



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>August</h1>					Balance Barre 9:00am 1 Book Club- 10:30am Water Exercise- 1:30pm <u>Get to know your Alderman Candidates</u> 3:00pm Multipurpose Room	2 Rummikub 2:00pm Dinner 4:30-6:30pm
3 Sunday Brunch 11:00am-1:30pm	4 Exercise -9:00am Non-Denominational Bible Study 10:30-11:30am Art Class- 1:30 3:00pm <u>Barbara Kay Returns</u> Molly Brown and the 13 th Adm.	5 Yoga Class- 9:00am Bank-10:00-11:00am Water Exercise- 1:30pm <u>2-3pm-Watermelon Social-</u> Dining Room	6 Exercise Class 9:00am Happy Hour 4:00-5:00pm	7 Yoga-9:00am Mass 11:30am Birthday Lunch- 12:30pm	8 Balance Barre 9:00am Water Exercise- 1:30pm	9 Rummikub 2:00pm Dinner 4:30-6:30pm
10 Sunday Brunch 11:00am-1:30pm	11 Exercise -9:00am Non-Denominational Bible Study 10:30-11:30am Art Class- 1:30	12 Yoga Class- 9:00am Bank-10:00-11:00a Healthy Hearing 10:30-11:30am Water Exercise- 1:30pm	13 Exercise Class 9:00am Happy Hour 4:00-5:00pm	14 Yoga-9:00am 3:00pm- Multipurpose Room Speaker- <u>The History of Chocolates</u> COME FOR SAMPLES	15 Balance Barre 9:00am <u>Bus Outing to Lemp Mansion</u> Limit 12 Lunch and Tour Time to be announced Book Mobile-9:00-9:45am	16 Rummikub 2:00pm Dinner 4:30-6:30pm
17 Sunday Brunch 11:00am-1:30pm	18 Exercise -9:00am Non-Denominational Bible Study 10:30-11:30am Art Class- 1:30	19 Yoga Class-9:00am Bank-10:00-11:00am Water Exercise – 1:30pm <u>Resident Speaker Series</u> 3:00pm Multipurpose Joanne Leach	20 Exercise Class 9:00am Happy Hour 4:00-5:00pm	21 Yoga-9:00am Mass 11:30am <u>Spumoni Social in the Dining Room- 2-3pm</u> Celebrate National Senior Citizens Day	22 Balance Barre 9:00am Water Exercise- 1:30pm	23 Rummikub 2:00pm <u>Piano Music by Del Villa</u> Returning 3:00pm- pre dinner music Enjoy Piano before dinner Dinner 4:30-6:30pm
24 Sunday Brunch 11:00am-1:30pm	25 Exercise -9:00am Non-Denominational Bible Study 10:30-11:30am Art Class- 1:30	26 Yoga Class-9:00am Bank-10:00-11:00am Water Exercise- 1:30pm <u>Education Class-3:00pm MP</u> Corporate office Presents Facebook 101	27 Exercise Class 9:00am RAB Meeting 3:00pm Happy Hour 4:00-5:00pm	28 Yoga-9:00am <u>Wine Tasting- French Wines under 25.00</u> Reservations Only- \$25.00pp Cheese and Meat Tastings Limit 16	29 Balance Barre 9:00am Book Mobile- 9:00am-9:45am <u>Bus Outing to Campbell House</u> Limit 12- time to be announced Tour and Lunch Water Exercise- 1:30pm	30 Rummikub 2:00pm Dinner 4:30-6:30pm
31 Sunday Brunch 11:00am-1:30pm	<div>  <p> Click here to learn more about Bethesda Barclay House! </p> </div>					

Key: Outing Special Meal Activity Happy Hour