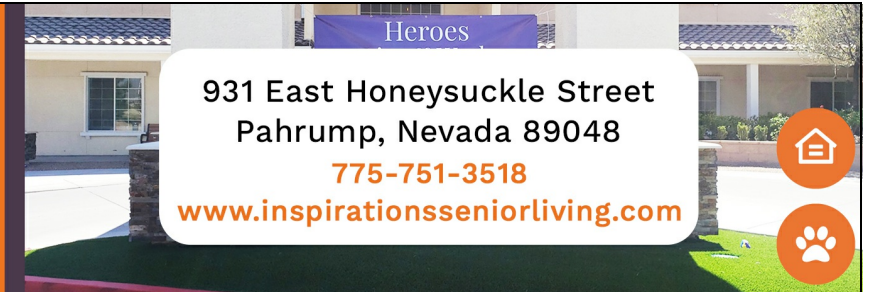




INSPIRATIONS
SENIOR LIVING
A GRACE MGMT COMMUNITY

AUGUST 2022

Inspirations Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>CO - Cognitive CR - Creative E - Emotional I - Intergenerational PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual</p>	<p>1</p> <p>HAPPINESS HAPPENS MONTH!</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 10:00 Cardio - FR 1:30 Chronic Disease Self Management Class - AR 6:00 Bingo with Ed - AR</p>	<p>2</p> <p>National Coloring Book Day</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 1:00 Coloring - AR 2:00 Bible Study w/Debbie - PD 3:15 Trivia - AR 6:00 Blackjack - AR</p>	<p>3</p> <p>BACK TO SCHOOL MONTH!</p> <p>9:00 Exercise with Ed - AR 10:00 Chef's Corner - LR 10:00 Wii Bowling! - LR 10:00 Cardio - FR 1:30 Diabetes Self Management Class - AR 5:00 Watermelon Bar</p>	<p>4</p> <p>National Chocolate Chip Cookie Day</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 1:45 Arts & Crafts - AR 3:00 Happy Hour w/ Don - AR</p>	<p>5</p> <p>9:00 Exercise with Ed - AR 10:00 Resident Town Hall- AR 10:00 Weekly Shopping Trip (Walmart) 10:00 Wii Bowling! - LR 1:00 Seemoore's Ice Cream 2:00 Piano Melodies w/Dana -LR 3:00 Bingo W/Bernadette - AR 6:00 Blackjack - AR</p>	<p>6</p> <p>FAMILY REUNION MONTH!</p> <p>9:00 Exercise with Ed - AR 10:00 Bingo w/Evelyn - AR 10:00 Wii Bowling! - LR 1:00 Trivia w/Lisa - FL 1:00 Graceful Poetry Roundtable - AR 3:00 Bingo with Bernadette - AR</p>
<p>7</p> <p>Farmer's Market Week</p> <p>10:00 Get To Know Your Neighbor - AR 10:00 Wii Bowling! - LR 1:30 Ice Cream Social Treat Cart with Holly - FL 2:30 In-House Church Service - AR 6:00 Blackjack - AR</p>	<p>8</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 1:30 Chronic Disease Self Management Class - AR 6:00 Bingo with Ed - AR</p>	<p>9</p> <p>National Rice Pudding Day</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 2:00 Bible Study w/Debbie - PD 3:15 Trivia - AR 6:00 Blackjack - AR</p>	<p>10</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 1:30 Diabetes Self Management Class - AR</p>	<p>11</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 10:00 Resident Activity Meeting - AR 1:45 Arts & Crafts - AR 3:00 Happy Hour w/Janet - AR</p>	<p>12</p> <p>9:00 Exercise with Ed - AR 10:00 Weekly Shopping Trip (Dollar Tree) 10:00 Wii Bowling! - LR 1:00 Seemoore's Ice Cream 2:00 Piano Melodies w/Dana -LR 3:00 Bingo W/Bernadette - AR 6:00 Blackjack - AR</p>	<p>13</p> <p>Farmer's Market Week</p> <p>9:00 Exercise with Ed - AR 9:00 Outing to Farmer's Market 10:00 Bingo w/Evelyn - AR 10:00 Wii Bowling! - LR 1:00 Trivia w/Lisa - FL 3:00 Bingo with Bernadette - AR</p>
<p>14</p> <p>10:00 Get To Know Your Neighbor - AR 10:00 Wii Bowling! - LR 1:30 Ice Cream Social Treat Cart with Holly - FL 2:30 In-House Church Service - AR 4:00 Dinner at El Jefe's 6:00 Blackjack - AR</p>	<p>15</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 11:00 Picnic at Ian Deutch Park 1:30 Chronic Disease Self Management Class - AR 6:00 Bingo with Ed - AR</p>	<p>16</p> <p>WEAR YOUR HAPPY SHIRT</p> <p>9:00 Swimming Outing 9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 2:00 Bible Study w/Debbie - PD 3:15 Trivia - AR 6:00 Blackjack - AR</p>	<p>17</p> <p>National Thrift Shop Day</p> <p>THANK YOU CARDS TO ALL!</p> <p>9:00 Exercise with Ed - AR 9:00 Shopping Trip to Goodwill 10:00 Wii Bowling! - LR 1:30 Diabetes Self Management Class - AR</p>	<p>18</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 1:45 Arts & Crafts - AR 3:00 Resident Monthly Birthday Bash/Happy Hour/The Perfect Set - AR</p>	<p>19</p> <p>WEAR BRIGHT SHIRTS!</p> <p>9:00 Exercise with Ed - AR 10:00 Weekly Shopping Trip (Family Dollar) 10:00 Wii Bowling! - LR 1:00 Seemoore's Ice Cream 2:00 Piano Melodies w/Dana -LR 3:00 Bingo W/Bernadette - AR 6:00 Blackjack - AR</p>	<p>20</p> <p>9:00 Exercise with Ed - AR 10:00 Bingo w/Evelyn - AR 10:00 Wii Bowling! - LR 1:00 Trivia w/Lisa - FL 3:00 Bingo with Bernadette - AR</p>
<p>21</p> <p>Senior Citizen's Day</p> <p>10:00 Get To Know Your Neighbor - AR 10:00 Wii Bowling! - LR 1:30 Ice Cream Social Treat Cart with Holly - FL 2:30 In-House Church Service - AR 6:00 Blackjack - AR</p>	<p>22</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 1:30 Chronic Disease Self Management Class - AR 6:00 Bingo with Ed - AR</p>	<p>23</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 2:00 Bible Study w/Debbie - PD 3:15 Trivia - AR 6:00 Blackjack - AR</p>	<p>24</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 10:00 Bingo and Lunch at The Nugget 1:30 Diabetes Self Management Class - AR</p>	<p>25</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 1:45 Arts & Crafts - AR 1:45 Hangman - AR 3:00 Happy Hour w/Janet - AR</p>	<p>26</p> <p>NATIONAL DOG DAY</p> <p>9:00 Exercise with Ed - AR 10:00 Weekly Shopping Trip (Smith's) 10:00 Wii Bowling! - LR 1:00 Seemoore's Ice Cream 2:00 Piano Melodies w/Dana -LR 3:00 Bingo W/Bernadette - AR 6:00 Blackjack - AR</p>	<p>27</p> <p>9:00 Exercise with Ed - AR 10:00 Bingo w/Evelyn - AR 10:00 Wii Bowling! - LR 1:00 Trivia w/Lisa - FL 3:00 Bingo with Bernadette - AR</p>
<p>28</p> <p>10:00 Get To Know Your Neighbor - AR 10:00 Wii Bowling! - LR 1:30 Ice Cream Social Treat Cart with Holly - FL 2:30 In-House Church Service - AR 4:00 Dinner at Johnny's 6:00 Blackjack - AR</p>	<p>29</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 1:30 Chronic Disease Self Management Class - AR 6:00 Bingo with Ed - AR</p>	<p>30</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 2:00 Bible Study w/Debbie - PD 3:15 Trivia - AR 6:00 Blackjack - AR</p>	<p>31</p> <p>9:00 Exercise with Ed - AR 10:00 Wii Bowling! - LR 1:00 Bingo with Bernadette - AR 1:30 Diabetes Self Management Class - AR</p>	<p>Birthdays</p> <p>8/6 - James A. 8/9 - Lee M. 8/18 - John S. 8/18 - William D. 8/22 - Leona C.</p>	<p>Don't forget to sign up at the front desk for any outings you may be interested in. Thank you.</p> <p>"Happiness cannot be travelled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude." - Denis Waitley</p>	<p>AR-Activity Room LR-Living Room FR-Fitness Room WC-Wellness Center PD-Private Dining Room FL-Front Lobby</p>

Events are Subject to Change.