ugust 20 Thursday Sunday Monday Tuesday Wednesday Friday Saturday Ombudsman: Debbie Cole 866-689-3753 8:00 Conversation & Coffee 9:00 Conversation & Coffee Resident's Rights provided at 8:30 Humor & History 9:30 Humor & History each Resident Council & can be 9:00 Brain Game K 10:00 Brain Game M 10:45 Music Therapy M 11:30 Healthy Hands found on the 1st floor or 9:30 Motivation Monday A 10:30 Artisans Club- Paint & V 10:30 4th Floor Exercise-A 10:30 Craft + Cook Poppin' 10:30 Out & About- Brewery presented to you by any staff Music-The Twist Watermelon Crawl Line Fresh Day- Pillsbury MN 11:30 Healthy Hands member. State Binder available MV 11:30 Healthy Hands **K** 1:30 Bingo 10:30 Out & About-Chinese V 1:30 Seated Stretches Dance on 1st floor. MV 11:30 Healthy Hands 1:30 Noodle Ball MN 11:30 Healthy Hands 2:30 Happy Hour Social-AL-2:30 Seated Strength w/ Chopsticks MN 11:30 Healthy Hands 2:00 Left, Right, Center **1:30** Bingo International Beer Day 1:30 Bingo Training 9 9:00 Conversation & Coffee 8:00 Conversation & Coffee 9:00 Conversation & Coffee 9:30 Humor & History 8:30 Humor & History 9:30 Humor & History K 10:00 Brain Game 10:00 Brain Game 9:00 Brain Game M 10:45 Music Therapy 10:30 Out & About- Bowling **10:45** Morning Prayer Service 9:30 Motivation Monday A 10:30 Artisans Club-Elvis "All V 10:30 4th Floor Exercise- Elvis A 10:30 Craft + Cook Mixed MN 11:30 Healthy Hands 11:30 Healthy Hands Music-Happiness Shook Up" Art Classics Berry Ice Pops & Allev **K** 1:30 Bingo 1:30 Bingo MN 11:30 Healthy Hands MN 11:30 Healthy Hands DaVinci Bridge MN 11:30 Healthy Hands Happens 2:30 Seated Strength **10:30** Out & About-Magic 8 MN 11:30 Healthy Hands V 1:30 Seated Stretches 3:00 Spa Sunday 1:30 Elvis Noodle Ball **1:30** Bingo 2:30 Ice Cream Social w/ 4:00 Seated Exercise Ball Decides Day 2:00 Left, Right, Center 1:30 Bingo 2:30 Happy Hour Social-AL-Training K 9:00 Conversation & Coffee K 8:00 Conversation & Coffee 8:00 Conversation & Coffee $\left[\mathsf{K}\right]$ 8:00 Conversation & Coffee 8:00 Conversation & Coffee K 8:00 Conversation & Coffee 9:00 Conversation & Coffee 8:30 Humor & History 8:30 Humor & History 8:30 Humor & History 8:30 Humor & History 9:30 Humor & History 9:30 Humor & History 8:30 Humor & History K 10:00 Brain Game 10:00 Brain Game 9:00 Brain Game 10:30 Out & About- The M 10:45 Music Therapy **10:45** Morning Prayer Service **9:30** Relaxation Monday A 10:30 Artisans Club-Kool-Aid V 10:30 4th Floor Exercise-A 10:30 Craft + Cook - "Keep MV 11:30 Healthy Hands **S** 11:00 Brunch Tie-Dye Woodstock Baby Boomer Classics Your Cool Day" Downtowner "National Music MV 11:30 Healthy Hands MN 11:30 Healthy Hands **10:30** Out & About-Relax & Shirts MN 11:30 Healthy Hands **K** 1:30 Bingo Potato Day" **1:30** Bingo Shopping MN 11:30 Healthy Hands **1:30** Bingo **1:30** Bingo MN 11:30 Healthy Hands 2:30 Seated Strength MV 11:30 Healthy Hands 2:30 Move & Groove Group 3:00 Spa Sunday 1:30 Noodle Ball 2:30 Ice Cream Social-V 1:30 Seated Stretches Training 22 Senior Citizen's Day 9:00 Conversation & Coffee 8:00 Conversation & Coffee 9:00 Conversation & Coffee 9:30 Humor & History 8:30 Humor & History 9:30 Humor & History K 10:00 Brain Game 9:00 Brain Game 10:00 Brain Game 9:00 Brain Game 9:00 Brain Game 9:00 Brain Game 9:00 Brain Game 10:30 Out & About- Picnic at M 10:45 Music Therapy **10:45** Morning Prayer Service 9:30 Margaritaville Monday 10:30 Artisans Club-Sea Glass 10:00 Captain's Lunch Cruise-A 10:30 Craft + Cook Norwegian's Ice-Chilled 11:30 Healthy Hands MN 11:30 Healthy Hands Music Art & Anchor Decor **BB** Riverboats the Beach **1:30** Bingo MN 11:30 Healthy Hands- Pina V 10:30 4th Floor Hula Dancing MN 11:30 Healthy Hands-**K** 1:30 Bingo 10:30 Out & About- Canoe, Banana Soup with 2:30 Seated Strength 3:00 Spa Sunday Kayak & Raft Colada Contest Yogurt and Mango Passionfruit 11:30 Healthy Hands- Blissful 4:00 Seated Exercise MN 11:30 Healthy Hands- Fresh 1:30 Hula Ball MN 11:30 Healthy Hands- Sweet 1:30 Hawaiian Lei Stretches Training Unless otherwise noted, all Activities & times are subject to "Feel the fact that you are activities will be held in the Health change. If changes occur an enough" - Mark Nepo 9:00 Conversation & Coffee 8:00 Conversation & Coffee K 8:00 Conversation & Coffee 8:00 Conversation & Coffee Center Dining Room. The Health announcement will be posted on 8:30 Humor & History 9:30 Humor & History 8:30 Humor & History 8:30 Humor & History Center Dining Room will also be campus LifeShare monitors. A 10:00 Brain Game 9:00 Brain Game Happy August! 9:00 Brain Game 9:00 Brain Game the meeting place for all outdoor M 9:30 Motivation Monday printed daily schedule or verbal **10:45** Morning Prayer Service A 10:30 Artisans Club- Coastal V 10:30 4th Floor Exercisenotification will also be distributed 11:30 Healthy Hands activities. Craft Dance Classics Music MN 11:30 Healthy Hands MV 11:30 Healthy Hands to reflect any changes. **1:30** Bingo 10:30 Out & About-Local 3:00 Spa Sunday 1:30 Noodle Ball **1:30** Bingo Food T ruck 4:00 Seated Exercise MN 11:30 Healthy Hands 2:00 Left, Right, Center 2:30 Ice Cream Social

River Terrace	
Assisted Living	Calendar

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 B: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	K 8:00 Conversation & Coffee B:30 Humor & History F 9:00 Brain Game A 10:30 Artisans Club- Paint & Sip MM 11:30 Healthy Hands V 1:30 Noodle Ball F 2:00 Left, Right, Center	 8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 4th Floor Exercise-Watermelon Crawl Line Dance MM 11:30 Healthy Hands K 1:30 Bingo 	K 8:00 Conversation & Coffee 1 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	K 8:00 Conversation & Coffee S:30 Humor & History S: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 1 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
K 9:00 Conversation & Coffee 9:30 Humor & History K 10:00 Brain Game 10:45 Morning Prayer Service MM 11:30 Healthy Hands K 1:30 Bingo MM 3:00 Spa Sunday 4:00 Seated Exercise	8:00 Conversation & Coffee 1 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	K 8:00 Conversation & Coffee B: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	K 8:00 Conversation & Coffee B:30 Humor & History F 9:00 Brain Game D 10:15 Resident Council V 10:30 4th Floor Exercise- Elvis Classics MM 11:30 Healthy Hands F 1:30 Bingo	K 8:00 Conversation & Coffee B:30 Humor & History S:00 Brain Game A 10:30 Craft + Cook Mixed Berry Ice Pops & DaVinci Bridge MM 11:30 Healthy Hands K 1:30 Bingo	K 8:00 Conversation & Coffee B:30 Humor & History F 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-	K 9:00 Conversation & Coffee P:30 Humor & History K 10:00 Brain Game M 10:45 Music Therapy MN 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Strength Training
M 1:30 Brunch M 3:00 Spa Sunday K 9:00 Conversation & Coffee P:30 Humor & History K 10:00 Brain Game I 10:45 Morning Prayer Service S 11:00 Brunch M 11:30 Healthy Hands K 1:30 Bingo M 3:00 Spa Sunday	 K 8:00 Conversation & Coffee B:30 Humor & History F 9:00 Brain Game 9:30 Relaxation Monday Music 10:30 Out & About-Relax & Shopping 11:30 Healthy Hands 	K 8:00 Conversation & Coffee B: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	 8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 4th Floor Exercise-Baby Boomer Classics 11:30 Healthy Hands 1:30 Bingo 2:30 Ice Cream Social- 	K 8:00 Conversation & Coffee B:30 Humor & History F 9:00 Brain Game A 10:30 Craft + Cook - "Keep Your Cool Day" MN 11:30 Healthy Hands F 1:30 Bingo V 2:30 Move & Groove Group	 8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 Out & About- The Downtowner "National Potato Day" 11:30 Healthy Hands 1:30 Seated Stretches 	K 9:00 Conversation & Coffee P:30 Humor & History K 10:00 Brain Game M 10:45 Music Therapy MN 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Strength Training
Senior Citizen's Day K 9:00 Conversation & Coffee 9:30 Humor & History K 10:00 Brain Game I 10:45 Morning Prayer Service MN 11:30 Healthy Hands K 1:30 Bingo MN 3:00 Spa Sunday V 4:00 Seated Exercise	K 8:00 Conversation & Coffee B:30 Humor & History K 9:00 Brain Game M 9:30 Margaritaville Monday Music V 10:30 Out & About- Canoe, Kayak & Raft M 11:30 Healthy Hands- Fresh	K 8:00 Conversation & Coffee B:30 Humor & History F 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	 K 8:00 Conversation & Coffee B 8:30 Humor & History F 9:00 Brain Game 10:00 Captain's Lunch Cruise-BB Riverboats 10:30 4th Floor Hula Dancing Contest Healthy Hands- Sweet 	K 8:00 Conversation & Coffee 8:30 Humor & History 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	K 8:00 Conversation & Coffee B:30 Humor & History F 9:00 Brain Game 10:30 Out & About- Picnic at the Beach MM 11:30 Healthy Hands- Passionfruit T:30 Hawaiian Lei Stretches	X 9:00 Conversation & Coffee 9:30 Humor & History 10:00 Brain Game 10:45 Music Therapy 11:30 Healthy Hands 1:30 Bingo 2:30 Seated Strength Training
 9:00 Conversation & Coffee 9:30 Humor & History 10:00 Brain Game 10:45 Morning Prayer Service 11:30 Healthy Hands 1:30 Bingo 3:00 Spa Sunday 4:00 Seated Exercise 	 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 	 8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 Artisans Club- Coastal Craft 11:30 Healthy Hands 1:30 Noodle Ball 2:00 Left, Right, Center 	 8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 4th Floor Exercise- Dance Classics 11:30 Healthy Hands 1:30 Bingo 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!

August 2023

River T	errace	
Health	Center	Calendar

River Terrace Health Center Ca	lendar			gust		
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 8:30 Humor & History 9:00 Brain Game 9:30 Motivation Monday Music-The Twist 10:30 Out & About-Chinese w/ Chopsticks MM 11:30 Healthy Hands	 8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 Artisans Club- Paint & Sip MM 11:30 Healthy Hands 1:30 Noodle Ball 2:00 Chefs Circle 	 8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 4th Floor Exercise-Watermelon Crawl Line Dance MM 11:30 Healthy Hands K 1:30 Bingo 	K 8:00 Conversation & Coffee R:30 Humor & History S 9:00 Brain Game A 10:30 Craft + Cook Poppin' Fresh Day- Pillsbury Day MM 11:30 Healthy Hands S 1:30 Bingo	11:30 Healthy Hands	6 K 9:00 Conversation & Coffee 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 P:30 Humor & History K 10:00 Brain Game I 10:45 Morning Prayer Service MN 11:30 Healthy Hands K 1:30 Bingo MN 3:00 Spa Sunday V 4:00 Seated Exercise 	8 K 8:00 Conversation & Coffee 8:30 Humor & History F 9:00 Brain Game M 9:30 Motivation Monday Music-Happiness Happens O 10:30 Out & About-Magic 8 Ball Decides Day	8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 Artisans Club-Elvis "All Shook Up" Art MM 11:30 Healthy Hands 1:30 Elvis Noodle Ball 2:00 Chefs Circle	10 K 8:00 Conversation & Coffee 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	K 8:00 Conversation & Coffee R:30 Humor & History F 9:00 Brain Game A 10:30 Craft + Cook Mixed Berry Ice Pops & DaVinci Bridge MN 11:30 Healthy Hands F 1:30 Bingo	10:30 Out & About- Bowling	K 9:00 Conversation & Coffee 9:30 Humor & History 10:00 Brain Game M 10:45 Music Therapy Hands 1:30 Bingo 2:30 Seated Strength Training
 Secondary Seco	K 8:00 Conversation & Coffee B:30 Humor & History S:00 Brain Game M 9:30 Relaxation Monday Music O 10:30 Out & About-Relax & Shopping MM 11:30 Healthy Hands	K 8:00 Conversation & Coffee B:30 Humor & History F 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	 8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 4th Floor Exercise-Baby Boomer Classics 11:30 Healthy Hands 1:30 Bingo 2:30 Ice Cream Social- 	K 8:00 Conversation & Coffee B:30 Humor & History K 9:00 Brain Game A 10:30 Craft + Cook - "Keep Your Cool Day" MN 11:30 Healthy Hands K 1:30 Bingo V 2:30 Move & Groove Group	10:30 Out & About- The Downtowner "National	X 9:00 Conversation & Coffee 9:30 Humor & History X 10:00 Brain Game M 10:45 Music Therapy M 11:30 Healthy Hands X 1:30 Bingo V 2:30 Seated Strength Training
Senior Citizen's Day K 9:00 Conversation & Coffee 9:30 Humor & History K 10:00 Brain Game 1 10:45 Morning Prayer Service MM 11:30 Healthy Hands K 1:30 Bingo MM 3:00 Spa Sunday V 4:00 Seated Exercise	Kayak & Raft	K 8:00 Conversation & Coffee B:30 Humor & History F 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	 K 8:00 Conversation & Coffee B:30 Humor & History F 9:00 Brain Game 10:00 Captain's Lunch Cruise-BB Riverboats 10:30 4th Floor Hula Dancing Contest MIN 11:30 Healthy Hands- Sweet 	K 8:00 Conversation & Coffee B:30 Humor & History P:00 Brain Game A 10:30 Craft + Cook Norwegian's Ice-Chilled Banana Soup with Yogurt and Mango MM 11:30 Healthy Hands- Blissful	10:30 Out & About- Picnic at the BeachMM 11:30 Healthy Hands-	K 9:00 Conversation & Coffee 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
K 9:00 Conversation & Coffee 9:30 Humor & History 10:00 Brain Game 10:45 Morning Prayer Service M 11:30 Healthy Hands 1:30 Bingo M 3:00 Spa Sunday 4:00 Seated Exercise	9:00 Brain Game 9:30 Motivation Monday Music 10:30 Out & About-Local Food Truck	 8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 Artisans Club- Coastal Craft 11:30 Healthy Hands 1:30 Noodle Ball 2:00 Chefs Circle 	8:00 Conversation & Coffee 8:30 Humor & History 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.	

River Terrace	
Independent Living Caler	ndar

River Terrace Independent Livi	ng Calendar			gust		
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.	Music-The Twist	K 8:00 Conversation & Coffee B:30 Humor & History F 9:00 Brain Game A 10:30 Artisans Club- Paint & Sip F 11:30 Healthy Hands F 1:30 Noodle Ball F 2:00 Left, Right, Center	 8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 4th Floor Exercise-Watermelon Crawl Line Dance MM 11:30 Healthy Hands K 1:30 Bingo 	K 8:00 Conversation & Coffee B:30 Humor & History Fresh Day- Pillsbury Day MM 11:30 Healthy Hands K 1:30 Bingo	K 8:00 Conversation & Coffee B:30 Humor & History F 9:00 Brain Game O 10:30 Out & About- Brewery M 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 1 9:30 Humor & History K 10:00 Brain Game M 10:45 Music Therapy MN 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Strength Training
 7 K 9:00 Conversation & Coffee 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 	Music-Happiness Happens 10:30 Out & About-Magic 8	8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 Artisans Club-Elvis "All Shook Up" Art 11:30 Healthy Hands 1:30 Elvis Noodle Ball 2:00 Left, Right, Center	K 8:00 Conversation & Coffee B:30 Humor & History K 9:00 Brain Game V 10:30 4th Floor Exercise- Elvis Classics MN 11:30 Healthy Hands K 1:30 Bingo GF 2:30 Ice Cream Social w/	K 8:00 Conversation & Coffee B:30 Humor & History S:00 Brain Game A 10:30 Craft + Cook Mixed Berry Ice Pops & DaVinci Bridge MM 11:30 Healthy Hands K 1:30 Bingo	K 8:00 Conversation & Coffee B: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-	K 9:00 Conversation & Coffee 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
MM 11:30 Bringo MM 3:00 Spa Sunday	, , , ,	K 8:00 Conversation & Coffee 8:30 Humor & History 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	 8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 4th Floor Exercise-Baby Boomer Classics 11:30 Healthy Hands 1:30 Bingo 2:30 Ice Cream Social- 	 18 K 8:00 Conversation & Coffee 1 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 	 8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 Out & About- The Downtowner "National Potato Day" MM 11:30 Healthy Hands 1:30 Seated Stretches 	X 9:00 Conversation & Coffee 9:30 Humor & History X 10:00 Brain Game M 10:45 Music Therapy MM 11:30 Healthy Hands X 1:30 Bingo V 2:30 Seated Strength Training
Senior Citizen's Day K 9:00 Conversation & Coffee 9:30 Humor & History K 10:00 Brain Game 1 10:45 Morning Prayer Service M 11:30 Healthy Hands K 1:30 Bingo M 3:00 Spa Sunday V 4:00 Seated Exercise	Kayak & Raft	K 8:00 Conversation & Coffee B:30 Humor & History F 9:00 Brain Game A 10:30 Artisans Club-Sea Glass Art & Anchor Decor F Healthy Hands- Pina Colada V 1:30 Hula Ball	 8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:00 Captain's Lunch Cruise-BB Riverboats 10:30 4th Floor Hula Dancing Contest 11:30 Healthy Hands- Sweet 	K 8:00 Conversation & Coffee 8:30 Humor & History 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	K 8:00 Conversation & Coffee B:30 Humor & History F 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	K 9:00 Conversation & Coffee 9:30 Humor & History K 10:00 Brain Game M 10:45 Music Therapy M 11:30 Healthy Hands K 1:30 Bingo V 2:30 Seated Strength Training
K 9:00 Conversation & Coffee 9:30 Humor & History 10:00 Brain Game 10:45 Morning Prayer Service MN 11:30 Healthy Hands K 1:30 Bingo MM 3:00 Spa Sunday 4:00 Seated Exercise	Music 10:30 Out & About-Local Food Truck	8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 Artisans Club- Coastal Craft MM 11:30 Healthy Hands V 1:30 Noodle Ball K 2:00 Left, Right, Center	 8:00 Conversation & Coffee 8:30 Humor & History 9:00 Brain Game 10:30 4th Floor Exercise- Dance Classics 11:30 Healthy Hands 1:30 Bingo 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!