

| SUNDAY                                                                                              | MONDAY                                                                                                                                                                            | TUESDAY                                                                                                                                                   | WEDNESDAY                                                                                                                                                   | THURSDAY                                                                                                                                                                                                                                   | FRIDAY                                                                                                                                                                     | SATURDAY                                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| NATIONAL WELLNESS MONTH                                                                             |                                                                                                                                                                                   |                                                                                                                                                           |                                                                                                                                                             |                                                                                                                                                         |                                                                                                                                                                            | 1<br>9A WALK & TALK (SC)<br>2P BRIDGE (GR)<br>4P CHINESE MAHJONG (GR)                                                                                                        |
| 2<br> TAKE A WALK! | 3<br>10A CHAIR YOGA (MS)<br>11A CHAIR YOGA (MS)<br>1P MAHJONG (GR)<br>5:30P MENS NIGHT AT DEEVA ITALIAN \$                                                                        | 4<br>10A WATER AEROBICS (P)<br>12P WOMEN'S STRENGTH LAB (FS)<br>1P GAME DAY (GR)<br>3P LADIES CHAT (ML)<br>6P CHAIR YOGA (MS)                             | 5<br>11A PILATES (MS)<br>12P TECH TALK:TECH WITHOUT CONFUSION (ML)<br>1P MAHJONG (GR)<br>2P FREAKSHAKES & FUNKY FLOATS \$ (PDR)<br>6P WATER AEROBICS (P)    | 6<br>10A DANCE AEROBICS (MS)<br>1P RECIPE SWAP: ZUCCHINI & SQUASH (PDR)<br>1:30P BIBLE STUDY WITH DANTAE (ML)<br>4:30P SOCIAL HOUR: BIRTHDAY BASH (GR)<br>6P FULL BODY STRENGTH (MS)                                                       | 7<br>10A STRENGTH & BALANCE (MS)<br>11A STRENGTH & BALANCE (MS)<br>12P MYSTERY CAST (ML)<br>1P POKER ( PR)<br>4:30P BINGO (CAR)                                            | 8<br>9A WALK & TALK (SC)<br>2P BRIDGE (GR)<br>11 A STERLING'S BBQ TRUCK \$ (MAIN ENTRANCE)<br>3P KARAOKE (ML)<br>4P CHINESE MAHJONG (GR)                                     |
| 9                                                                                                   | 10<br>10A CHAIR YOGA (MS)<br>11A CHAIR YOGA (MS)<br>1P LUNCH ON THE TOWN AT BLUE GOOSE \$<br>1P MAHJONG (GR)<br>7P 42 WITH MARK(GR)                                               | 11<br>10A WATER AEROBICS (P)<br>12P WOMEN'S STRENGTH LAB (FS)<br>1P GAME DAY (GR)<br>5P JEOPARDY(ML)<br>6P CHAIR YOGA (MS)                                | 12<br>11A PILATES (MS)<br>1P MAHJONG (GR)<br>2P PAINTING WITH 7ART (CAR)<br>4P HOSPITALITY COMMITTEE (ML)<br>6P WATER AEROBICS (P)                          | 13<br>10A DANCE AEROBICS (MS)<br>3P NEW RESIDENT ORIENTATION (ML)<br>4:30P SOCIAL HOUR: MIDSUMMER EVENING (GR)<br>6P FULL BODY STRENGTH (MS)<br>SPA DAY W/ CHANEL \$                                                                       | 14<br>10A STRENGTH & BALANCE (MS)<br>11A STRENGTH & BALANCE (MS)<br>12P MYSTERY CAST (ML)<br>1P POKER (CAR)<br>4:30P BINGO (PR)<br>6P MOVIE NIGHT: THE SANDLOT (ML)        | 15<br>9A WALK & TALK (SC)<br>2P BRIDGE (GR)<br>3P SUMMER LUAU (GR)<br> TOUCH SOME GRASS |
| 16                                                                                                  | 17<br>10A CHAIR YOGA (MS)<br>11A CHAIR YOGA (MS)<br>7P 42 WITH MARK(GR)<br> DRINK MORE WATER | 18<br>10A WATER AEROBICS (P)<br>12P WOMEN'S STRENGTH LAB (FS)<br>1P JEWELRY REPAIR \$ (PDR)<br>1P GAME DAY (GR)<br>5P CHARADES (ML)<br>6P CHAIR YOGA (MS) | 19<br>11A PILATES (MS)<br>1P MAHJONG (GR)<br>2P SHARED DISH PACKING PARTY(CAR)<br>6P WATER AEROBICS (P)<br>6P RETIREMENT PLANNING W/ MATT (ML)              | 20<br>10A DANCE AEROBICS (MS)<br>1P GARDEN CLUB (ML)<br>1:30P BIBLE STUDY WITH DANTAE (CAR)<br>2P FASHION NOOK \$(PDR)<br>4:30P SOCIAL HOUR: POTATO BAR (GR)<br>6P FULL BODY STRENGTH (MS)                                                 | 21<br>10A STRENGTH & BALANCE (MS)<br>11A STRENGTH & BALANCE (MS)<br>12P MYSTERY CAST (ML)<br>1P POKER ( CAR)<br>4:30P BINGO (PR)                                           | 22<br>9A WALK & TALK (SC)<br>2P BRIDGE (GR)<br>4P CHINESE MAHJONG (GR)                                                                                                       |
| 23<br>6P LCR \$ (ML)                                                                                | 24<br>10A CHAIR YOGA (MS)<br>11A CHAIR YOGA (MS)<br>1P MAHJONG (GR)<br>1P HEALTH TALK: NUTRITION 101 W/MONICA (ML)<br>5P LIFESTYLE COMMITTE (ML)<br>6P LADIES NIGHT (GR)          | 25<br>10A WATER AEROBICS (P)<br>12P WOMEN'S STRENGTH LAB (FS)<br>1P GAME DAY (GR)<br>5P Pictionary (ML)<br>6P CHAIR YOGA (MS)                             | 26<br>10A SKIN ANALYSIS W/GAIL OF MARY KAY (PDR)<br>11A PILATES (MS)<br>1P MAHJONG (GR)<br>2P BUTTERCREAM FLOWERS W/ DEVA \$ (PDR)<br>6P WATER AEROBICS (P) | 27<br>10A DANCE AEROBICS (MS)<br>3P RESIDENT FORUM (ML)<br>4:30P SOCIAL HOUR: LABOR DAY KICK OFF (GR)<br>6P FULL BODY STRENGTH (MS)<br> STRETCH DAILY | 28<br>10A STRENGTH & BALANCE (MS)<br>11A STRENGTH & BALANCE (MS)<br>12P MYSTERY CAST (ML)<br>1P POKER (CAR)<br>4:30P BINGO (PR)<br>6P MOVIE NIGHT: THE PRINCESS BRIDE (ML) | 29<br>9A WALK & TALK (SC)<br>2P BRIDGE (GR)<br>4P CHINESE MAHJONG (GR)                                                                                                       |
| 30                                                                                                  |                                                                                                                                                                                   |                                                                                                                                                           |                                                                                                                                                             |                                                                                                                                                                                                                                            |                                                                                                                                                                            |                                                                                                                                                                              |

## LOCATIONS

- B=BISTRO
- CAR=CREATIVE ARTS ROOM
- GR=GREAT ROOM
- MS=MOVEMENT STUDIO
- ML=MEDIA LOUNGE
- PC= PICKLE BALL COURT
- PR=PARTY ROOM
- SC=SOUTH LAWN COURTYARD
- YL=YOGA LAWN
- GE= GARDEN EDEN
- P=POOL

## EVENTS TO MARK ON YOUR CALENDAR

**MEN'S NIGHT AT DEEVA ITALIAN**

**LADIES NIGHT**

**LUNCH ON THE TOWN**

**STERLING'S BBQ FOOD TRUCK**

**SUMMER LUAU**

**SKIN ANALYSIS WITH GAIL**

**BUTTERCREAM FLOWERS W/ DEVA**

**HEALTH TALK: NUTRITION 101**

**PLANNING FOR RETIREMENT W/ MATT**

## AUGUST BIRTHDAYS

BILL T 8/2  
NANCY L 8/4  
DARLENE T 8/6  
LANCE B 8/10  
CAROLYN B 8/10  
MICHELLE C 8/12  
KRISTIE B 8/13  
BRENDA H 8/15  
CAROL P 8/15  
OK HUI K 8/17  
MARIE J 8/20  
PAM L 8/21  
LEE P 8/22  
ROSEMARY Z 8/26  
MIKE M 8/29  
JOANNE T 8/30

SUE B 8/3  
DIANA P 8/6  
DEBBY B 8/8  
VANCE B 8/10  
JAMES W 8/10  
ROB S 8/12  
MARJORIE V 8/14  
ALI N 8/15  
RITA N 8/16  
LESLIE B 8/1  
KLEINA F 8/21  
SCOTT V 8/21  
PAM G 8/23  
BARBARA H 8/28  
ROBERT B 8/30

