



AUGUST 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual

Meeting Places

- DIN** Dining Room
- UPF** Upstairs Foyer
- VT** Van Trip
- DOW** Downstairs Foyer
- BP** Back Patio
- FD** Front Desk
- UL** Upstairs Lounge
- ACT** Activity Room

*Outings are out of the building activities, sign ups will be posted by the bulletin board for each upcoming outing.

*International Yum's box for Sept is **India**.

*Family cookout- August 5th

August Birthdays: Mary R. 8/2 Jody T. 8/4 Bernard Y. 8/5 Chuck H. 8/8 Dorothy W. 8/20	01 09:30 Craft Class DIN 01:30 The Price is Right ACT 03:00 Literary League meeting UPF	02 09:30 Shuttle Day VT 10:00 IN2L Brain Teasers DOW 01:30 Bingo DIN	03 09:30 Trinity Church DIN 01:00 Communion DIN 02:00 Pure Gold UPF 06:00 Country Theater Trip VT	04 09:30 Bingo DIN 01:00 August Zodiac Signs UPF 02:30 National Choco Chip Cookie Day DOW	05 10:00 IN2L Resident Training UPF 01:00 Remembering History UPF 05:00 Family Cookout BP	06 Night of Tisha B'Av 10:00 Pick up your Activity Puzzle Packets FD 01:30 Games with Friends UL
07 Tisha B'Av 09:30 Coffee & News DOW 01:00 Music with Friends UPF	08 09:30 Craft Class DIN 01:30 Family Feud ACT 03:00 Literary League meeting UPF	09 09:30 Shuttle Day VT 10:00 IN2L- Trivia DOW 01:30 Bingo DIN	10 09:30 Out in Nature ACT 01:00 Communion DIN 02:00 Goodwill Trip VT	11 09:30 Bingo DIN 01:00 August Birthstone UPF 02:30 National Presidential Joke Day DOW	12 09:30 Give Back Friday ACT 01:00 Van Ride VT 03:00 Remembering History UPF	13 10:00 Pick up your Activity Puzzle Packets FD 01:30 Games with Friends UL
14 09:30 Coffee & News DOW 01:00 Music with Friends UPF	15 09:30 Craft Class DIN 01:30 Po-ke-no ACT 03:00 Literary League meeting UPF	16 09:30 Shuttle Day VT 10:00 Health Pro ACT 01:30 Bingo DIN	17 09:30 Out in Nature ACT 01:00 Communion DIN 02:00 Golden Trivia UPF	18 09:30 Bingo DIN 01:00 State Game DIN 02:30 National Ice Cream Pie Day DOW	19 10:00 Resident Meeting UPF 01:00 Baking with Britney ACT 03:00 Remembering History UPF	20 10:00 Pick up your Activity Puzzle Packets FD 01:30 Games with Friends UL
21 09:30 Coffee & News DOW 01:00 Music with Friends UPF	22 09:30 Craft Class DIN 01:30 Horse Racing DIN 03:00 Literary League meeting UPF	23 09:30 Shuttle Day VT 10:00 IN2L- Match the Notes DOW 01:30 Bingo DIN	24 09:30 Out in Nature ACT 01:00 Communion DIN 01:30 Food Meeting UPF	25 09:30 Bingo DIN 01:00 August Flowers UPF 02:30 National Banana Split Day DOW	26 09:30 Visit Animal Shelter VT 01:00 August Birthday Party DIN 03:00 Remembering History UPF	27 10:00 Pick up your Activity Puzzle Packets FD 01:30 Games with Friends UL
28 09:30 Coffee & News DOW 01:00 Music with Friends UPF	29 09:30 Craft Class DIN 01:30 Post-it Note Game DIN 03:00 Literary League meeting UPF	30 09:30 Shuttle Day VT 10:00 IN2L- Positive Mind DOW 01:30 Bingo DIN	31 09:30 Out in Nature ACT 01:00 Communion DIN 02:00 The Klondike Gold Rush UPF	<p><i>Picnic party</i></p>		
<p>Dimensions of Wellness International Council on Active Aging®</p>						