

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# August 2019

## Wellness Calendar



**Key for Rooms:**  
 LC = Lakeshore Chapel  
 AS = Art Studio MT = Movie Theater  
 V = The View GR = Game Room  
 LL = Lakeshore Library  
 FR = Fitness Room  
 DR = Dining Room  
 Café = Lakeshore Café  
 DP = Dining Room Outside Patio  
**RED = BUS TRIP (BT)**  
**BLUE = Fitness Classes**

<p>10:00 AM Personal Prayers (LC) 4          1:00 PM Sunday Matinee and Flavored Lemonade (MT)          1:00 PM Sunday Funday (V)          3:00 PM Peach Freezer Jam (AS)          7:00 PM Card Games (GR)</p> <p><b>The View Open 1pm-4pm</b></p>	<p>10:00 AM Dumbbell Upper Body Exercises (FR) 5  <b>10:00 AM Sunshine Visits (BT)</b>          2:00 PM Bingo (DR)  <b>3:00 PM Jewelry Sale* (Cafe)</b>          7:00 PM Monday Night Movie: Mary Poppins Returns (MT)</p>	<p>10:30AM Beginner Chair Yoga (FR) 6  <b>11:00AM Advanced Chair Yoga (FR)</b>  <b>11:00AM Blood Pressure Checks* (V)</b>  <b>11:15 AM New Resident Lunch w/ Executive Director (DR)</b>          1:00 PM Pinochle (V)          2:00 PM Tech Help with Rae (LL)  <b>2:45 PM Strength &amp; Balance (FR)</b>          7:00 PM Downton Abby Series (MT)</p>	<p>10:00 AM Shopping: Nino Salvaggio (BT) 7          10:30 AM Bible Study* (LC)  <b>11:30 AM Detroit Tigers Baseball Game (BT)</b>          3:00 PM Wii Bowling (GR)          7:00 PM Puzzle Time (GR)</p> <p><b>The View Open 3pm-6pm</b></p>	<p>10:30 AM Young at Heart (FR) 8  <b>11:15 AM Better Balance (FR)</b>          2:00 PM Lawn Games &amp; Popsicles (DP)  <b>2:45 PM Move &amp; Groove Exercise (FR)</b>          4:00 PM Thursday Pub Trivia(V)</p> <p><b>The View Open 3pm-7:30pm</b></p>	<p>10:00 AM Sitting Exercise (FR) 9          10:30 AM Trivia (FR)          1:00 PM Horticulture (Cafe)          2:00 PM Card Bingo (V)  <b>2:30 PM Banking Trips (BT)</b>          3:00 PM Happy Hour (V)          7:00 PM Movie &amp; Popcorn: 47 Meters Down (MT)</p> <p><b>The View Open 3pm-7:30pm</b></p>	<p>10:00 AM Independent Craft (AS) 3          2:00 PM Bingo (DR)          3:00 PM Create &amp; Sip (V)  <b>3:50 PM St. Lucy's Mass (BT)</b>  <b>4:30 PM Our Lady of Hope Mass (BT)</b>          7:00 PM Mexican Train Dominoes (Cafe)</p> <p><b>The View Open 3pm-7:30pm</b></p>
<p>10:00 AM Personal Prayers (LC) 11          1:00 PM Sunday Matinee and Flavored Lemonade (MT)          1:00 PM Sunday Funday (V)          3:00 PM Chocolate Confections (AS)          7:00 PM Card Games (GR)</p> <p><b>The View Open 1pm-4pm</b></p>	<p><b>10:00 AM Casino Trip: Motor City (BT)</b> 12  <b>2:00 PM Belsono Hearing Services (AS)</b>          2:00 PM Bingo (DR)          3:00 PM Motor City Mitten Mission - Plarning (V)          7:00 PM Monday Night Movie: Sherlock Holmes (MT)</p>	<p>10:30 AM Beginner Chair Yoga (FR) 13  <b>11:00 AM Advanced Chair Yoga (FR)</b>          1:00 PM Pinochle (V)  <b>2:00 PM DIY Tie-Dye Shirts (AS)</b>  <b>2:45 PM Strength &amp; Balance (FR)</b>          3:00 PM Rosary &amp; Prayers (LC)  <b>6:30 PM Family Night by Balanced Home Care (V)</b></p>	<p>10:00 AM Shopping: Dollar Tree (BT) 14          10:30 AM Bible Study* (LC)          1:00 PM Irish Hour: Irish Music (MT)  <b>2:00 PM Monthly Birthday and Welcome Party with Jeff C.(DR)</b>          3:00 PM Wii Bowling (GR)  <b>3:00 PM Selinsky-Green Farmhouse Museum (BT)</b>  <b>4:15 PM Dinner Out: Sinbad's (BT)</b></p> <p><b>The View Open 3pm-6pm</b></p>	<p>10:00 AM Food Committee Meeting (DR) 15  <b>10:30 AM Young at Heart (FR)</b>  <b>11:15 AM Better Balance (FR)</b>          2:00 PM Lawn Games &amp; Popsicles(DP)  <b>2:45 PM Move &amp; Groove Exercise(FR)</b>  <b>3:00 PM Splatter Paint Backdrop (DP)</b>          4:00 PM Thursday Pub Trivia (V)  <b>5:00 PM Chef's Table (Sign up prior to)</b></p> <p><b>The View Open 3pm-7:30pm</b></p>	<p>10:00 AM Sitting Exercise (FR) 16          10:30 AM Trivia (FR)          1:00 PM Horticulture (Cafe)          2:00 PM Card Bingo (V)  <b>2:00 PM Sundae Bar Fundraiser (Cafe)</b>  <b>2:30 PM Banking Trips (BT)</b>          3:00 PM Happy Hour (V)          7:00 PM Movie &amp; Popcorn: Evan Almighty (MT)</p> <p><b>The View Open 3pm-7:30pm</b></p>	<p>10:00 AM Independent Craft (AS) 17          2:00 PM Bingo (DR)          3:00 PM Create &amp; Sip (V)  <b>3:50 PM St. Lucy's Mass (BT)</b>  <b>4:30 PM Our Lady of Hope Mass (BT)</b>          7:00 PM Mexican Train Dominoes (Cafe)</p> <p><b>The View Open 3pm-7:30pm</b></p>
<p>10:00 AM Personal Prayers (LC) 18          1:00 PM Sunday Matinee and Flavored Lemonade (MT)          1:00 PM Sunday Funday (V)          3:00 PM Inspirational Word Craft (AS)          7:00 PM Card Games (GR)</p> <p><b>The View Open 1pm-4pm</b></p>	<p>10:00 AM Dumbbell Upper Body Exercises (FR) 19          2:00 PM Bingo (DR)          3:00 PM Jewelry Making (V)          7:00 PM Monday Night Movie: Daddy Daycare (MT)</p>	<p>10:30 AM Beginner Chair Yoga (FR) 20  <b>11:00 AM Advanced Chair Yoga (FR)</b>          1:00 PM Pinochle (V)          2:00 PM Tech Help with Rae (LL)  <b>2:45 PM Strength &amp; Balance (FR)</b>  <b>4:30 PM Themed Dinner of August: 70's Night (DR)</b></p>	<p>10:00 AM Shopping: Village Market (BT) 21          10:30 AM Bible Study* (LC)  <b>11:30 AM Lunch out: Royal Tea Room (BT)</b>  <b>2:00 PM Catholic Mass* (DR)</b>  <b>2:15 PM Dairy Queen (BT)</b>          3:00 PM Wii Bowling (GR)          3:30 PM Men's Group (DP)          7:00 PM Puzzle Time (GR)</p> <p><b>The View Open 3pm-6pm</b></p>	<p>10:30 AM Young at Heart (FR) 22  <b>2:00 PM Chapel Service with Pastor Rolf* (LC)</b>  <b>2:45 PM Move &amp; Groove Exercise (FR)</b>          3:00 PM Book Club (LC)          4:00 PM Thursday Pub Trivia (V)  <b>6:30 PM Open Mic Night of August: GTKYN &amp; Singalong (V)</b></p> <p><b>The View Open 3pm-7:30pm</b></p>	<p>10:00 AM Sitting Exercise (FR) 23          10:30 AM Trivia (FR)          1:00 PM Horticulture (Cafe)          2:00 PM Healthy Snacks (AS)  <b>2:30 PM Shopping: Meijer (BT)</b>          3:00 PM Happy Hour (V)          7:00 PM Movie &amp; Popcorn: Breakthrough (MT)</p> <p><b>The View Open 3pm-7:30pm</b></p>	<p><b>7:15 AM Walk to End Alzheimer's (BT)</b> 24          10:00 AM Independent Brain Games (GR)          2:00 PM Bingo (DR)          3:00 PM Create &amp; Sip (V)  <b>3:50 PM St. Lucy's Mass (BT)</b>  <b>4:30 PM Our Lady of Hope Mass (BT)</b>          7:00 PM Mexican Train Dominoes(Cafe)</p> <p><b>The View Open 3pm-7:30pm</b></p>
<p>10:00 AM Personal Prayers (LC) 25          1:00 PM Sunday Matinee and Flavored Lemonade (MT)          1:00 PM Sunday Funday (V)  <b>1:30 PM S.C.S. Farmer's Market (BT)</b>          3:00 PM Origami Butterfly Craft (AS)          7:00 PM Card Games (GR)</p> <p><b>The View Open 1pm-4pm</b></p>	<p><b>8:30 AM Breakfast in the Park (BT)</b> 26          2:00 PM Bingo (DR)          3:00 PM Motor City Mitten Mission - Plarning (V)          7:00 PM Monday Night Movie: Secretariat (MT)</p>	<p>10:30 AM Beginner Chair Yoga (FR) 27  <b>11:00 AM Advanced Chair Yoga (FR)</b>          1:00 PM Pinochle (V)  <b>2:00 PM Resident Council (DR)</b>  <b>2:45 PM Strength &amp; Balance (FR)</b>          3:00 PM Rosary &amp; Prayers (LC)  <b>3:00 PM Shakespeare Made Easy (MT)</b>          7:00 PM Downton Abby Series (MT)</p>	<p>10:00 AM Shopping: Trader Joes (BT) 28          10:30 AM Bible Study* (LC)  <b>1:00 PM Detroit Bus Tour - Corktown (BT)</b>  <b>2:00 PM Entertainment: Merimba Music (DR)</b>          3:00 PM Wii Bowling (GR)          7:00 PM Puzzle Time (GR)</p> <p><b>The View Open 3pm-6pm</b></p>	<p>10:30 AM Young at Heart (FR) 29  <b>11:15 AM Better Balance (FR)</b>  <b>2:00 PM Entertainment: Rick &amp; Alma* (DR)</b>  <b>2:45 PM Move &amp; Groove Exercise (FR)</b>          3:00 PM Horse Races (GR)          4:00 PM Thursday Pub Trivia (V)</p> <p><b>The View Open 3pm-7:30pm</b></p>	<p>10:00 AM Sitting Exercise (FR) 30          10:30 AM Trivia (FR)          1:00 PM Horticulture (Cafe)          2:00 PM Card Bingo (V)  <b>2:30 PM Banking Trips (BT)</b>          3:00 PM Happy Hour (V)          7:00 PM Movie &amp; Popcorn: Dumbo (MT)</p> <p><b>The View Open 3pm-7:30pm</b></p>	<p>10:00 AM Independent Craft (AS) 31          2:00 PM Bingo (DR)          3:00 PM Create &amp; Sip (V)  <b>3:50 PM St. Lucy's Mass (BT)</b>  <b>4:30 PM Our Lady of Hope Mass (BT)</b>          7:00 PM Mexican Train Dominoes (Cafe)</p> <p><b>The View Open 3pm-7:30pm</b></p>

