

# INDEPENDENT LIVING VILLAGE ACTIVITIES FROM: August 8 - August 14

## Monday August 8

- 9:00 Flexible Fitness - RC2 & 3
- 10:00 IL Bean Bags - RC1
- 10:00 Cardio Drumming - WC
- 11:00 **\*\*Balance Class - WC**
- 1:00 Bible Study - RC1
- 1:00 Bridge Club - CR
- 2:00 **30 Fingers Piano Performance - SC**
- 3:00 Chair Yoga - WC
- 3:00 Bingo - RC1, 2 & 3

## Tuesday August 9

- 9:00 Sit, Stand & Move - RC2 & 3
- 10:00 **All Resident Meeting - SC**
- 1:00 Hands in Motion - WC
- 1:30 Scrabble - CR
- 2:00 Dealing with Loss - RC3
- 2:00 Advanced Cardio - WC
- 3-5:00 Social Hour - CR
- 4:15 Hope Therapy Dogs - SC
- 7:00 Forum: "Plans for End of Life: Knowing Your Options" presented by Karen Retzer and Sarah Breeden, Compassion and Choices - RC1, 2 & 3

## Wednesday August 10

- 8:00 **Miller Park Zoo Active Senior Tour**
- 9:00 Flexible Fitness - RC2 & 3
- 10:00 Coffee: "Oahu - The Heart and Soul of Hawaii" - RC1, 2 & 3
- 11:00 **\*\*Advanced Balance Class - WC**
- 1:00 Art Studio, Open Studio Time - AC
- 1:00 **Harold Gregor: The Painter's Pedagogy Trip**
- 1:00 Hand & Foot Club - RC1
- 2:00 Bible Study: David Eaton - RMR
- 3:00 Mat Yoga - WC

- 6:30 Nostalgic Movie Night - RC 1 & 2  
"Shop Around the Corner"  
(1940, NR) Resident Requested

## Thursday August 11

- Grocery Shopping Trip Day**
- 9:00 Morning Walking Group - FP
- 9:15 **Garden Club Meeting Trip**
- 10:00 Cardio Drumming - WC
- 10:00 IL Short Story - CR
- 10:50 **Honor Flight Gathering - SC**
- 1:00 Hands in Motion - FW
- 2:00 Silver Chords Practice - RC1
- 2:15 Live Catholic Mass - RC3
- 2:15 Line Dancing - AC
- 3:15 Catholic Sacred Space - RC2
- 3-5:00 Social Hour - CR
- 3:45-4:00 Tech Help - SC

## Friday August 12

- 9:00 Sit, Stand & Move - RC2 & 3
- 10:00 Coffee: "An Introduction to Therapy Services" by Cheryl Parmenter Director of Therapy for Health Pro-Heritage - RC1 & 2
- 11:00 **\*\*Advanced Balance - WC**
- 12:15 **Healing Rides**
- 1:00 Midday Movie - *All are welcome!*  
AL 1F Theater - "National Treasure" (2004, PG)
- 1:00 Balance Class - WC
- 1:15 **Healing Rides**
- 2:00 Bingo - RC1, 2 & 3 Please bring your cards & markers
- 3:30 Outdoor Games - FP
- 7:00 Movie & Popcorn - RC1  
"Pay It Forward"  
(2000, PG - 13)

## Saturday August 13

- 10:00 Arts & Crafts - AC

- 1:00 Open Studio Time - AC
- 2:15 **NAACP documentary viewing to honor Dr. Charles and Dr. Jeanne Morris Trip**
- 7:00 Movie & Popcorn - RC 1  
"When Harry Met Sally"  
(1989, R)


## Sunday August 14

- 8:00 St. Johns Church Trip  
(service at 8:30 a.m.)
- 8:30 Calvary Methodist Church Trip  
(service at 9:00 a.m.)
- 9:15 First Presbyterian Church Trip  
(service at 10:00 a.m.)
- 10:00 Second Presbyterian Church Trip  
(service at 10:30 a.m.)
- 10:00 Virtual Catholic Mass - RC1
- 11:15 Holy Communion Distribution - RC1
- 4:15 Vespers with Rev. B. Elliott Renfroe - RC1

**\*\* NOTE: Please adhere to your assigned time.**

**WASTE NOT. SAVE A LOT.**

Save electric power.  
Costs increase by the hour!



The Green Team

AC - Arts and Crafts  
 CR - Club Room  
 FP - Fountain Park, FW - Fountain Walk  
 RC1, 2, & 3 - Resident Centers 1, 2, & 3  
 SC - Social Center, WC - Wellness Center  
 2F SR- 2nd Floor Sun Room  
 3F CR - 3rd Floor Card Room  
 3F SR - 3rd Floor Sunroom

Special Events  
 Live Entertainment  
 Special Trips

# TUNE IN TO CHANNEL 88 ACTIVITIES: August 8 - August 14

## Monday August 8

- 9:30-10 Flexible Fitness
- 10:00 First Presbyterian Service
- 3:00 Chair yoga
- 3:30 St. John's Service

## Tuesday August 9

- 9:30-10 Sit and Fit
- 10:30 Catholic Service
- 1:00 PBS: Ken Burns America Collection: "The Congress"
- 2:15 Wesley United Methodist Service
- 3:00 Shadow Boxing

## Wednesday August 10

- 9:30-10 Flexible Fitness
- 1-1:30 Chair Chi
- 2:00 Broadway Theatre: "Fiddler: A Miracle of Miracles" (2019)
- 4:00 All Resident Meeting

## Thursday August 11

- 9-9:30 Chair Dance
- 10:00 All Resident Meeting
- 1-1:30 Hands in Motion
- 2:00 Reel Rundown: "Dream House Makeover" (2022, G)
- 3:00 All Resident Meeting
- 7:00 Soft Spoken at the BCPA Summer Virtual Concert Series 2020

## Friday August 12

- 9:00 Sit and Fit
- 10:00 All Resident Meeting
- 3:00 All Resident Meeting

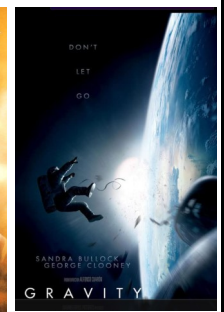
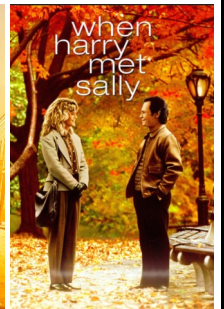
## Saturday August 13

- 9-9:30 Flexible Fitness
- 7:00 "Gravity" (2013, PG-13) Resident Requested

## Sunday August 14

- 9:00 Live Streaming of Calvary United Methodist Church
- 10:30 Live Streaming of Second Presbyterian Church
- 7:00 "High Noon" (1952, NR) Resident Requested

## Movies, Broadway & Documentaries



Happiness Happens Month!



## Horseshoes Playing Schedule for this week:

Mon. - August 8	Tue. - August 9	Wed. - August 10	Thu. - August 11	Fri. - August 12
9:30am: Andy Nappi & Pete Whitmer vs. Bob Scott & Ron Hofbauer		9:00am: Mary Hillhouse & Dolores Hellweg vs. Bob Hunt & Mac McElroy 9:30am: Al Beaver & Dave Myatt vs. Reg Bernard & Ray Carmichael		10:00am: Fran Turgeon & John Robertson vs. Joe Davie & Dudley Burgess

# ASSISTED LIVING VILLAGE ACTIVITIES FROM: August 8 - August 14

**Monday August 8**  
**10:00** Neighborhood Coffee - 1, 2 & 3 East Lounges  
**11:30** AL Exercise - 3F SR  
**1:00** Bible Study - RC1  
**2:00** AL Arts & Crafts with Mary Lee - 3F CR  
**3:00** **30 Fingers Piano Performance - 3F SR**  
**3:00** Chair Yoga - WC  
**3:00** Bingo - RC1, 2 & 3  
**4:00** Blood Pressure Checks - 3F SR

**Tuesday August 9**  
**9:30** Bean Bags - 3F SR  
**10:00** **All Resident Meeting - SC**  
**11:30** AL Exercise - 3F SR  
**1:00** Hands in Motion - WC  
**2:30** **New Time! AL Birthday Party - 1F Bistro**  
**3-5:00** Social Hour - CR  
**3:30** Hope Therapy Dogs - 1F Bistro  
**7:00** Forum: "Plans for End of Life: Knowing Your Options" presented by Karen Retzer and Sarah Breeden, Compassion and Choices - RC1, 2 & 3

**Wednesday August 10**  
**8:00** **Miller Park Zoo Active Senior Tour**  
**9:30** AL Short Stories - 3F SR  
**10:00** Coffee: "Oahu - The Heart and Soul of Hawaii" - RC1, 2 & 3  
**11:30** AL Exercise - 3F SR  
**1:00** **Harold Gregor: The Painter's Pedagogy Trip**  
**1:30** Health Check - in Meeting with Nurse - 3F SR  
**2:00** Bingo - 3F SR

**Thursday August 11**  
**Grocery Shopping Trip Day**  
**9:15** **Garden Club Meeting Trip**  
**10:50** **Honor Flight Gathering - SC**  
**11:30** AL Exercise - 3F SR  
**1:00** Hands in Motion - WC  
**2:00** Silver Chords Practice - RC1  
**2:15** Live Catholic Mass - RC3  
**3:00** Current Events - 1F East Lounge  
**3:15** Catholic Sacred Space - RC2  
**3-5:00** Social Hour - CR  
**4:00** Blood Pressure Checks - 3F SR

**Friday August 12**  
**8:30-9:30** Lisa Office Hours - 3F CR  
**9:00** Games - 3F SR  
**10:00** Coffee: "An Introduction to Therapy Services" by Cheryl Parmenter Director of Therapy for Health Pro-Heritage - RC1, 2 & 3  
**10:00** Bible Study with Dave and Molly Kistner - 3F West Lounge  
**11:30** AL Exercise - 3F SR  
**1:00** Midday Movie - *All are welcome!* AL 1F Theater - "National Treasure" (2004, PG)  
**2:00** Bingo - RC1, 2 & 3 Please bring your cards & markers!  
**2:00** AL Bridge Club - 3F CR  
**3:30** Outdoor Games - FP  
**7:00** Movie & Popcorn - RC1 "Pay It Forward" (2000, PG - 13)

**Saturday August 13**  
**10:00** Art Club - 3F CR  
**2:15** **NAACP documentary viewing to honor Dr. Charles and Dr. Jeanne Morris Trip**

**7:00** Movie & Popcorn - RC 1 "When Harry Met Sally" (1989, R)

**Sunday August 14**  
**8:00** St. Johns Church Trip (service at 8:30 a.m.)  
**8:30** Calvary Methodist Church Trip (service at 9:00 a.m.)  
**9:15** First Presbyterian Church Trip (service at 10:00 a.m.)  
**10:00** 2nd Presbyterian Church Trip (service at 10:30 a.m.)  
**10:00** Virtual Catholic Mass - RC1  
**11:15** Holy Communion - RC1  
**2:00** Vespers with Rev. Jim Davis - 3F SR  
**4:15** Vespers with Rev. B. Elliott Renfroe - RC1



**AC - Arts and Crafts**  
**CR - Club Room**  
**FP - Fountain Park, FW - Fountain Walk**  
**RC1, 2, & 3 - Resident Centers 1, 2, & 3**  
**SC - Social Center, WC - Wellness Center**  
**2F SR - 2nd Floor Sun Room**  
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