



# TUNE IN TO CHANNEL 88 ACTIVITIES: August 10—August 16



## Monday August 10

9:30-10 Flexible Fitness  
 10:00 First Presbyterian Service  
 1-1:30 Hands in Motion  
 2-3:00 Bingo Live  
 3:30 St. John's Service

## Tuesday August 11

9:30-10 Sit and Fit  
**10:00 ALL RESIDENT MEETING**  
 11:00 Catholic Service  
 2:00 Wesley United Methodist Service  
**4:00 ALL RESIDENT MEETING**

## Wednesday August 12

9:30-10 Flexible Fitness  
 10:00 Coffee:  
 "Behind the Scenes of Pearl Valley Eggs"  
 1-1:30 Chair Chi  
**2:00 ALL RESIDENT MEETING**  
 3:00 Broadway Theatre  
 "West Side Story"

## Thursday August 13

9-9:30 Chair Dance  
 1-1:30 Hands in Motion  
 7:00 Entertainment  
 "Orchestra Performance featuring Yo Yo Ma"

## Friday August 14

9:30-10 Sit and Fit  
 10:00 Coffee:  
 "The Manhattan Project Electronic Field Trip"  
 1-1:30 Chair Chi  
 2-3:00 Bingo Live  
 7:00 Movie  
 "A Dog's Journey"  
 (2019, Rated PG)  
 1 hr, 48 min

## Saturday August 15

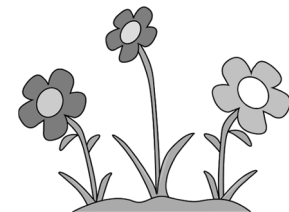
9-9:30 Flexible Fitness  
 7:00 Movie  
 "The Best of Enemies"  
 (2019, Rated PG-13)  
 2 hr, 13 min

## Sunday August 16

9:00 Live Streaming of Calvary United Methodist Church Service  
 10:00 Live Streaming of 2nd Presbyterian Church Service  
 3:30 Vespers Service

## ASSISTED LIVING EXERCISE

**Monday — Friday**  
**3rd Floor Dining Room**  
**11:15-11:45**





# JOIN IN ON VILLAGE ACTIVITIES FROM: August 10 – August 16



## Monday August 10

- 10:00 Bean Bags - RC3
- 11:00 Balance Class - WC  
Please adhere to your assigned time
- 11:15 AL Exercise - AL Dining Room
- 1:00 A Study of the Psalms  
Bible Study - RC1

## Tuesday August 11

- 11:15 AL Exercise - AL Dining Room
- 1:00 PBS DVD - RC1&2  
"The Royal House of Windsor: Fire, Feud, and Fury"
- 1:00 Hands in Motion  
- Foundation Walk
- 2:00 Dealing with Loss - RC3
- 2:00 Advanced Cardio - WC
- 3:30 Guided Meditation - RC1

## Wednesday August 12

- 11:00 Advanced Balance Class - WC  
Please adhere to your assigned time
- 11:15 AL Exercise - AL Dining Room
- 1:00 Art Class - AC
- 1:00 Chair Chi - Foundation Walk
- 1:00 Bible Study-RC3

## Thursday August 13

- 9:00 Chair Dance - Foundation Walk
- 10:00 Short Story - RC1
- 10:00 Line Dancing - AC
- 11:15 AL Exercise - AL Dining Room
- 1:00 Hands in Motion  
- Foundation Walk
- 2:00 Reel Rundown - RC1&2  
"Night on Earth: Jungle Nights"
- 2:00 Advanced Cardio - WC
- 3:45 Technology Help - SC

## Friday August 14

- 11:00 Advanced Balance - WC  
Please adhere to your assigned time
- 11:15 AL Exercise - AL Dining Room
- 1:00 Chair Chi - Foundation Walk
- 3:00 Balance Class - WC  
Please adhere to your assigned time

## Saturday August 15

- 1:00 Art Class - AC

## Sunday August 16

**AC - Arts and Crafts**  
**CR - Club Room**  
**RC1 - Resident Center 1**  
**RC2 - Resident Center 2**  
**RC3 - Resident Center 3**  
**RMR - Resident Meeting Room**  
**SC - Social Center**  
**WC - Wellness Center**

## Stay Strong! Stay Active!

~RESIDENT STORE~

Monday-Friday  
 9:00 a.m. — 4:00 p.m.  
 Saturdays  
 9:00 a.m.—1:00 p.m.