

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ombudsman: Debbie Cole 866-689-3753 Resident's Rights provided at each Resident Council & can be found on the 1st floor or presented to you by any staff member. State Binder available on 1st floor.	1 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game M 9:30 Motivation Monday Music-The Twist O 10:30 Out & About-Chinese w/ Chopsticks MM 11:30 Healthy Hands	2 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Artisans Club- Paint & Sip MM 11:30 Healthy Hands V 1:30 Noodle Ball K 2:00 Left, Right, Center	3 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game V 10:30 4th Floor Exercise-Watermelon Crawl Line Dance MM 11:30 Healthy Hands K 1:30 Bingo	4 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Craft + Cook Poppin' Fresh Day- Pillsbury Day MM 11:30 Healthy Hands K 1:30 Bingo	5 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game O 10:30 Out & About- Brewery MM 11:30 Healthy Hands V 1:30 Seated Stretches GF 2:30 Happy Hour Social-AL-International Beer Day	6 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game M 10:45 Music Therapy MM 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Strength Training
7 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game I 10:45 Morning Prayer Service MM 11:30 Healthy Hands K 1:30 Bingo MM 3:00 Spa Sunday V 4:00 Seated Exercise	8 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game M 9:30 Motivation Monday Music-Happiness Happens O 10:30 Out & About-Magic 8 Ball Decides Day	9 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Artisans Club-Elvis "All Shook Up" Art MM 11:30 Healthy Hands V 1:30 Elvis Noodle Ball K 2:00 Left, Right, Center	10 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game V 10:30 4th Floor Exercise- Elvis Classics MM 11:30 Healthy Hands K 1:30 Bingo GF 2:30 Ice Cream Social w/	11 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Craft + Cook Mixed Berry Ice Pops & DaVinci Bridge MM 11:30 Healthy Hands K 1:30 Bingo	12 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game O 10:30 Out & About- Bowling Alley MM 11:30 Healthy Hands V 1:30 Seated Stretches GF 2:30 Happy Hour Social-AL-	13 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game M 10:45 Music Therapy MM 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Strength Training
14 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game I 10:45 Morning Prayer Service S 11:00 Brunch MM 11:30 Healthy Hands K 1:30 Bingo MM 3:00 Spa Sunday	15 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game M 9:30 Relaxation Monday Music O 10:30 Out & About-Relax & Shopping MM 11:30 Healthy Hands	16 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Artisans Club-Kool-Aid Tie-Dye Woodstock Shirts MM 11:30 Healthy Hands V 1:30 Noodle Ball	17 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game V 10:30 4th Floor Exercise-Baby Boomer Classics MM 11:30 Healthy Hands K 1:30 Bingo GF 2:30 Ice Cream Social-	18 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Craft + Cook - "Keep Your Cool Day" MM 11:30 Healthy Hands K 1:30 Bingo V 2:30 Move & Groove Group	19 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game O 10:30 Out & About- The Downtowner "National Potato Day" MM 11:30 Healthy Hands V 1:30 Seated Stretches	20 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game M 10:45 Music Therapy MM 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Strength Training
21 Senior Citizen's Day K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game I 10:45 Morning Prayer Service MM 11:30 Healthy Hands K 1:30 Bingo MM 3:00 Spa Sunday V 4:00 Seated Exercise	22 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game M 9:30 Margaritaville Monday Music V 10:30 Out & About- Canoe, Kayak & Raft MM 11:30 Healthy Hands- Fresh	23 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Artisans Club-Sea Glass Art & Anchor Decor MM 11:30 Healthy Hands- Pina Colada V 1:30 Hula Ball	24 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game O 10:00 Captain's Lunch Cruise-BB Riverboats V 10:30 4th Floor Hula Dancing Contest MM 11:30 Healthy Hands- Sweet	25 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Craft + Cook Norwegian's Ice-Chilled Banana Soup with Yogurt and Mango MM 11:30 Healthy Hands- Blissful	26 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game O 10:30 Out & About- Picnic at the Beach MM 11:30 Healthy Hands-Passionfruit V 1:30 Hawaiian Lei Stretches	27 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game M 10:45 Music Therapy MM 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Strength Training
28 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game I 10:45 Morning Prayer Service MM 11:30 Healthy Hands K 1:30 Bingo MM 3:00 Spa Sunday V 4:00 Seated Exercise	29 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game M 9:30 Motivation Monday Music O 10:30 Out & About-Local Food Truck MM 11:30 Healthy Hands	30 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Artisans Club- Coastal Craft MM 11:30 Healthy Hands V 1:30 Noodle Ball K 2:00 Left, Right, Center	31 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game V 10:30 4th Floor Exercise-Dance Classics MM 11:30 Healthy Hands K 1:30 Bingo GF 2:30 Ice Cream Social	Unless otherwise noted, all activities will be held in the Health Center Dining Room. The Health Center Dining Room will also be the meeting place for all outdoor activities.	Activities & times are subject to change. If changes occur an announcement will be posted on campus LifeShare monitors. A printed daily schedule or verbal notification will also be distributed to reflect any changes.	"Feel the fact that you are enough" - Mark Nepo Happy August!

Cart Room Service will no longer be available. Please join us for social distancing group events in the dining rooms per CDC guidelines.
Activities & times are subject to change.

River Terrace
Assisted Living Calendar

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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7 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game I 10:45 Morning Prayer Service MM 11:30 Healthy Hands K 1:30 Bingo MM 3:00 Spa Sunday V 4:00 Seated Exercise	8 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game M 9:30 Motivation Monday Music-Happiness Happens O 10:30 Out & About-Magic 8 Ball Decides Day	9 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Artisans Club-Elvis "All Shook Up" Art MM 11:30 Healthy Hands V 1:30 Elvis Noodle Ball K 2:00 Left, Right, Center	10 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game CD 10:15 Resident Council V 10:30 4th Floor Exercise- Elvis Classics MM 11:30 Healthy Hands K 1:30 Bingo	11 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Craft + Cook Mixed Berry Ice Pops & DaVinci Bridge MM 11:30 Healthy Hands K 1:30 Bingo	12 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game O 10:30 Out & About- Bowling Alley MM 11:30 Healthy Hands V 1:30 Seated Stretches GF 2:30 Happy Hour Social-AL-	13 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game M 10:45 Music Therapy MM 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Strength Training
14 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game I 10:45 Morning Prayer Service S 11:00 Brunch MM 11:30 Healthy Hands K 1:30 Bingo MM 3:00 Spa Sunday	15 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game M 9:30 Relaxation Monday Music O 10:30 Out & About-Relax & Shopping MM 11:30 Healthy Hands	16 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Artisans Club-Kool-Aid Tie-Dye Woodstock Shirts MM 11:30 Healthy Hands V 1:30 Noodle Ball	17 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game V 10:30 4th Floor Exercise-Baby Boomer Classics MM 11:30 Healthy Hands K 1:30 Bingo GF 2:30 Ice Cream Social-	18 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Craft + Cook - "Keep Your Cool Day" MM 11:30 Healthy Hands K 1:30 Bingo V 2:30 Move & Groove Group	19 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game O 10:30 Out & About- The Downtowner "National Potato Day" MM 11:30 Healthy Hands V 1:30 Seated Stretches	20 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game M 10:45 Music Therapy MM 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Strength Training
21 Senior Citizen's Day K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game I 10:45 Morning Prayer Service MM 11:30 Healthy Hands K 1:30 Bingo MM 3:00 Spa Sunday V 4:00 Seated Exercise	22 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game M 9:30 Margaritaville Monday Music V 10:30 Out & About- Canoe, Kayak & Raft MM 11:30 Healthy Hands- Fresh	23 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Artisans Club-Sea Glass Art & Anchor Decor MM 11:30 Healthy Hands- Pina Colada V 1:30 Hula Ball	24 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game O 10:00 Captain's Lunch Cruise-BB Riverboats V 10:30 4th Floor Hula Dancing Contest MM 11:30 Healthy Hands- Sweet	25 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Craft + Cook Norwegian's Ice-Chilled Banana Soup with Yogurt and Mango MM 11:30 Healthy Hands- Blissful	26 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game O 10:30 Out & About- Picnic at the Beach MM 11:30 Healthy Hands-Passionfruit V 1:30 Hawaiian Lei Stretches	27 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game M 10:45 Music Therapy MM 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Strength Training
28 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game I 10:45 Morning Prayer Service MM 11:30 Healthy Hands K 1:30 Bingo MM 3:00 Spa Sunday V 4:00 Seated Exercise	29 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game M 9:30 Motivation Monday Music O 10:30 Out & About-Local Food Truck MM 11:30 Healthy Hands	30 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Artisans Club- Coastal Craft MM 11:30 Healthy Hands V 1:30 Noodle Ball K 2:00 Left, Right, Center	31 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game V 10:30 4th Floor Exercise-Dance Classics MM 11:30 Healthy Hands K 1:30 Bingo GF 2:30 Ice Cream Social	Unless otherwise noted, all activities will be held in the Health Center Dining Room. The Health Center Dining Room will also be the meeting place for all outdoor activities.	Activities & times are subject to change. If changes occur an announcement will be posted on campus LifeShare monitors. A printed daily schedule or verbal notification will also be distributed to reflect any changes.	"Feel the fact that you are enough" - Mark Nepo Happy August!

River Terrace
Health Center Calendar

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ombudsman: Debbie Cole 866-689-3753 Resident's Rights provided at each Resident Council & can be found on the 1st floor or presented to you by any staff member. State Binder available on 1st floor.	1 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game M 9:30 Motivation Monday Music-The Twist O 10:30 Out & About-Chinese w/ Chopsticks MM 11:30 Healthy Hands	2 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Artisans Club- Paint & Sip MM 11:30 Healthy Hands V 1:30 Noodle Ball S 2:00 Chefs Circle	3 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game V 10:30 4th Floor Exercise-Watermelon Crawl Line Dance MM 11:30 Healthy Hands K 1:30 Bingo	4 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Craft + Cook Poppin' Fresh Day- Pillsbury Day MM 11:30 Healthy Hands K 1:30 Bingo	5 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game O 10:30 Out & About- Brewery MM 11:30 Healthy Hands V 1:30 Seated Stretches GF 2:30 Happy Hour Social-AL-International Beer Day	6 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game M 10:45 Music Therapy MM 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Strength Training
7 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game I 10:45 Morning Prayer Service MM 11:30 Healthy Hands K 1:30 Bingo MM 3:00 Spa Sunday V 4:00 Seated Exercise	8 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game M 9:30 Motivation Monday Music-Happiness Happens O 10:30 Out & About-Magic 8 Ball Decides Day	9 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Artisans Club-Elvis "All Shook Up" Art MM 11:30 Healthy Hands V 1:30 Elvis Noodle Ball S 2:00 Chefs Circle	10 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game V 10:30 4th Floor Exercise- Elvis Classics CD 11:00 Resident Council MM 11:30 Healthy Hands K 1:30 Bingo	11 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Craft + Cook Mixed Berry Ice Pops & DaVinci Bridge MM 11:30 Healthy Hands K 1:30 Bingo	12 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game O 10:30 Out & About- Bowling Alley MM 11:30 Healthy Hands V 1:30 Seated Stretches GF 2:30 Happy Hour Social-AL-	13 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game M 10:45 Music Therapy MM 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Strength Training
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21 Senior Citizen's Day K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game I 10:45 Morning Prayer Service MM 11:30 Healthy Hands K 1:30 Bingo MM 3:00 Spa Sunday V 4:00 Seated Exercise	22 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game M 9:30 Margaritaville Monday Music V 10:30 Out & About- Canoe, Kayak & Raft MM 11:30 Healthy Hands- Fresh	23 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Artisans Club-Sea Glass Art & Anchor Decor MM 11:30 Healthy Hands- Pina Colada V 1:30 Hula Ball	24 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game O 10:00 Captain's Lunch Cruise-BB Riverboats V 10:30 4th Floor Hula Dancing Contest MM 11:30 Healthy Hands- Sweet	25 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game A 10:30 Craft + Cook Norwegian's Ice-Chilled Banana Soup with Yogurt and Mango MM 11:30 Healthy Hands- Blissful	26 K 8:00 Conversation & Coffee L 8:30 Humor & History K 9:00 Brain Game O 10:30 Out & About- Picnic at the Beach MM 11:30 Healthy Hands-Passionfruit V 1:30 Hawaiian Lei Stretches	27 K 9:00 Conversation & Coffee L 9:30 Humor & History K 10:00 Brain Game M 10:45 Music Therapy MM 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Strength Training
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