

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# August 2018

## Wellness Calendar

 <h1 style="text-align: center;">August 2018</h1> <h2 style="text-align: center;">Wellness Calendar</h2>	<p>10am Ultra Catch Exercise Game FR <b>1</b></p> <p>10:30am Bible Study w/ Sadie*LC</p> <p>2pm Entertainment: <b>Kenny Lang DR</b></p> <p>3pm Wii Bowling GR</p> <p>7pm Puzzle Time GR</p> <p style="text-align: center;"><i>The View Open 3pm-6pm</i></p>	<p>10am CVS  <b>2</b></p> <p>10am Arthritis Exercise FR</p> <p>1:30pm Better Balance FR</p> <p>2pm Chapel Service w/ Pastor Rolf* LC</p> <p>3pm Active Aging FR</p> <p>3pm Book Club LC</p> <p>4pm Thursday Pub Trivia V</p> <p>6:30pm Euchre Club V</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>	<p>10am Sitting Exercise FR <b>3</b></p> <p>10:30am Jeopardy Trivia FR</p> <p>2pm Sharpie Painting AS</p> <p>3pm Happy Hour V</p> <p>7pm Movie &amp; Popcorn: "The Spectacular Now" MT</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>	<p>10am Classic Shows MT <b>4</b></p> <p>2pm Bingo DR</p> <p>3:30pm St. Lucy's Mass </p> <p>4:15pm Our Lady of Hope Mass </p> <p>7pm Yahtzee GR</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>		
<p>10am Personal Prayers LC <b>5</b></p> <p>1pm-4pm Sunday Funday: Board Games and Cards V</p> <p>2pm Homemade Air Freshener (refill for previous attendees) AS</p> <p>7pm Mexican Train Dominoes GR</p> <p style="text-align: center;"><i>The View Open 1pm-4pm</i></p>	<p>10am Sitting Exercise FR <b>6</b></p> <p>10:30am Who/What am I? FR</p> <p>2pm Bingo DR</p> <p>3pm Jewelry Making AS</p> <p>7pm Monday Night Movie: "To Kill a Mocking Bird" MT</p>	<p>10am Nino Salvaggio  <b>7</b></p> <p>10am FUNctional Fitness FR</p> <p>1:30pm Stretch &amp; Flex MT</p> <p>2pm Brain Health Presentation: Mindful Relaxation GR</p> <p>3pm Drum Ball Beat (second floor south lounge area)</p> <p>3pm Tech Help w/ Rae LL (sign-up with concierge prior to)</p> <p>7pm Card Games GR</p>	<p>10am Food Committee Meeting DR <b>8</b></p> <p>10:30am Bible Study w/ Sadie* LC</p> <p>2pm Entertainment: <b>Jerry Thomas DR</b></p> <p>3pm Erma's Frozen Custard </p> <p>7pm Puzzle Time GR</p> <p style="text-align: center;"><i>The View Open 3pm-6pm</i> <b>National Frozen Custard Day!</b></p>	<p>10am Five Below  <b>9</b></p> <p>10am Arthritis Exercise FR</p> <p>1:30pm Better Balance FR</p> <p>2pm Cooking: English Muffin Pizzas AS</p> <p>3pm Active Aging FR</p> <p>3pm Horse Racing GR</p> <p>4pm Thursday Pub Trivia V</p> <p>6:30pm Open Mic Night V</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>	<p>8:30am Breakfast in the Park <b>10</b></p> <p>10am Sitting Exercise FR </p> <p>10:30am Modern Trivia FR</p> <p>2pm Card Bingo V</p> <p>3pm Happy Hour V</p> <p>7pm Movie &amp; Popcorn: "The Week Of" MT</p> <p>7:10pm Detroit Tigers Game GR</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>	<p>10am Calm Coloring &amp; Crosswords AS <b>11</b></p> <p>2pm Bingo DR</p> <p>3:30pm St. Lucy's Mass </p> <p>4:15pm Our Lady of Hope Mass </p> <p>6:10pm Detroit Tigers Game GR</p> <p>7pm Scrabble GR</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>
<p>10am Personal Prayers LC <b>12</b></p> <p>1pm-4pm Sunday Funday: Board Games and Cards V</p> <p>1:10pm Detroit Tigers Game GR</p> <p>2pm Mini Tote Bags AS</p> <p>7pm Mexican Train Dominoes GR</p> <p style="text-align: center;"><i>The View Open 1pm-4pm</i></p>	<p>10am Casino Trip: MGM  <b>13</b></p> <p>2pm Bingo DR</p> <p>2pm Belsono Hearing Services* AS</p> <p>3pm Jewelry Making AS</p> <p>7pm Monday Night Movie: "The Dutchess" MT</p> <p>7:10pm Detroit Tigers Game GR</p>	<p>10am Trader Joes  <b>14</b></p> <p>10am FUNctional Fitness FR</p> <p>1:30pm Stretch &amp; Flex MT</p> <p>2pm Decoration Creation AS</p> <p>3pm Drum Ball Beat (second floor south lounge area)</p> <p>3pm Rosary LC</p> <p>4:30pm-6:30pm Themed Dinner &amp; Music DR – Motown Madness</p> <p>7:10pm Detroit Tigers Game GR</p>	<p>10am Ultra Catch Exercise Game FR <b>15</b></p> <p>10:30am Bible Study w/ Sadie*LC</p> <p>11:30am Detroit Tigers Game Trip to Comerica Park </p> <p>2pm Catholic Mass w/ Father Jim* LC</p> <p>3pm Wii Bowling GR</p> <p>6:15pm Concert in the Park – Captain Fantastic Detroit </p> <p style="text-align: center;"><i>The View Open 3pm-6pm</i></p>	<p>10am JCPenney  <b>16</b></p> <p>10am Arthritis Exercise FR</p> <p>1:30pm Better Balance FR</p> <p>2pm Dental Health Presentation* GR</p> <p>3pm Active Aging FR</p> <p>3pm Book Club LC</p> <p>4pm Thursday Pub Trivia V</p> <p>6:30pm Wine Tasting with Raechel V</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>	<p>10am Sitting Exercise FR <b>17</b></p> <p>10:30am Jeopardy Trivia FR</p> <p>2pm Cooking: Tomato Basil Soup AS</p> <p>3pm Happy Hour V</p> <p>7pm Movie &amp; Popcorn: "A Question of Faith" MT</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>	<p>10am Classic Shows MT <b>18</b></p> <p>2pm Bingo DR</p> <p>3:30pm St. Lucy's Mass </p> <p>4:15pm Our Lady of Hope Mass </p> <p>7pm Yahtzee GR</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>
<p>10am Personal Prayers LC <b>19</b></p> <p>1pm-4pm Sunday Funday: Board Games and Cards V</p> <p>2pm DIY Laundry Detergent AS</p> <p>7pm Mexican Train Dominoes GR</p> <p style="text-align: center;"><i>The View Open 1pm-4pm</i></p>	<p>10am Sitting Exercise FR <b>20</b></p> <p>10:30am India Trivia FR</p> <p>2pm Bingo DR</p> <p>3pm Jewelry Making AS</p> <p>7pm Monday Night Movie: "Pelé" MT</p>	<p>10am Village Market  <b>21</b></p> <p>10am FUNctional Fitness FR</p> <p>12:15pm Historical Visit to Troy, MI </p> <p>1:30pm Stretch &amp; Flex MT</p> <p>3pm Drum Ball Beat (second floor south lounge area)</p> <p>4pm Tech Help w/ Rae LL (sign-up with concierge prior to)</p> <p>7:10pm Detroit Tigers Game GR</p>	<p>10am Chair Dancing FR <b>22</b></p> <p>10:30am Bible Study w/ Sadie*LC</p> <p>2pm Welcome Party &amp; Birthday Celebration w/ Jeff C. DR</p> <p>3pm Rock N' Bead Photo Holder Craft AS</p> <p>7:10pm Detroit Tigers Game GR</p> <p style="text-align: center;"><i>The View Open 3pm-6pm</i></p>	<p>10am Arthritis Exercise FR <b>23</b></p> <p>1:30pm Better Balance FR</p> <p>11:15am Lunch Out: Marcus Burger </p> <p>1:10pm Detroit Tigers Game GR</p> <p>2pm Cooking: No-Bake White Chocolate Cookies AS</p> <p>3pm Active Aging FR</p> <p>3pm Horse Racing GR</p> <p>4pm Thursday Pub Trivia V</p> <p>7pm Festival Flutes Music* V</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>	<p>10am Sitting Exercise FR <b>24</b></p> <p>10:30am August IQ Trivia FR</p> <p>12pm-1pm Pizza Sale</p> <p>Alzheimer's Fundraiser in Café</p> <p>2pm Card Bingo V</p> <p>3pm Happy Hour V</p> <p>7pm Movie &amp; Popcorn: "Phantom of the Opera" MT</p> <p>7:10pm Detroit Tigers Game GR</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i> <b>Wear Purple Today for Alzheimer's Awareness</b></p>	<p>7:30am Walk to End Alzheimer's at the Detroit Zoo  <b>25</b></p> <p>2pm Bingo DR</p> <p>3:30pm St. Lucy's Mass </p> <p>4:15pm Our Lady of Hope Mass </p> <p>6:10pm Detroit Tigers Game GR</p> <p>7pm Scrabble GR</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>
<p>10am Personal Prayers LC <b>26</b></p> <p>1pm-4pm Sunday Funday: Board Games and Cards V</p> <p>1:10pm Detroit Tigers Game GR</p> <p>2pm Cooking: Watermelon Coolers AS</p> <p>7pm Mexican Train Dominoes GR</p> <p style="text-align: center;"><i>The View Open 1pm-4pm</i></p>	<p>10am Grosse Pointe War Memorial Garden Walk  <b>27</b></p> <p>2pm Bingo DR</p> <p>3pm Resident Council Meeting DR</p> <p>7pm Monday Night Movie: "Center Stage" MT</p>	<p>10am Kroger  <b>28</b></p> <p>10am FUNctional Fitness FR</p> <p>1:30pm Stretch &amp; Flex MT</p> <p>2pm Pamper Party with Vicki &amp; Rose from Mary Kay* AS</p> <p>3pm Drum Ball Beat (second floor south lounge area)</p> <p>3pm Rosary LC</p> <p>7pm Farkle GR</p>	<p>10am Ultra Catch Exercise Game FR <b>29</b></p> <p>10:30am Bible Study w/ Sadie*LC</p> <p>2pm Coupon Clipping for Our Troops GR</p> <p>3pm Wii Bowling GR</p> <p>4:30pm Dinner Out: Olive Garden </p> <p>7pm Puzzle Time GR</p> <p style="text-align: center;"><i>The View Open 3pm-6pm</i></p>	<p>10am Dollar Tree  <b>30</b></p> <p>10am Arthritis Exercise FR</p> <p>1:30pm Better Balance FR</p> <p>2pm Cooking Demo w/ Chef Sarah</p> <p>3pm Active Aging FR</p> <p>3pm Book Club LC</p> <p>4pm Thursday Pub Trivia V</p> <p>6:30pm Giant Pictionary V</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>	<p>10am Sitting Exercise FR <b>31</b></p> <p>10:30am Trivia FR</p> <p>11am Sunshine Visits </p> <p>2pm Chocolate Confections with Kim AS</p> <p>3pm Happy Hour V</p> <p>7pm Movie &amp; Popcorn: "Jersey Boys" MT</p> <p style="text-align: center;"><i>The View Open 3pm-7:30pm</i></p>	 <p><b>Key for Rooms:</b></p> <ul style="list-style-type: none"> <li>LC = Lakeshore Chapel</li> <li>MT = Movie Theater</li> <li>GR = Game Room</li> <li>AS = Art Studio</li> <li>LL = Lakeshore Library</li> <li>V = The View</li> <li>FR = Fitness Room</li> <li>DR = Dining Room</li> <li>RED = BUS TRIP</li> <li>BLUE = Fitness Classes</li> </ul> 

