

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Key: (B) Bistro (CR) 1st Floor Community Room (T) 1st Floor Community Theater (TR) 3rd Floor Training Room (MR) 3rd Floor Meditation Room (L) Lobby (*) RSVP Required Outings TV-only Programs Performances &amp; Special Events Independent Programs (No Instructor)</b></p>	<p>10:00am, Mindfulness Meditation (MR) <b>1</b> 11:00a, Upper Body Stretching (1-3) 11:15a, Group Exercises (TR) 3:45p, Bingo (CR)</p>	<p>10:00a, Ukulele Classes (TR) <b>2</b> 10:00a, Coffee &amp; Donut Social Hour (B) 10:30a, Brain Training (1-3) 11:00a, Leg Exercises (1-3) 11:15a, Group Exercise (TR) 1:30p, Flower Bouquets (CR) 2:00P, Individual Outing (L)* Lunds &amp; Byerlys or Whole Foods 6:00p, Evening Movie (T)</p>	<p>10:30a, Christian Worship (CR 1-2) <b>3</b> 11:05, Full Body Exercise (1-3) 11:15a, Group Exercises (TR) 2:00pm, Resident &amp; Family Town Hall (CR) 3:45p, Group Crossword (CR)  Healing Touch (by appointment)</p>	<p>10:00A, Coffee &amp; Pastry Social Hour (CR) <b>4</b> 10:30a, Brain Training (1-3) 10:30A, Assisted Living Resident Council Meeting (CR &amp; 1-2) 11:00a, Pilates (1-3) 11:15A Family &amp; Resident Council Meeting (CR) 1:30p, Group Outing: Dollar Tree (L) 6:00p, Livingroom Symphony (1-3)</p>	<p>10:00a, Catholic Service &amp; Communion (CR &amp; 1-2) <b>5</b> 11:15a, Group Exercise (TR) 11:20a, Pilates (1-3) 1:00p, Movie Matinee (T) 3:00p, Happy Hour (B)</p>	<p>9:30a, Sitting or Standing Tai Chi (1-3) <b>6</b> 11:00a, Livingroom Concert (1-3) 3:00p, Classic Film or Musical (1-3)</p>
<p>10:00A, Mount Olivet Worship Livestream (CR) <b>7</b> 11:30A, Coffee Social Hour (B) 12:00P, Our Lady of Grace Church Service (Ch. 29) 1:00P, Westminster Presbyterian Service (Ch. 29) 2:00P, Contemporary Lutheran Worship St. Andrews Church (Ch 29) 4:30P, Relaxing Music (1-3)</p>	<p>10:00am, Mindfulness Meditation (MR) <b>8</b> 11:00a, Upper Body Stretching (1-3) 11:15a, Group Exercises (TR) 2:30p, MacPhail "Unwrapping Music" Live Performance (CR 1-2) 3:45p, Bingo (CR)</p>	<p>9:00am, Podiatry (TR) <b>9</b> 10:00a, Ukulele Classes (CR) 10:00a, Coffee &amp; Donut Social Hour with The Chef (B) 10:30a, Brain Training (1-3) 11:00a, Leg Exercises (1-3) 1:30p, Flower Bouquets (CR) 1:30p, Dave Swenson Evangelist Entertainer (CR) 2:00p, Individual Outing: Cub &amp; Walgreens (L) 6:00p, Evening Movie (T)</p>	<p>10:30a, Christian Worship (CR 1-2) <b>10</b> 11:05, Full Body Exercise (1-3) 11:15a, Group Exercises (TR) 2:00p, Birthday Party Live Entertainment: Blood Brother – Folk Musician (CR) 3:45p, Group Crossword (CR)  Healing Touch (by appointment)</p>	<p>10:00A, Coffee &amp; Pastry Social Hour (CR) <b>11</b> 10:00am, Bell Choir (TR) 10:30a, Brain Training (1-3) 11:00a, Pilates (1-3) 11:00a, Restaurant Outing: Snuffy's Malt Shop (L) 11:15a, Group Exercises (TR) 3:30pm, Video Games w/ Nate (B) 6:00P, Livingroom Symphony (1-3)</p>	<p>10:00a, Catholic Service &amp; Communion (CR &amp; 1-2) <b>12</b> 11:15a, Group Exercise (TR) 11:20a, Pilates (1-3) 1:00p, Movie Matinee (T) 3:00p, Happy Hour (B)</p>	<p>9:30a, Sitting or Standing Tai Chi (1-3) <b>13</b> 11:00a, Livingroom Concert (1-3) 3:00p, Classic Film or Musical (1-3)  Happy Birthday Mary H!</p>
<p>10:00A, Mount Olivet Worship Livestream (CR) <b>14</b> 11:30A, Coffee Social Hour (B) 12:00P, Our Lady of Grace Church Service (Ch. 29) 1:00P, Westminster Presbyterian Service (Ch. 29) 2:00P, Contemporary Lutheran Worship St. Andrews Church (Ch 29) 4:30P, Relaxing Music (1-3)</p>	<p>11:00a, Upper Body Stretching (1-3) <b>15</b> 11:15a, Group Exercises (TR) 1:00p, MacPhail Music Hour (CR 1-2) 3:45p, Bingo (CR)  Happy Birthday Sandy S!</p>	<p>10:00a, Ukulele Classes (TR) <b>16</b> 10:00a, Coffee &amp; Donut Social Hour (B) 10:30a, Brain Training (1-3) 11:00a, Leg Exercises (1-3) 11:15a, Group Exercise (TR) 1:30p, Flower Bouquets (CR) 2:00p, Individual Outing: Lunds &amp; Byerlys or Trader Joe's (L) 6:00p, Evening Movie (T)</p>	<p>10:30a, Christian Worship (CR 1-2) <b>17</b> 11:05, Full Body Exercise (1-3) 11:15a, Group Exercises (TR) 2:00pm, Meet your Neighbors: 4<sup>th</sup> Floor (GR)  Healing Touch (by appointment)</p>	<p>10:00A, Coffee &amp; Pastry Social Hour (CR) <b>18</b> 10:30a, Brain Training (1-3) 11:00a, Pilates (1-3) 11:00a, Group Outing: Como Zoo (L)* 11:15a, Group Exercises (TR) 2:30pm, 1:1 Visits w/ Activities Staff (TBD) 6:00P, Livingroom Symphony (1-3)</p>	<p>10:00a, Catholic Service &amp; Communion (CR &amp; 1-2) <b>19</b> 10:30a, Men's Group (TBD) 11:15a, Group Exercise (TR) 11:20a, Pilates (1-3) 1:00p, Movie Matinee (T) 2:30p, Droolin' Moose Chocolate Food Truck (Front Entrance) 3:00p, Happy Hour (B)</p>	<p>9:30a, Sitting or Standing Tai Chi (1-3) <b>20</b> 11:00a, Livingroom Concert (1-3) 3:00p, Classic Film or Musical (1-3)</p>
<p>10:00A, Mount Olivet Worship Livestream (CR) <b>21</b> 11:30A, Coffee Social Hour (B) 12:00P, Our Lady of Grace Church Service (Ch. 29) 1:00P, Westminster Presbyterian Service (Ch. 29) 2:00P, Contemporary Lutheran Worship St. Andrews Church (Ch 29) 4:30P, Relaxing Music (1-3) Happy Birthday Tom &amp; Betty L!</p>	<p>11:00a, Upper Body Stretching (1-3) <b>22</b> 11:15a, Group Exercises (TR) 2:30p, MacPhail "Unwrapping Music" Live Performance (CR 1-2) 3:45p, Bingo (CR)</p>	<p>10:00a, Ukulele Classes (TR) <b>23</b> 10:00A, Coffee &amp; Donut Social Hour (B) 10:30a, Brain Training (1-3) 11:00a, Leg Exercises (1-3) 11:15A, Group Exercise (TR) 1:30P, Flower Bouquets (CR) 2:00p, Individual Outing (L)* Target 6:00P, Evening Movie (T)</p>	<p>10:30a, Christian Worship (CR 1-2) <b>24</b> 11:05, Full Body Exercise (1-3) 11:15a, Group Exercises (TR) 2:00pm, Wine Glass Painting (CR) 4:00p, Live Performance: Skylark Opera  Healing Touch (by appointment)</p>	<p>10:00A, Coffee &amp; Pastry Social Hour (CR) <b>25</b> 10:00am, Bell Choir (TR) 10:30a, Brain Training (1-3) 11:00a, Pilates (1-3) 11:15a, Group Exercises (TR) 1:00p, Outing: Let's Go Fishing! (L)* 6:00P, Livingroom Symphony (1-3)</p>	<p>10:00a, Catholic Service &amp; Communion (CR &amp; 1-2) <b>26</b> 11:15a, Group Exercise (TR) 11:20a, Pilates (1-3) 1:00p, Movie Matinee (T) 3:00p, Happy Hour (B)</p>	<p>9:30a, Sitting or Standing Tai Chi (1-3) <b>27</b> 11:00a, Livingroom Concert (1-3) 3:00p, Classic Film or Musical (1-3)</p>
<p>10:00A, Mount Olivet Worship Livestream (CR) <b>28</b> 11:30A, Coffee Social Hour (B) 12:00P, Our Lady of Grace Church Service (Ch. 29) 1:00P, Westminster Presbyterian Service (Ch. 29) 2:00P, Contemporary Lutheran Worship St. Andrews Church (Ch 29) 4:30P, Relaxing Music (1-3)</p>	<p>11:00a, Upper Body Stretching (1-3) <b>29</b> 11:15a, Group Exercises (TR) 2:00pm, Fitness 1:1 Meetings w/ Brooke &amp; Nate (TR) 3:45p, Bingo (CR)  Happy Birthday Garnet &amp; Bonnie L!</p>	<p>10:00a, Coffee &amp; Donut Social Hour (B) <b>30</b> 10:30a, Brain Training (1-3) 11:00a, Leg Exercises (1-3) 11:15a, Group Exercise (TR) 1:30p, Flower Bouquets (CR) 2:00P, Individual Outing (L)* Lunds &amp; Byerlys or Whole Foods 6:00p, Evening Movie (T)</p>	<p>10:30a, Christian Worship (CR 1-2) <b>31</b> 11:05, Full Body Exercise (1-3) 11:15a, Group Exercises (TR) 2:00pm, Woodwind Quintet (CR) 3:45p, Group Crossword (CR)  Healing Touch (by appointment)  Happy Birthday Shirley H!</p>	<h1>August 2022</h1> <p>Aurora on France Assisted Living</p>		

\*Activities, movies, locations, and times subject to change.