</p>	<p><b>2</b></p> <p><b>MM</b> 9:00 Mindful Moments</p> <p><b>V</b> 10:30 Soulfit Week 5 Gratitude</p> <p><b>A</b> 2:00 Bible Study with Reg &amp; Debbie-MDR</p> <p><b>I</b> 3:00 Traveling Activity Cart with Devotions</p> <p><b>K</b> 4:00 Traveling Good News</p>	<p><b>3</b></p> <p><b>V</b> 9:00 Mindful Moments-HC</p> <p><b>K</b> 11:45 Mind Teasers-HDR</p> <p>1:30 Resident Council with Watermelon Slices</p> <p><b>K</b> 2:00 Door-way Games and Drinks</p> <p>4:00 Traveling Good News</p> <p>6:00 Staff Dance Off</p>	<p><b>4</b></p> <p><b>MM</b> 9:00 Mindful Moments</p> <p><b>V</b> 10:00 Traveling Exercises</p> <p><b>K</b> 11:15 Trivia Fun with LS</p> <p>2:00 Arts and Crafts</p> <p>2:00 Arts and Crafts</p>	<p><b>5</b></p> <p><b>K</b> 8:30 Traveling Mindful Moments</p> <p><b>I</b> 10:00 Devotions with Bill</p> <p><b>K</b> 11:00 Doorway Trivia with a Twist</p> <p><b>K</b> 2:00 Door-way Games and Drinks</p> <p><b>M</b> 6:00 Hallway Staff Dance</p>	<p><b>6</b></p> <p><b>V</b> 10:00 Doorway Morning Stretches</p> <p><b>M</b> 11:00 Name That Tune</p> <p><b>GF</b> 2:00 Traveling Happy Hour with A&amp;W Root Beer Floats</p> <p>2:00 Traveling Happy Hour</p> <p><b>K</b> 4:00 Good News Travels</p>	<p><b>7</b></p> <p><b>V</b> 10:00 Traveling Morning Stretches</p> <p><b>M</b> 11:00 Life Share Musical Trivia</p> <p><b>I</b> 2:00 Doorway Bingo</p> <p><b>K</b> 3:00 Traveling Activity Cart</p>
<p><b>8</b></p> <p>9:30 Morning Newspaper and Chat with Bill-HC</p> <p><b>M</b> 10:00 Morning Music Trivia on LS</p> <p><b>I</b> 11:00 Mindful Moments-HC</p> <p><b>I</b> 2:00 Worship Service with Evangel North</p> <p><b>M</b> 3:00 Evangel North Church-</p>	<p><b>9</b></p> <p><b>MM</b> 9:00 Mindful Moments</p> <p><b>V</b> 10:30 Traveling Morning Stretches</p> <p><b>A</b> 2:00 Bible Study with Reg &amp; Debbie-MDR</p> <p><b>I</b> 3:00 Traveling Activity Cart with Devotions</p> <p><b>K</b> 4:00 Traveling Good News</p>	<p><b>10</b></p> <p><b>V</b> 9:00 Mindful Moments-HC</p> <p><b>K</b> 11:45 Mind Teasers-HDR</p> <p>1:30 Chefs Circle</p> <p><b>K</b> 2:00 Door-way Games and Drinks</p> <p>4:00 Traveling Good News</p>	<p><b>11</b></p> <p><b>MM</b> 9:00 Mindful Moments</p> <p><b>M</b> 10:00 Musical Interactions w/ Mike on his Accordion</p> <p><b>V</b> 10:00 Traveling Exercises</p> <p><b>K</b> 11:15 Trivia Fun with LS</p> <p><b>S</b> 12:00 TOT-Marcos Pizza</p> <p>2:00 Arts and Crafts</p>	<p><b>12</b></p> <p><b>K</b> 8:30 Traveling Mindful Moments</p> <p><b>I</b> 10:00 Devotions with Bill</p> <p><b>K</b> 11:00 Doorway Trivia with a Twist</p> <p><b>K</b> 2:00 Door-way Games and Drinks</p> <p><b>M</b> 6:00 Hallway Staff Dance</p>	<p><b>13</b></p> <p><b>V</b> 10:00 Doorway Morning Stretches</p> <p>10:00 Rosary &amp; Communion with Friends</p> <p><b>M</b> 11:00 Name That Tune</p> <p><b>GF</b> 2:00 Traveling Happy Hour</p> <p><b>K</b> 4:00 Good News Travels</p>	<p><b>14</b></p> <p><b>V</b> 10:00 Traveling Morning Stretches</p> <p><b>M</b> 11:00 Life Share Musical Trivia</p> <p><b>I</b> 2:00 Doorway Bingo</p> <p><b>K</b> 3:00 Traveling Activity Cart</p>
<p><b>15</b></p> <p>9:30 Morning Newspaper and Chat with Bill-HC</p> <p><b>M</b> 10:00 Morning Music Trivia on LS</p> <p><b>I</b> 11:00 Mindful Moments-HC</p> <p><b>I</b> 2:30 Trinity United Methodist Church-TDR</p>	<p><b>16</b></p> <p><b>MM</b> 9:00 Mindful Moments</p> <p><b>V</b> 10:30 Traveling Morning Stretches</p> <p><b>A</b> 2:00 Bible Study with Reg &amp; Debbie-MDR</p> <p><b>I</b> 3:00 Traveling Activity Cart with Devotions</p> <p><b>K</b> 4:00 Traveling Good News</p>	<p><b>17</b></p> <p><b>V</b> 9:00 Mindful Moments-HC</p> <p><b>K</b> 11:45 Mind Teasers-HDR</p> <p><b>S</b> 1:30 Inspired Living Committee</p> <p><b>K</b> 2:00 Door-way Games and Drinks</p> <p>4:00 Traveling Good News</p> <p>6:00 Staff Dance Off</p>	<p><b>18</b></p> <p><b>MM</b> 9:00 Mindful Moments</p> <p><b>V</b> 10:00 Traveling Exercises</p> <p><b>K</b> 11:15 Trivia Fun with LS</p> <p>2:00 Arts and Crafts</p>	<p><b>19</b></p> <p><b>K</b> 8:30 Traveling Mindful Moments</p> <p><b>I</b> 10:00 Devotions with Bill</p> <p><b>K</b> 11:00 Doorway Trivia with a Twist</p> <p><b>K</b> 2:00 Door-way Games and Drinks</p> <p><b>M</b> 6:00 Hallway Staff Dance</p>	<p><b>20</b></p> <p><b>V</b> 10:00 Doorway Morning Stretches</p> <p><b>M</b> 11:00 Name That Tune</p> <p><b>GF</b> 2:00 Happy Hour</p> <p><b>K</b> 4:00 Good News Travels</p>	<p><b>21 Senior Citizen's Day</b></p> <p><b>V</b> 10:00 Traveling Morning Stretches</p> <p><b>M</b> 11:00 Life Share Musical Trivia</p> <p><b>I</b> 2:00 Doorway Bingo</p> <p><b>K</b> 3:00 Traveling Activity Cart</p>
<p><b>22</b></p> <p>9:30 Morning Newspaper and Chat with Bill-HC</p> <p><b>M</b> 10:00 Morning Music Trivia on LS</p> <p><b>I</b> 11:00 Mindful Moments-HC</p> <p><b>I</b> 2:00 Doorway Gospel Message</p>	<p><b>23</b></p> <p><b>MM</b> 9:00 Mindful Moments</p> <p><b>V</b> 10:30 Traveling Morning Stretches</p> <p><b>A</b> 2:00 Bible Study with Reg &amp; Debbie-MDR</p> <p><b>I</b> 3:00 Traveling Activity Cart with Devotions</p> <p><b>K</b> 4:00 Traveling Good News</p>	<p><b>24</b></p> <p><b>V</b> 9:00 Mindful Moments-HC</p> <p><b>K</b> 11:45 Mind Teasers-HDR</p> <p><b>K</b> 2:00 Door-way Games and Drinks</p> <p>4:00 Traveling Good News</p>	<p><b>25</b></p> <p><b>GG</b> 7:30 Mens Breakfast Club</p> <p><b>MM</b> 9:00 Mindful Moments</p> <p><b>V</b> 10:00 Traveling Exercises</p> <p><b>K</b> 11:15 Trivia Fun with LS</p> <p>2:00 Arts and Crafts</p>	<p><b>26</b></p> <p><b>K</b> 8:30 Traveling Mindful Moments</p> <p><b>I</b> 10:00 Devotions with Bill</p> <p><b>K</b> 11:00 Doorway Trivia with a Twist</p> <p><b>K</b> 2:00 Door-way Games and Drinks</p> <p><b>M</b> 6:00 Fabulous 50's Sock</p>	<p><b>27</b></p> <p><b>V</b> 10:00 Doorway Morning Stretches</p> <p><b>M</b> 11:00 Name That Tune</p> <p>2:00 Traveling Happy Hour with Lemonade Punch</p> <p><b>K</b> 4:00 Good News Travels</p>	<p><b>28</b></p> <p><b>V</b> 10:00 Traveling Morning Stretches</p> <p><b>M</b> 11:00 Life Share Musical Trivia</p> <p><b>I</b> 2:00 Doorway Bingo</p> <p><b>K</b> 3:00 Traveling Activity Cart</p>
<p><b>29</b></p> <p>9:30 Morning Newspaper and Chat with Bill-HC</p> <p><b>M</b> 10:00 Morning Music Trivia on LS</p> <p><b>I</b> 11:00 Mindful Moments-HC</p> <p><b>I</b> 2:00 Park Christian Church-TDR</p>	<p><b>30</b></p> <p><b>MM</b> 9:00 Mindful Moments</p> <p><b>V</b> 10:30 Traveling Morning Stretches</p> <p><b>A</b> 2:00 Bible Study with Reg &amp; Debbie-MDR</p> <p><b>I</b> 3:00 Traveling Activity Cart with Devotions</p> <p><b>K</b> 4:00 Traveling Good News</p>	<p><b>31</b></p> <p><b>V</b> 9:00 Mindful Moments-HC</p> <p><b>K</b> 11:45 Mind Teasers-HDR</p> <p><b>K</b> 2:00 Door-way Games and Drinks</p> <p>4:00 Traveling Good News</p> <p>6:00 Staff Dance Off</p>	<p><b>Birthdays</b></p> <p>8/1 - Sabrina H.</p> <p>8/1 - Shannon W.</p> <p>8/4 - Skylar P.</p> <p>8/5 - Teresa E.</p> <p>8/5 - Amanda N.</p> <p>8/6 - Laura G.</p> <p>8/10 - Stephen T.</p> <p>8/12 - Beverly R.</p>	<p><b>Birthdays</b></p> <p>8/12 - Gabrielle P.</p> <p>8/13 - Harry K.</p> <p>8/16 - Kathy M.</p> <p>8/18 - Dodie B.</p> <p>8/21 - Walter B.</p> <p>8/23 - Kimberly O.</p> <p>8/29 - Gloria M.</p> <p>8/29 - Joyce M.</p>	<p><b>Birthdays</b></p> <p>8/30 - Donald L.</p>	

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<p><b>22</b></p> <p>9:30 Morning Newspaper and Chat with Bill-HC</p> <p><b>M</b> 10:00 Morning Music Trivia on LS</p> <p><b>I</b> 11:00 Mindful Moments-HC</p> <p><b>I</b> 2:00 Doorway Gospel Message</p>	<p><b>23</b></p> <p><b>MM</b> 9:00 Mindful Moments</p> <p><b>V</b> 10:30 Traveling Morning Stretches</p> <p><b>A</b> 2:00 Bible Study with Reg &amp; Debbie-MDR</p> <p><b>I</b> 3:00 Traveling Activity Cart with Devotions</p> <p><b>K</b> 4:00 Traveling Good News</p>	<p><b>24</b></p> <p><b>V</b> 9:00 Mindful Moments-HC</p> <p><b>K</b> 11:45 Mind Teasers-HDR</p> <p><b>K</b> 2:00 Door-way Games and Drinks</p> <p>4:00 Traveling Good News</p>	<p><b>25</b></p> <p><b>GG</b> 7:30 Mens Breakfast Club</p> <p><b>MM</b> 9:00 Mindful Moments</p> <p><b>V</b> 10:00 Traveling Exercises</p> <p><b>K</b> 11:15 Trivia Fun with LS</p> <p>2:00 Arts and Crafts</p>	<p><b>26</b></p> <p><b>K</b> 8:30 Traveling Mindful Moments</p> <p><b>I</b> 10:00 Devotions with Bill</p> <p><b>K</b> 11:00 Doorway Trivia with a Twist</p> <p><b>K</b> 2:00 Door-way Games and Drinks</p> <p><b>M</b> 6:00 Fabulous 50's Sock</p>	<p><b>27</b></p> <p><b>V</b> 10:00 Doorway Morning Stretches</p> <p><b>M</b> 11:00 Name That Tune</p> <p>2:00 Traveling Happy Hour with Lemonade Punch</p> <p><b>K</b> 4:00 Good News Travels</p>	<p><b>28</b></p> <p><b>V</b> 10:00 Traveling Morning Stretches</p> <p><b>M</b> 11:00 Life Share Musical Trivia</p> <p><b>I</b> 2:00 Doorway Bingo</p> <p><b>K</b> 3:00 Traveling Activity Cart</p>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <ul style="list-style-type: none"> <li>V Spiderman Workout</li> <li>K Daily Chronicles</li> <li>K Affirming Friends</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Music Makes You Happier</li> <li>GG Aim for the Stars</li> <li>Healthy Hands</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>V Tour de Legacy</li> <li>K Daily Chronicles</li> <li>K Inspired Tales</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Sensory Scentscape</li> <li>GG Lollipop Paddle</li> <li>Healthy Hands</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>V Dance, Dance</li> <li>K Daily Chronicles</li> <li>K American Landmarks</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>B I N G O</li> <li>M UpBeat with Harry Belafonte</li> <li>GG What Belongs Together?</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>V Water Balloon Toss</li> <li>K Daily Chronicles</li> <li>K Roll to 20</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Create a Booming Song!</li> <li>GG Soccer/"Futbol"</li> <li>Healthy Hands</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>V Paris, France Walking Tour</li> <li>K Daily Chronicles</li> <li>K Let's Spell Summer</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>B I N G O</li> <li>M Shake It Up, Baby!</li> <li>GG Ladder Ball</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>V Disc Golf</li> <li>K Daily Chronicles</li> <li>K Best Friends</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M August Happy Hour</li> <li>GG Word Works</li> <li>Healthy Hands</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>V Olympic Ring Toss</li> <li>K Daily Chronicles</li> <li>K Summer Colors</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Celebrate Easy Listening</li> <li>GG State Plate Game</li> <li>Healthy Hands</li> </ul>
<p>8</p> <ul style="list-style-type: none"> <li>V Spiderman Workout</li> <li>K Daily Chronicles</li> <li>K Affirming Friends</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Music Makes You Happier</li> <li>GG Aim for the Stars</li> <li>Healthy Hands</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>V Tour de Legacy</li> <li>K Daily Chronicles</li> <li>K Inspired Tales</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Sensory Scentscape</li> <li>GG Lollipop Paddle</li> <li>Healthy Hands</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>V Dance, Dance</li> <li>K Daily Chronicles</li> <li>K American Landmarks</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>B I N G O</li> <li>M UpBeat with Harry Belafonte</li> <li>GG What Belongs Together?</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>V Water Balloon Toss</li> <li>K Daily Chronicles</li> <li>K Roll to 20</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Create a Booming Song!</li> <li>GG Soccer/"Futbol"</li> <li>Healthy Hands</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>V Paris, France Walking Tour</li> <li>K Daily Chronicles</li> <li>K Let's Spell Summer</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>B I N G O</li> <li>M Shake It Up, Baby!</li> <li>GG Ladder Ball</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>V Disc Golf</li> <li>K Daily Chronicles</li> <li>K Best Friends</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M August Happy Hour</li> <li>GG Word Works</li> <li>Healthy Hands</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>V Olympic Ring Toss</li> <li>K Daily Chronicles</li> <li>K Summer Colors</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Celebrate Easy Listening</li> <li>GG State Plate Game</li> <li>Healthy Hands</li> </ul>
<p>15</p> <ul style="list-style-type: none"> <li>V Spiderman Workout</li> <li>K Daily Chronicles</li> <li>K Affirming Friends</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Music Makes You Happier</li> <li>GG Aim for the Stars</li> <li>Healthy Hands</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>V Tour de Legacy</li> <li>K Daily Chronicles</li> <li>K Inspired Tales</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Sensory Scentscape</li> <li>GG Lollipop Paddle</li> <li>Healthy Hands</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>V Dance, Dance</li> <li>K Daily Chronicles</li> <li>K American Landmarks</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>B I N G O</li> <li>M UpBeat with Harry Belafonte</li> <li>GG What Belongs Together?</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>V Water Balloon Toss</li> <li>K Daily Chronicles</li> <li>K Roll to 20</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Create a Booming Song!</li> <li>GG Soccer/"Futbol"</li> <li>Healthy Hands</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>V Paris, France Walking Tour</li> <li>K Daily Chronicles</li> <li>K Let's Spell Summer</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>B I N G O</li> <li>M Shake It Up, Baby!</li> <li>GG Ladder Ball</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>V Disc Golf</li> <li>K Daily Chronicles</li> <li>K Best Friends</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M August Happy Hour</li> <li>GG Word Works</li> <li>Healthy Hands</li> </ul>	<p>21 Senior Citizen's Day</p> <ul style="list-style-type: none"> <li>V Olympic Ring Toss</li> <li>K Daily Chronicles</li> <li>K Summer Colors</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Celebrate Easy Listening</li> <li>GG State Plate Game</li> <li>Healthy Hands</li> </ul>
<p>22</p> <ul style="list-style-type: none"> <li>V Spiderman Workout</li> <li>K Daily Chronicles</li> <li>K Affirming Friends</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Music Makes You Happier</li> <li>GG Aim for the Stars</li> <li>Healthy Hands</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>V Tour de Legacy</li> <li>K Daily Chronicles</li> <li>K Inspired Tales</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Sensory Scentscape</li> <li>GG Lollipop Paddle</li> <li>Healthy Hands</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>V Dance, Dance</li> <li>K Daily Chronicles</li> <li>K American Landmarks</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>B I N G O</li> <li>M UpBeat with Harry Belafonte</li> <li>GG What Belongs Together?</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>GG Mens Breakfast Club</li> <li>V Water Balloon Toss</li> <li>K Daily Chronicles</li> <li>K Roll to 20</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Create a Booming Song!</li> <li>GG Soccer/"Futbol"</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>V Paris, France Walking Tour</li> <li>K Daily Chronicles</li> <li>K Let's Spell Summer</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>B I N G O</li> <li>M Shake It Up, Baby!</li> <li>GG Ladder Ball</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>V Disc Golf</li> <li>K Daily Chronicles</li> <li>K Best Friends</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M August Happy Hour</li> <li>GG Word Works</li> <li>Healthy Hands</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>V Olympic Ring Toss</li> <li>K Daily Chronicles</li> <li>K Summer Colors</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Celebrate Easy Listening</li> <li>GG State Plate Game</li> <li>Healthy Hands</li> </ul>
<p>29</p> <ul style="list-style-type: none"> <li>V Spiderman Workout</li> <li>K Daily Chronicles</li> <li>K Affirming Friends</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Music Makes You Happier</li> <li>GG Aim for the Stars</li> <li>Healthy Hands</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>V Tour de Legacy</li> <li>K Daily Chronicles</li> <li>K Inspired Tales</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>M Sensory Scentscape</li> <li>GG Lollipop Paddle</li> <li>Healthy Hands</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>V Dance, Dance</li> <li>K Daily Chronicles</li> <li>K American Landmarks</li> <li>August Gazette</li> <li>Relax &amp; Recharge</li> <li>B I N G O</li> <li>M UpBeat with Harry Belafonte</li> <li>GG What Belongs Together?</li> </ul>		<p>"The joy of brightening other lives, bearing each others' burdens, easing each other's loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of the holidays." - W. C. Jones</p>	<p>Kindness is like snow It beautifies everything it covers</p>	<ul style="list-style-type: none"> <li>GF - Gathering of Friends</li> <li>GG - Group Games</li> <li>K - Keeping it Sharp/Reminisce</li> <li>M - Music to My Ears</li> <li>V - Vitality</li> </ul>