

AUGUST 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 True North Yoga w/Aromatherapy 10:30 Wii Bowling Practice 2:00 Mexican Train Dominoes 6:15 Friends Supporting Friends group	2 National Ice Cream Sandwich Day! 10:00 Team Cornhole 10:30 Wii Bowling Practice 1:00 #GEN2000 Project (Let me help you with your gadgets & gizmos) 2:30 Let's Start a Series!	3 10:00 Senior Strength Training 10:30 Wii Bowling Practice 1:00 Let's work on a 3D puzzle! 3:00 Let's Go Shopping! (Location TBA)	4 National Chocolate Chip Cookie Day! 10:00 Dance Yoga 10:30 Wii Bowling Practice 2:00 Chocolate Chip Cookie Challenge! (Which brand is the best?) 4:00 Happy Hour!	5 National Water Balloon Day! 10:00 Ladder Toss 10:30 Wii Bowling Practice 2:00 Water Balloon Toss! 3:30 Nickel Bingo	6 9:30 Coffee Chat!
7 2:00 Cards at the Clubhouse	8 10:00 Indy 500 (RC car races) 10:30 Wii Bowling Practice 1:00 Uno! 6:15 Friends Supporting Friends group	9 National Book Lovers Day! 10:00 Seated Tai Chi 10:30 Wii Bowling Practice 1:00 Let's pick a book for book club! 3:30 Grief Support Group	10 10:00 Balance Exercises for Senior 10:30 Wii Bowling Practice 2:00 Brain Boost Nutrition (Smoothies!) 3:00 Let's Go Shopping! (Location TBA)	11 10:00 Balloon Swat! 10:30 Wii Bowling Practice 4:00 Happy Hour!	12 10:00 Disc Target Toss 10:30 Wii Bowling Practice 1:00 Circle of Friends: Brainstorming Session 3:30 Nickel Bingo	13 9:30 Coffee Chat!
14 2:00 Cards at the Clubhouse	15 10:00 Chair Cardio w/Curtis 10:30 Wii Bowling Practice 1:00 Tiny Stories 6:15 Friends Supporting Friends group	16 National Tell a Joke Day! 10:00 Putting Green 10:30 Wii Bowling Practice 2:15 Let's Start a Series! 3:30 Grief Support Group	17 National Thrift Shop Day! 10:00 Balloon Volleyball 10:30 Wii Bowling Practice 1:30 Hope for the Heart (AL dining room) 3:00 Let's Go Thrifting!	18 10:00 Catch & Convo Ball 10:30 Wii Bowling Practice 3:00 Resident Council Meeting 4:00 Happy Hour!	19 10:00 Let's Go to the Rose Garden! 10:30 Wii Bowling Practice 1:00 Let's play board games! 3:30 Nickel Bingo	20 9:30 Coffee Chat!

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 Senior Citizen's Day National Senior Citizens Day! 2:00 Cards at the Clubhouse	22 National Bao Day! 10:00 Frisbee Golf 10:30 Wii Bowling Practice 11:50 Let's watch Disney's Oscar-winning Bao! 12:00 Let's Go Out to Lunch at the Bao Bao House! 6:15 Friends Supporting Friends group	23 10:00 Resistance Band Workout 10:30 Wii Bowling Practice 2:15 Let's Start a Series! 3:30 Grief Support Group	24 10:00 Bollywood Zumba! 10:30 Wii Bowling Practice 1:00 Scattergories! 3:00 Let's Go Shopping! (Location TBA)	25 National Whiskey Sour Day! 10:00 Ladder Toss 10:30 Wii Bowling Practice 3:30 Dime Derby! 4:00 Happy Hour!	26 5:30 Northwest Art & Air Festival Balloon Launch 10:30 Wii Bowling Practice 3:30 Nickel Bingo	27 9:30 Coffee Chat!
28 2:00 Cards at the Clubhouse	29 10:00 Classic Soul Chair Workout 10:30 Wii Bowling Practice 1:00 Snapchat Filter Fun! 6:15 Friends Supporting Friends group	30 National Beach Day! 10:00 Let's Learn the Hula! 10:30 Wii Bowling Practice 2:15 Let's Start a Series! 3:30 Grief Support Group	31 National Trail Mix Day! 10:00 Cardio & Strength Training with Curtis 10:30 Wii Bowling Practice 1:30 Snacktivity! Let's make trail mix! 3:00 Let's Go Shopping! (Location TBA)			