

AUGUST 2022

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CO - Cognitive CR - Creative PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>	<p>1</p> <p>SP 9:45 Uplifting & Positive News Reading B</p> <p>PY 11:00 Chair Exercise-Stretching FC</p> <p>SE 2:00 Groovin' w/ Gary-Entertainment 2DR</p> <p>CO 4:00 Tea & Trivia (Try a new tea every week!) 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>2</p> <p>PY 11:00 Chair Exercise-Balloon Volleyball FC</p> <p>CO 1:00 Sing-a-long 2DR</p> <p>SO 2:00 Prize Bingo 2DR</p> <p>CR 4:00 Fancy Flower Arranging CH</p> <p>SO 5:30 Movies with Friends TH</p>	<p>3</p> <p>SP 10:15 Communion w/ St. Hugo's Church C</p> <p>PY 11:00 Chair Exercise- Arms FC</p> <p>CO 1:00 Daily Chronical & Chat B</p> <p>CO 2:00 National Watermelon Day & Family Feud! CY</p> <p>SO 3:30 Pretty Nails 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>4</p> <p>PY 11:00 Chair Exercise- Full Body FC</p> <p>PR 1:00 Tender hearts 2DR</p> <p>SO 2:00 Prize Bingo 2DR</p> <p>SO 4:00 Lemonade & Laughs on the Patio CY</p> <p>SO 5:30 Movies with Friends TH</p>	<p>5</p> <p>PY 11:00 Chair Exercise-Legs FC</p> <p>CO 1:00 Daily Chronical & Word Games FD</p> <p>SO 2:00 New Release Movie Party 2DR</p> <p>CO 4:00 Total Brain Health Exercises 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>6</p> <p>PY 11:00 Exercise- Dealers Choice FC</p> <p>CO 1:00 Daily Chronical & Word Games FD</p> <p>SO 1:30 Creative Coloring FR</p> <p>PY 3:30 Walking Club FE</p> <p>SO 5:30 Movies with Friends TH</p>
<p>7</p> <p>PY 11:00 Exercise-Computer guided program 2DR</p> <p>CO 1:00 Daily Chronical & Word Games FD</p> <p>SE 1:30 Quarter Jackpot CH</p> <p>PY 3:30 Walking Club FE</p> <p>SE 5:30 Movies with Friends TH</p>	<p>8</p> <p>SP 9:45 Uplifting & Positive News Reading B</p> <p>PY 11:00 Chair Exercise-Stretching FC</p> <p>SE 2:00 Entertainment w/ Kelly Miller 2DR</p> <p>CO 4:00 Tea & Trivia (Try a new tea every week!) 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>9</p> <p>PY 11:00 Chair Exercise-Balloon Volleyball FC</p> <p>CO 1:00 Sing-a-long 2DR</p> <p>SO 2:00 Prize Bingo 2DR</p> <p>CR 4:00 Fancy Flower Arranging CH</p> <p>SO 5:30 Movies with Friends TH</p>	<p>10</p> <p>SP 10:15 Communion w/ St. Hugo's Church C</p> <p>PY 11:00 Chair Exercise- Arms FC</p> <p>CO 1:00 Daily Chronical & Chat B</p> <p>SE 1:30 Joy Ride FE</p> <p>SO 3:30 Pretty Nails 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>11</p> <p>PY 11:00 Chair Exercise- Full Body FC</p> <p>PR 1:00 Tender hearts 2DR</p> <p>SO 2:00 Prize Bingo 2DR</p> <p>SO 4:00 Lemonade & Laughs on the Patio CY</p> <p>SO 5:30 Movies with Friends TH</p>	<p>12</p> <p>PY 11:00 Chair Exercise-Legs FC</p> <p>CO 1:00 Daily Chronical & Word Games FD</p> <p>CR 2:00 Crafting Together- Tie-Dye T-shirts 2DR</p> <p>CO 4:00 Total Brain Health Exercises 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>13</p> <p>PY 11:00 Exercise- Dealers Choice FC</p> <p>CO 1:00 Daily Chronical & Word Games FD</p> <p>SO 1:30 Snack Bingo 2DR</p> <p>PY 3:30 Walking Club FE</p> <p>SO 5:30 Movies with Friends TH</p>
<p>14</p> <p>PY 11:00 Exercise-Computer guided program 2DR</p> <p>CO 1:00 Daily Chronical & Word Games FD</p> <p>SE 1:30 Sing-Along Sundays! TH</p> <p>PY 3:30 Walking Club FE</p> <p>SE 5:30 Movies with Friends TH</p>	<p>15</p> <p>SP 9:45 Uplifting & Positive News Reading B</p> <p>PY 11:00 Chair Exercise-Stretching FC</p> <p>SO 2:00 Scoops & Smiles 2DR</p> <p>CO 4:00 Tea & Trivia (Try a new tea every week!) 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>16</p> <p>SO 10:45 Picnic at Spencer Park (Rochester Hills) FE</p> <p>CO 1:00 Sing-a-long 2DR</p> <p>SO 3:00 Prize Bingo 2DR</p> <p>CR 4:00 Fancy Flower Arranging CH</p> <p>SO 5:30 Movies with Friends TH</p>	<p>17</p> <p>SP 10:15 Catholic Mass w/ St. Hugo's Church C</p> <p>PY 11:00 Chair Exercise- Arms FC</p> <p>CO 1:00 Daily Chronical & Chat B</p> <p>SE 2:00 Steel Drum Beats w/ Ben 2DR</p> <p>SO 3:30 Pretty Nails 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>18</p> <p>PY 11:00 Chair Exercise- Full Body FC</p> <p>PR 1:00 Tender hearts 2DR</p> <p>SO 2:00 Prize Bingo 2DR</p> <p>SO 4:00 Lemonade & Laughs on the Patio CY</p> <p>SO 5:30 Movies with Friends TH</p>	<p>19</p> <p>PY 11:00 Chair Exercise-Legs FC</p> <p>CO 1:00 Daily Chronical & Word Games FD</p> <p>CR 2:00 Crafting Together-Watches 2DR</p> <p>CO 4:00 Total Brain Health Exercises 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>20</p> <p>PY 11:00 Exercise- Dealers Choice FC</p> <p>CO 1:00 Daily Chronical & Word Games FD</p> <p>SO 1:30 Snack Bingo 2DR</p> <p>SE 3:30 Cooking w/ Sam 2DR</p> <p>SO 5:30 Movies with Friends TH</p>
<p>21 Senior Citizen's Day</p> <p>PY 11:00 Exercise-Computer guided program 2DR</p> <p>CO 1:00 Daily Chronical & Word Games FD</p> <p>SE 1:30 Quarter Jackpot CH</p> <p>PY 3:30 Walking Club FE</p> <p>SE 5:30 Movies with Friends TH</p>	<p>22</p> <p>SP 9:45 Uplifting & Positive News Reading B</p> <p>PY 11:00 Chair Exercise-Stretching FC</p> <p>SE 2:00 Taste & Try 2DR</p> <p>CO 4:00 Tea & Trivia (Try a new tea every week!) 2DR</p> <p>SO 5:30 Bonfire & Smores</p>	<p>23</p> <p>PY 11:00 Chair Exercise-Balloon Volleyball FC</p> <p>SO 1:00 Resident Meeting CH</p> <p>CO 1:00 Sing-a-long 2DR</p> <p>SO 2:00 Prize Bingo 2DR</p> <p>CR 4:00 Fancy Flower Arranging CH</p> <p>SO 5:30 Movies with Friends TH</p>	<p>24</p> <p>SP 10:15 Communion w/ St. Hugo's Church C</p> <p>PY 11:00 Chair Exercise- Arms FC</p> <p>CO 1:00 Daily Chronical & Chat B</p> <p>SE 2:00 Entertainment w/ Heart of the Hills 2DR</p> <p>SO 3:30 Pretty Nails 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>25</p> <p>PY 11:00 Chair Exercise- Full Body FC</p> <p>PR 1:00 Tender hearts 2DR</p> <p>SO 2:00 Prize Bingo 2DR</p> <p>SO 4:00 Lemonade & Laughs on the Patio CY</p> <p>SO 5:30 Movies with Friends TH</p>	<p>26</p> <p>PY 11:00 Chair Exercise-Legs FC</p> <p>CO 1:00 Daily Chronical & Word Games FD</p> <p>SO 1:30 Out to the Movies FE</p> <p>CO 4:00 Total Brain Health Exercises 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>27</p> <p>PY 11:00 Exercise- Dealers Choice FC</p> <p>CO 1:00 Daily Chronical & Word Games FD</p> <p>SO 1:30 Snack Bingo 2DR</p> <p>PY 3:30 Walking Club FE</p> <p>SO 5:30 Movies with Friends TH</p>
<p>28</p> <p>PY 11:00 Exercise-Computer guided program 2DR</p> <p>CO 1:00 Daily Chronical & Word Games FD</p> <p>SE 1:30 Sing-Along Sundays! TH</p> <p>PY 3:30 Walking Club FE</p> <p>SE 5:30 Movies with Friends TH</p>	<p>29</p> <p>SP 9:45 Uplifting & Positive News Reading B</p> <p>PY 11:00 Chair Exercise-Stretching FC</p> <p>SE 2:00 Don't Burst my Bubble 2DR</p> <p>CO 4:00 Tea & Trivia (Try a new tea every week!) 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>30</p> <p>PY 11:00 Chair Exercise-Balloon Volleyball FC</p> <p>CO 1:00 Sing-a-long 2DR</p> <p>SO 2:00 Prize Bingo 2DR</p> <p>CR 4:00 Fancy Flower Arranging CH</p> <p>SO 5:30 Movies with Friends TH</p>	<p>31</p> <p>SP 10:15 Communion w/ St. Hugo's Church C</p> <p>PY 11:00 Chair Exercise- Arms FC</p> <p>CO 1:00 Daily Chronical & Chat B</p> <p>SE 2:00 Spa Day 2DR</p> <p>SO 3:30 Pretty Nails 2DR</p> <p>SO 5:30 Movies with Friends TH</p>	<p>FC-Fitness Center B-Bistro CH-City Hall TH-Theater FR-Family Room 2DR- 2nd Floor Dining Room FE-Front Entrance FD-Front Desk C-Chapel CY-Court Yard</p>	<p>**New Events this Month** Please join us every Friday at 4:00pm in the second floor dining room for Total Brain Health Exercises! These short exercises are aimed at keeping our thinking focused, quick, and nimble!</p>	<p>**New Events this Month** Every Tuesday at 1:00pm we will be having a sing-a-long in the second floor dining room! Come join the fun!</p>

Events are Subject to Change.