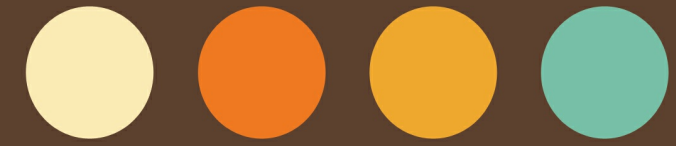


# AUGUST 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Birthdays</b> 8/4 - Elsa I.	<b>1</b> 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Self Expression 2:30 Card games 3:00 Zeke Band 6:00 Evening News	<b>2</b> 9:00 Bend & Stretch 10:00 News and Views 11:00 Health Facts 1:30 Table Games 2:30 Ice Cream Sandwich Day 3:30 Seated Yoga 6:00 Evening Movie	<b>3</b> 9:00 Let's get Fit 10:00 Senior Topics 10:30 Violinist-Yakov 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	<b>4</b> 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Garden Visit 2:00 Hayward-Scenic Drive 3:30 Wheeling/Walking 6:00 Animal Planet	<b>5</b> 9:00 Bend & Flex 10:00 Linked Senior 11:00 Poetry Appreciation 1:30 Topics of Interest 2:30 Happy Hour- Cole 3:30 Exercise with Will 6:00 Nature Films	<b>6</b> 9:00 Sit & Be Fit 10:00 Week in Review 11:00 Group Singing 1:30 Card Games 2:30 Literature Hour 3:30 Saturday Matinee 6:00 Evening News
<b>7</b> 9:00 Catholic Mass 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Current Events 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	<b>8</b> 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Table Talk 2:30 Card games 3:00 Zeke Band 6:00 Evening News	<b>9</b> 9:00 Bend & Stretch 10:00 News and Views 10:30 Music by Alligator 1:30 Table Games 2:30 Chocolate Lovers Party 3:30 Seated Yoga 6:00 Evening Movie	<b>10</b> 9:00 Let's get Fit 10:00 Senior Topics 11:00 Sing Fit Country 1:30 Glamour time 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	<b>11</b> 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Flower Power 2:30 Chef's Corner 3:30 Wheeling/Walking 6:00 Animal Planet	<b>12</b> 9:00 Bend & Flex 10:00 Linked Senior 11:00 Musical Memories 1:30 Topics of Interest 2:30 Happy Hour - M&K 3:30 Exercise with Will 6:00 Nature Films	<b>13</b> 9:00 Sit & Be Fit 10:00 Week in Review 11:00 Group Singing 1:30 Card Games 2:30 Literature Hour 3:30 Saturday Matinee 6:00 Evening News
<b>14</b> 9:00 Catholic Mass 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Current Events 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	<b>15</b> 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Art Expression 2:30 Card games 3:00 Zeke Band 6:00 Evening News	<b>16</b> 9:00 Bend & Stretch 10:00 News and Views 11:00 Health Facts 1:30 Table Games 2:30 Ice Cream Sundae Party 3:30 Seated Yoga 6:00 Evening Movie	<b>17</b> 9:00 Let's get Fit 10:00 Senior Topics 11:00 Sing Fit 60's 1:30 Pretty Nails 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	<b>18</b> 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Garden Club 2:30 Fairmont Scenic Drive 3:30 Wheeling/Walking 6:00 Animal Planet	<b>19</b> 9:00 Bend & Flex 10:00 Linked Senior 11:00 News Makers 1:30 Topics of Interest 2:30 Happy Hour- Jaime 3:30 Exercise with Will 6:00 Nature Films	<b>20</b> 9:00 Sit & Be Fit 10:00 Week in Review 11:00 Group Singing 1:30 Card Games 2:30 Puzzlers 3:30 Saturday Matinee 6:00 Evening News
<b>21 Senior Citizen's Day</b> 9:00 Catholic Mass 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Current Events 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	<b>22</b> 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Express Yourself 2:30 Card games 3:00 Zeke Band 6:00 Evening News	<b>23</b> 9:00 Bend & Stretch 10:00 News and Views 11:30 Luau - Luncheon 1:30 Table Games 2:00 Luau Party 3:30 Seated Yoga 6:00 Evening Movie	<b>24</b> 9:00 Let's get Fit 10:00 Senior Topics 11:00 Sing Fit Memories 1:30 Residents & culinary Meeting 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News	<b>25</b> 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Green Thumb 2:30 Build a Banana Split 3:30 Wheeling/Walking 6:00 Animal Planet	<b>26</b> 9:00 Bend & Flex 10:00 Linked Senior 11:00 Good News 1:30 Topics of Interest 2:30 Happy Hour - M&K 3:30 Exercise with Will 6:00 Nature Films	<b>27</b> 9:00 Sit & Be Fit 10:00 Week in Review 11:00 Group Singing 1:30 Card Games 2:30 Literature Hour 3:30 Saturday Matinee 6:00 Evening News
<b>28</b> 9:00 Catholic Mass 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Current Events 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	<b>29</b> 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Creative Corner 2:30 Card games 2:30 Music by Angelito 3:00 Zeke Band 6:00 Evening News	<b>30</b> 9:00 Bend & Stretch 10:00 News and Views 11:00 Health Facts 1:30 Table Games 2:30 Birthday Bash 3:30 Seated Yoga 6:00 Evening Movie	<b>31</b> 9:00 Let's get Fit 10:00 Senior Topics 11:00 Sing Fit Summer 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening News			