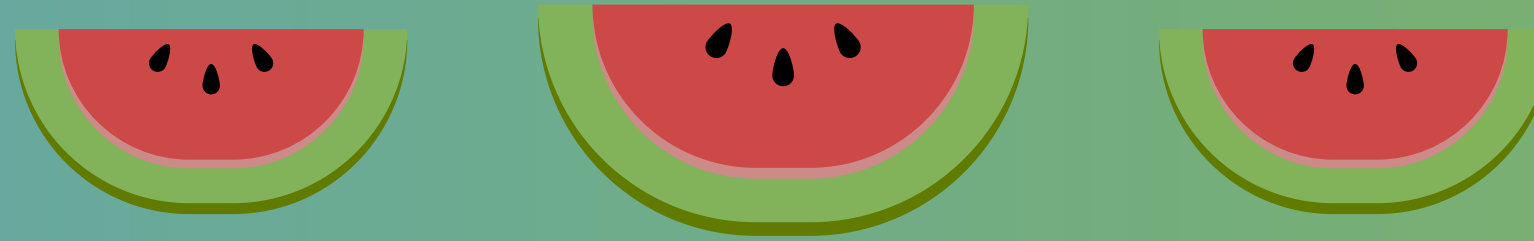


If you would like an activity/service not reflected on the calendar, please see RSC/Administrator.  
 Monthly wellness checks conducted by nursing the 1st thru the 10th.  
 Activities are subject to change.



**AUGUST 2021**

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**



**Dimensions of Wellness**

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

**Meeting Places**

- ML** Main Lobby
- A** Your Apartment
- DR** Dining Room
- GS** General Store
- GP** Gathering Place
- AR** Activity Room
- B** Bistro
- Pat** Patio

Salon is open Fridays from 9-4. Schedule your appointments' with the front desk.

Please sign up at the front desk for all outings on the bus, as there is limited space!!

01	02	03	04	05	06	07	
07:00 Religious Service Listing <b>A</b> 11:00 Relaxation at Home: Meditation & Breathing <b>A</b>	11:00 Lunch at Bob Evans <b>ML</b> 02:00 Card Lotto Game <b>DR</b> 04:00 General Store Open <b>GS</b> 05:30 Monday night at the Movies <b>GP</b>	10:00 Chair Exercise <b>AR</b> 01:00 Shopping Trip: Kroger <b>ML</b> 03:00 Wreath Making with Kay <b>AR</b>	09:30 Morning Walk <b>ML</b> 01:00 Euchre <b>AR</b> 03:00 Skip-Bo Game <b>A</b> 05:30 Board Games <b>GP</b>	10:00 Chair Exercise Class <b>AR</b> 11:00 Crossword Games <b>AR</b> 02:00 Bingo Game <b>DR</b> 03:30 Shopping Trip: Walmart <b>ML</b>	10:00 General Store Open <b>GS</b> 02:00 Ice Cream Shop <b>B</b> 06:00 Concert on the Green with Rick McDonald <b>Pat</b>	10:00 Independent Exercise <b>A</b> 02:00 Board Games <b>A</b>	
08	09	10	11	12	13	14	
07:00 Religious Service Listing <b>A</b> 11:00 Relaxation at Home: Meditation & Breathing <b>A</b>	11:00 Lunch at Applebees <b>ML</b> 01:00 Resident Council <b>DR</b> 02:00 Card Lotto Game <b>DR</b> 04:00 General Store Open <b>GS</b> 05:30 Monday night at the Movies <b>GP</b>	10:00 Chair Exercise <b>AR</b> 01:00 Shopping Trip: Kroger <b>ML</b> 03:30 Price is Right Game <b>AR</b>	09:30 Morning Walk <b>ML</b> 01:00 Euchre <b>AR</b> 03:00 Skip-Bo Game <b>A</b> 05:30 Board Games <b>GP</b>	10:00 Chair Exercise Class <b>AR</b> 11:00 Craft Class <b>AR</b> 01:00 Birthday Party <b>DR</b> 02:00 Bingo Game <b>DR</b> 03:30 Shopping Trip: Walmart <b>ML</b>	10:00 General Store Open <b>GS</b> 02:00 Ice Cream Shop <b>B</b> 03:00 Karaoke Hour <b>B</b>	10:00 Independent Exercise <b>A</b> 02:00 Board Games <b>A</b>	
15	16	17	18	19	20	21	
07:00 Religious Service Listing <b>A</b> 11:00 Relaxation at Home: Meditation & Breathing <b>A</b>	12:00 Lunch at Mcalister's <b>ML</b> 02:00 Card Lotto Game <b>DR</b> 04:00 General Store Open <b>GS</b> 05:30 Monday night at the Movies <b>GP</b>	10:00 Chair Exercise <b>AR</b> 01:00 Shopping Trip: Kroger <b>ML</b> 02:30 Fishing at Ceraland <b>ML</b>	09:30 Morning Walk <b>ML</b> 01:00 Euchre <b>AR</b> 03:00 Skip-Bo Game <b>A</b> 05:30 Board Games <b>GP</b>	10:00 Chair Exercise Class <b>AR</b> 11:00 Crossword Games <b>AR</b> 02:00 Bingo Game <b>DR</b> 03:30 Shopping Trip: Walmart <b>ML</b>	10:00 General Store Open <b>GS</b> 02:00 Ice Cream Shop <b>B</b> 03:30 Canvas Painting <b>AR</b>	10:00 Independent Exercise <b>A</b> 02:00 Board Games <b>A</b>	
22	23	24	25	26	27	28	
07:00 Religious Service Listing <b>A</b> 11:00 Relaxation at Home: Meditation & Breathing <b>A</b>	11:00 Lunch at El Nopal <b>ML</b> 02:00 Card Lotto Game <b>DR</b> 04:00 General Store Open <b>GS</b> 05:30 Monday night at the Movies <b>GP</b>	10:00 Chair Exercise <b>AR</b> 01:00 Shopping Trip: Kroger <b>ML</b> 03:30 Wheel Of Fortune <b>AR</b>	09:30 Morning Walk <b>ML</b> 01:00 Euchre <b>AR</b> 03:00 Skip-Bo Game <b>A</b> 05:30 Board Games <b>GP</b>	10:00 Chair Exercise Class <b>AR</b> 11:00 Craft Class <b>AR</b> 02:00 Bingo Game <b>DR</b> 03:30 Shopping Trip: Walmart <b>ML</b>	10:00 General Store Open <b>GS</b> 02:00 Ice Cream Shop <b>B</b> 03:00 Karaoke Hour <b>B</b>	10:00 Independent Exercise <b>A</b> 02:00 Board Games <b>A</b>	
29	30	31			Open to the Public: Join us for Root Beer Floats on Friday, August 6th from 2-3pm!!		Open to the Public: Thursday, August 26th we will be serving Brunch on the Patio from 9:30-11am. Stop by and take a tour and meet the staff!!