

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2023

The Pillars of Mankato Active Living Calendar

<h1>August 2023</h1> <p>The Pillars of Mankato Active Living Calendar</p>		<p>1 10 am- Coffee and Conversation (Pub/Patio) 10:30 am – Travel through the Holy Land (CH) 11:30 am- Balance and Movement (FC) 1:30 pm – Food Fun: Homemade Mars Bars (CR) 3 pm – Slap Happy Drumming (CH) 6:30 pm – Cards (CR)</p>	<p>2 10 am- Coffee and Conversation (Pub/Patio) 11:30 am- Balance and Movement (FC) 1:30 pm – Movie: 4:30 – 6:30 pm Luau (Parking Lot)</p>	<p>3 National Watermelon Day 10 am- Coffee and Conversation (Pub/Patio) 10 am – Catholic Eucharist (CH) 11:30 am- Balance and Movement (FC) 2:30 pm – Happy Hour w/ (DR) 6:30 pm- Cards (CR)</p>	<p>4 10 am- Coffee and Conversation (Pub/Patio) 10:45 am – Load Bus: Lunch Bunch: Los Dos Primos (Sign up) 11:30 am- Balance and Movement (FC) 1:30 pm – Yoga for the Feet (CR) 2:45 pm – Movie: Patch Adams (CH) 6:30 pm – Cards (CR)</p>	<p>5 10 am- Coffee and Conversation (Pub/Patio) 11:30 am- Balance and Movement (FC) 1:30 pm – National Water balloon Day Fun (Front Patio) 3 pm – August Jeopardy (CH) 6:30 pm – Cards (CR)</p>
<p>6 9:30 am – Catholic Streamed Church Service (CR) 11 am – Lutheran Church Streamed (CH) 11:30 am – Exercise (Channel 1-1) 1:30 pm – Farkle (CR) 3 pm – Bingo (CR) 6:30 pm – Cards (CR)</p>	<p>7 10 am- Coffee and Conversation (Pub/Patio) 10:15 am – Load Bus - Grocery Shopping Trip: Hy-Vee (Outing) 11:30 am- Balance and Movement (FC) 1:15 pm – Load Bus - AL Escort Outing: Lake Washington and Dairy Queen 2:30 pm – Prairie Home Companion Day – Garrison Keillor (CH) 6:30 pm – Cards (CR)</p>	<p>8 10 am- Coffee and Conversation (Pub/Patio) 10:15 am – Church Service with Chaplain Chris (CH) 11:30 am- Balance and Movement (FC) 1:15 pm – Bible Study w/ Pastor Chris (CH) 2:30 pm – Bingo Party Hosted by Synergy (DR) 6:30 pm – Cards (CR)</p>	<p>9 10 am- Coffee and Conversation (Pub/Patio) 11:30 am- Balance and Movement (FC) 2:30 - Jeopardy (CH) 3:30 pm – National Parks of Alaska, Hawaii and more (CH) 6:30 pm – Cards (CR)</p>	<p>10 National Smores Day 10 am- Coffee and Conversation (Pub/Patio) 10 am – Catholic Mass (CH) 11:30 am- Balance and Movement (FC) 2:30 pm – Happy Hour w/ Ryan C. (Outside) 6:30 pm- Bonfire and Sing a long (Parking lot)</p>	<p>11 10 am – Coffee and Conversation (Pub) 10:15 am – Sing a long w/ Beth (CR) 11:30 am – Balance and Movement (FC) 1:30 pm – Load Bus - Lake Washington Scenic Drive and Ice Cream at Scoops (Sign up) 2:30 pm – Movie (CH) 6:30 pm – Cards (CR)</p>	<p>12 10 am- Coffee and Conversation (Pub/Patio) 11:30 am- Balance and Movement (FC) 1:30 pm – Blackjack (PUB) 3 pm – Walking Club: (Sign up) 6:30 pm – Cards (CR)</p>
<p>13 9:30 am – Catholic Streamed Church Service (CR) 11 am – Lutheran Church Streamed (CH) 11:30 am – Exercise (Channel 1-1) 1:30 pm – Millionaire (CH) 3 pm – Bingo (CH) 6:30 pm – Cards (CR)</p>	<p>14 10 am- Coffee and Conversation (Pub/Patio) 10:30 am – Load Bus – Let’s Go Fishing Trip (Outing) 11:30 am- Balance and Movement (FC) 2:30 pm – Resident Council (CR) 6:30 pm – Cards (CR)</p>	<p>15 National Relaxation Day 10 am- Coffee and Conversation (Pub/Patio) 10:30 am – Travel through the Holy Land (CH) 11:30 am- Balance and Movement (FC) 2 pm – Chair Yoga (FC) 3:30 pm – Relaxing methods: Headspace App; Meditation and Reflexology (CH) 6:30 pm – Cards (CR)</p>	<p>16 10 am- Coffee and Conversation (Pub/Patio) 11:30 am- Balance and Movement (FC) 1:30 – 3:30 pm- Zip Zap Ice Cream Truck (Parking Lot) 2:30 - Jeopardy (CH) 3:30 pm – Virtual Travel (CH) 6:30 pm – Cards (CR)</p>	<p>17 10 am- Coffee and Conversation (Pub/Patio) 10 am – Catholic Eucharist (CH) 11:30 am- Balance and Movement (FC) 2:30 pm – Happy Hour w/ Gary Thissen (DR) 6:30 pm- Cards (CR)</p>	<p>18 10 am – Coffee and Conversation (Pub) 11:30 am – Balance and Movement (FC) 1:30 pm – Tri-bond Game (CR) 2:30 pm – Movie: Serendipity (CH) 6:30 pm – Cards (CR)</p>	<p>19 10 am- Coffee and Conversation (Pub/Patio) 11:30 am- Balance and Movement (FC) 1:30 pm – Board Games (CR) 3 pm – Chair Drumming (CR) 6:30 pm – Cards (CR)</p>
<p>20 9:30 am – Catholic Streamed Church Service (CR) 11 am – Lutheran Church Streamed (CH) 11:30 am – Exercise (Channel 1-1) 1:30 pm – Farkle (CR) 3 pm – Bingo (CR) 6:30 pm – Cards (CR)</p>	<p>21 Podiatry All Day (Sign up) 10 am- Coffee and Conversation (Pub/Patio) 10:15 am – Load Bus - Grocery Shopping Trip: Hy-Vee (Outing) 11:30 am- Balance and Movement (FC) 1:30 pm – Fall Door Craft Project (CR) 3pm – Summer Jeopardy (CH) 6:30 pm – Movie (CH)</p>	<p>22 10 am- Coffee and Conversation (Pub/Patio) 10:15 am – Church Service with Chaplain Chris (CH) 11:30 am- Balance and Movement (FC) 1:15 pm – Bible Study w/ Chaplain Chris (CH) 3pm – Food Fun: Angel Food Cake Trifle (CR) 6:30 pm – Cards (CR)</p>	<p>23 10 am- Coffee and Conversation (Pub/Patio) 11:30 am- Balance and Movement (FC) 2:30 - Jeopardy (CH) 3:30 pm – Virtual Travel (CH) 6:30 pm – Cards (CR)</p>	<p>24 10 am- Coffee and Conversation (Pub/Patio) 10 am – Catholic Eucharist (CH) 11:30 am- Balance and Movement (FC) 2:30 pm – Happy Hour w/ Melissa Schulz (DR) 6:30 pm- Cards (CR)</p>	<p>25 10 am – Coffee and Conversation (Pub) 10:15 am – Sing a long w/ Beth (CR) 11:30 am – Balance and Movement (FC) 2:30 pm – National Dog Day Weiner Dog races and Hot dogs (Outside) 6:30 pm –Movie (CH)</p>	<p>26 10 am- Coffee and Conversation (Pub/Patio) 11:30 am- Balance and Movement (FC) 1:30 pm – Blackjack (PUB) 3 pm – Walking Club: (Sign up) 6:30 pm – Cards (CR)</p>
<p>27 9:30 am – Catholic Streamed Church Service (CR) 11 am – Lutheran Church Streamed (CH) 11:30 am – Exercise (Channel 1-1) 1:30 pm – Millionaire (CH) 3 pm – Bingo (CR) 6:30 pm – Cards (CR)</p>	<p>28 State Fair Week 10 am- Coffee and Conversation (Pub/Patio) 11:30 am- Balance and Movement (FC) 1 – 4 pm – State Fair Art and Craft Show (CR) 6:30 pm – Cards (CR)</p>	<p>29 10 am- Coffee and Conversation (Pub/Patio) 11:30 am- Balance and Movement (FC) 2:30 pm – August Birthday Party w/ Dale Martell (DR) 6:30 pm – Cards (CR)</p>	<p>30 10 am- Coffee and Conversation (Pub/Patio) 11:30 am- Balance and Movement (FC) 2:30 - Jeopardy (CH) 3:30 pm – Virtual Travel to MN State Fair (CH) 6:30 pm – Cards (CR)</p>	<p>31 National Lemon Juice Day 10 am- Coffee and Conversation (Pub/Patio) 10 am – Catholic Eucharist (CH) 11:30 am- Balance and Movement (FC) 2:30 pm – Happy Hour w/ Lemonade Cocktails and Food on a Stick with State Fair Trivia (DR) 6:30 pm- Cards (CR)</p>	<p>**ALL ACTIVITIES ARE SUBJECT TO CHANGE**</p> <p>Key: FC – Fitness Center CR – Community Room CH – Chapel DR – Dining Room</p>	