

*August is:  
National Parks Month*

# August 2010

Activities Calendar

*QUARTERLY EDUCATION SERIES  
"How to talk to your Doctor"  
Presented by Multi Care  
Thursday, August 19 at 10:00 am*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="font-size: 24px; color: #008080;">1</p> <p><b>2:30 Cribbage (G)</b> <b>6:30 Sunday Worship w/ Communion (B)</b></p>	<p style="font-size: 24px; color: #008080;">2</p> <p><b>9:15 Cardio Circuit (F)</b> <b>10:15 Flexibility (F)</b> <b>10:30 C.A. Blood Pressure (M)</b> <b>11:00 Chair Exercises (F)</b> <b>1:00 "The #1 Ladies Detective Agency" Series Disk 3 (T)</b> <b>2:00 Bingo w/ Ila (A)</b> <b>6:30 Pinochle (G)</b></p>	<p style="font-size: 24px; color: #008080;">3</p> <p><b>NATIONAL NIGHT OUT</b> <b>8:15 Morning Walk (*)</b> <b>9:00 Water Aerobics Class (P)</b> <b>10:00 Worship &amp; Com. (A)</b> <b>10:00 Tai Chi (F)</b> <b>10:15 CA Circuit (F)</b> <b>11:00 Super Senior Strength(F)</b> <b>1:00 Bridge (FS)</b> <b>2:00 Mexican Dominoes (G)</b> <b>3:00 Common's Variety Hour w/ Doug Deems (K)</b> <b>6:30 Scrabble (G)</b></p>	<p style="font-size: 24px; color: #008080;">4</p> <p><b>9:15 Cardio Circuit (F)</b> <b>10:15 Core Strength (F)</b> <b>11:00 Chair Exercises (F)</b> <b>11:00-1:00 Cooking w/ Chef David (RSVP Required) (Back Patio)</b> <b>12:30 Tai Chi for Arthritis (F)</b> <b>1:00 Rummikub (G)</b> <b>2:00 Bingo w/ Ila (A)</b></p>	<p style="font-size: 24px; color: #008080;">5</p> <p><b>8:15 Flexibility (F)</b> <b>9:00 Water Aerobics Class (P)</b> <b>10:00 Tai Chi (F)</b> <b>10:00 Shop Fred Meyer (*)</b> <b>10:15 CA Circuit (F)</b> <b>10:30 C.A. Blood Pressure (M)</b> <b>11:00 Super Senior Strength (F)</b> <b>12:30 Crafters (C)</b></p>	<p style="font-size: 24px; color: #008080;">6</p> <p><b>9:15 Cardio Circuit (F)</b> <b>10:00 Parkinson's Support (F)</b> <b>10:15 am Circuit Training in the Pinnacle Room</b> <b>1:00 Court Whist (FS)</b> <b>1:00 "(500) Days of Summer" Movie &amp; Popcorn (T)</b> <b>1:00 Mystery Drive (*)</b> <b>2:00 Resident &amp; Staff Ice Cream Social (Back Patio)</b> <b>7:00 Movie 2nd showing (CC) (T)</b></p>	<p style="font-size: 24px; color: #008080;">7</p> <p><b>2:00 Games (G)</b> <b>7:00 Bridge (G)</b> <b>7:00 "Swing Time" (CC) Movie (T)</b></p>
<p style="font-size: 24px; color: #008080;">8</p> <p><b>2:30 Cribbage (G)</b> <b>6:30 Sunday Worship (B)</b></p>	<p style="font-size: 24px; color: #008080;">9</p> <p><b>9:15 Cardio Circuit (F)</b> <b>10:15 Flexibility (F)</b> <b>10:30 C.A. Blood Pressure (M)</b> <b>11:00 Chair Exercises (F)</b> <b>1:00 "The #1 Ladies Detective Agency" Series Disk 4 (T)</b> <b>2:00 Bingo w/ Ila (A)</b> <b>6:30 Pinochle (G)</b></p>	<p style="font-size: 24px; color: #008080;">10</p> <p><b>8:15 Morning Walk (*)</b> <b>9:00 Water Aerobics Class (P)</b> <b>10:00 Worship &amp; Com. (A)</b> <b>10:00 Tai Chi (F)</b> <b>10:15 CA Circuit (F)</b> <b>11:00 Super Senior Strength(F)</b> <b>1:00 Bridge (FS)</b> <b>2:00 Mexican Dominoes (G)</b> <b>3:00 Common's Variety Hour (K)</b> <b>6:30 Scrabble (G)</b></p>	<p style="font-size: 24px; color: #008080;">11</p> <p><b>9:15 Cardio Circuit (F)</b> <b>10:15 Core Strength (F)</b> <b>11:00 Chair Exercises (F)</b> <b>11:00 Pre Paid Mariners Game Trip (*)</b> <b>12:30 Tai Chi for Arthritis (F)</b> <b>1:00 Rummikub (G)</b> <b>2:00 Bingo w/ Ila (A)</b></p>	<p style="font-size: 24px; color: #008080;">12</p> <p><b>8:15 Flexibility (F)</b> <b>9:00 Water Aerobics Class (P)</b> <b>10:00 Tai Chi (F)</b> <b>10:00 Shop Fred Meyers w/ Errands (*)</b> <b>10:15 CA Circuit (F)</b> <b>10:30 C.A. Blood Pressure (M)</b> <b>11:00 Super Senior Strength (F)</b> <b>12:30 Crafters (C)</b> <b>2:00 Towne Meeting w/Scott (A)</b> <b>3:00 Happy Hour (JC)</b></p>	<p style="font-size: 24px; color: #008080;">13</p> <p><b>9:15 Cardio Circuit (F)</b> <b>10:00 Scenic Drive to Canterbury Farms (*)</b> <b>10:15 Zumba (F)</b> <b>1:00 Court Whist (FS)</b> <b>1:00 "Avatar" Movie &amp; Popcorn (T)</b> <b>2:00 Resident &amp; Staff Ice Cream Social (Back Patio)</b> <b>7:00 Movie 2nd showing (CC) (T)</b></p>	<p style="font-size: 24px; color: #008080;">14</p> <p><b>2:00 Games (G)</b> <b>7:00 Bridge (G)</b> <b>7:00 "Jail House Rock" (CC) Movie (T)</b> <b>Elvis Presley Week (10-16)</b></p>
<p style="font-size: 24px; color: #008080;">15</p> <p><b>2:30 Cribbage (G)</b> <b>6:30 Sunday Worship (B)</b></p>	<p style="font-size: 24px; color: #008080;">16</p> <p><b>9:15 Cardio Circuit (F)</b> <b>10:00 Book Club (JC)</b> <b>10:15 Flexibility (F)</b> <b>10:30 C.A. Blood Pressure (M)</b> <b>11:00 Chair Exercises (F)</b> <b>1:00 "The #1 Ladies Detective Agency" Series Disk 5 (T)</b> <b>2:00 Bingo w/ Ila (A)</b> <b>6:30 Pinochle (G)</b></p>	<p style="font-size: 24px; color: #008080;">17</p> <p><b>8:15 Morning Walk (*)</b> <b>9:00 Water Aerobics Class (P)</b> <b>10:00 Worship &amp; Com. (A)</b> <b>10:00 Tai Chi (F)</b> <b>10:15 CA Circuit (F)</b> <b>11:00 New Res. Orient. (H)</b> <b>11:00 Super Senior Strength(F)</b> <b>12:30 Fitness Assessment (F)</b> <b>1:00 Bridge (FS)</b> <b>2:00 Mexican Dominoes (G)</b> <b>3:00 Common's Variety Hour (K)</b> <b>6:30 Scrabble (G)</b></p>	<p style="font-size: 24px; color: #008080;">18</p> <p><b>9:15 Cardio Circuit (F)</b> <b>10:15 Core Strength (F)</b> <b>11:00 Chair Exercises (F)</b> <b>12:30 Tai Chi for Arthritis (F)</b> <b>1:00 Rummikub (G)</b> <b>2:00 Bingo w/ Ila (A)</b></p>	<p style="font-size: 24px; color: #008080;">19</p> <p><b>8:15 Flexibility (F)</b> <b>9:00 Water Aerobics Class (P)</b> <b>10:00 Shop Fred Meyers (*)</b> <b>10:00 Quarterly Education Series "How to Talk To Your Doctor" (A)</b> <b>10:00 Tai Chi (F)</b> <b>10:15 CA Circuit (F)</b> <b>10:30 C.A. Blood Pressure (M)</b> <b>11:00 Super Senior Strength (F)</b> <b>12:30 Crafters (C)</b> <b>2:00 Monthly Birthday Celebration w/ The Icicle River Band (A)</b></p>	<p style="font-size: 24px; color: #008080;">20</p> <p><b>9:15 Cardio Circuit (F)</b> <b>10:00 Trip to Northwest Trek (*)</b> <b>10:15 Zumba (F)</b> <b>1:00 Court Whist (FS)</b> <b>1:00 "Play The Game" Movie &amp; Popcorn (T)</b> <b>2:00 Resident &amp; Staff Ice Cream Social (Back Patio)</b> <b>7:00 Movie 2nd showing (CC) (T)</b></p>	<p style="font-size: 24px; color: #008080;">21</p> <p><b>2:00 Games (G)</b> <b>7:00 Bridge (G)</b> <b>7:00 "Arsenic and Old Lace" (CC) Movie (T)</b>  <b>Culinary Services Smorgasbord</b> <b>4:00-6:30 pm (Hoben Dining Room)</b></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p><b>2:30 Cribbage (G)</b> <b>6:30 Sunday Worship (B)</b></p>	<p><b>9:15 Cardio Circuit (F)</b> <b>10:15 Flexibility (F)</b> <b>10:30 C.A. Blood Pressure (M)</b> <b>11:00 Chair Exercises (F)</b> <b>1:00 "The #1 Ladies Detective Agency" Series Disk 6 (T)</b> <b>2:00 Bingo w/ Ila (A)</b> <b>1:30 Visiting Library (FS)</b> <b>6:30 Pinochle (G)</b></p>	<p><b>8:15 Morning Walk (*)</b> <b>9:00 Water Aerobics Class (P)</b> <b>10:00 Worship &amp; Com. (A)</b> <b>10:00 Tai Chi (F)</b> <b>10:15 CA Circuit (F)</b> <b>11:00 Super Senior Strength(F)</b> <b>1:00 Bridge (FS)</b> <b>2:00 Mexican Dominoes (G)</b> <b>3:00 Common's Variety Hour w/ Al Price (K)</b> <b>6:30 Scrabble (G)</b></p>	<p><b>9:15 Cardio Circuit (F)</b> <b>10:15 Core Strength (F)</b> <b>11:00 Chair Exercises (F)</b> <b>12:30 Tai Chi for Arthritis (F)</b> <b>1:00 Rummikub (G)</b> <b>2:00 Bingo w/ Ila (A)</b> <b>Culinary Services Omelet Bar / 8:00-10:00 am (Hoben Dining Room)</b></p>	<p><b>8:15 Flexibility (F)</b> <b>9:00 Water Aerobics Class (P)</b> <b>10:00 Tai Chi (F)</b> <b>10:00 Shop Fred Meyers w/ Errands (*)</b> <b>10:15 CA Circuit (F)</b> <b>10:30 C.A. Blood Pressure (M)</b> <b>11:00 Super Senior Strength (F)</b> <b>12:30 Crafters (C)</b> <b>2:00 Living History Lecture w/ Tames Allen (A)</b></p>	<p><b>8:30 Men's Breakfast w/ Scott (*)</b> <b>9:15 Cardio Circuit (F)</b> <b>10:15 Zumba (F)</b> <b>1:00 Court Whist (FS)</b> <b>1:00 "Public Enemies" Movie &amp; Popcorn (T)</b> <b>1:00 Shopping in Covington (*)</b> <b>2:00 Resident &amp; Staff Ice Cream Social (Back Patio)</b> <b>7:00 Movie 2nd showing (CC) (T)</b></p>	<p><b>2:00 Games (G)</b> <b>7:00 Bridge (G)</b> <b>7:00 "The Women" Movie (CC) (T)</b></p>
<b>29</b>	<b>30</b>	<b>31</b>	<ul style="list-style-type: none"> <li><i>Please Note:</i> <b>The visiting Library</b> will be here Monday, August 23 at 1:30 pm in The Fireside Room.</li> <li><b>The Book Club</b> will meet Monday, August 16 at 10:00 am In John's Club.</li> </ul>	<p><i>Wesley Homes Lea Hill</i> <i>In House Bank</i> <i>Columbia Bank</i> Open Tuesday's 9:30-11:30 am.</p> <p><i>Resident Woodshop</i> Open Wednesday's 10:00 am -2:00 pm Come down to watch!</p>		
<p><b>2:30 Cribbage (G)</b> <b>6:30 Sunday Worship (B)</b></p>	<p><b>9:15 Cardio Circuit (F)</b> <b>10:15 Flexibility (F)</b> <b>10:30 C.A. Blood Pressure (M)</b> <b>11:00 Chair Exercises (F)</b> <b>1:00 "The #1 Ladies Detective Agency" Series Disk 7 (T)</b> <b>2:00 Bingo w/ Ila (A)</b> <b>6:30 Pinochle (G)</b></p>	<p><b>8:15 Morning Walk (*)</b> <b>9:00 Water Aerobics Class (P)</b> <b>10:00 Worship &amp; Com. (A)</b> <b>10:00 Tai Chi (F)</b> <b>10:15 CA Circuit (F)</b> <b>11:00 Super Senior Strength(F)</b> <b>1:00 Bridge (FS)</b> <b>1:00 Scribblers Group Monthly Meeting(H)</b> <b>2:00 Mexican Dominoes (G)</b> <b>3:00 Common's Variety Hour (K)</b> <b>6:30 Scrabble (G)</b></p>				
<p><b>First floor</b> (* ) Lobby (FS) Fireside Room (L) Library</p>	<p><b>First floor</b> (F) Fitness Center (P) Swimming Pool (D) Norma's Deli</p>	<p><b>First floor</b> (M) McGilliard Con. Room (H) Holman Con. Room (G) Game Room</p>	<p><b>Second floor</b> (T) Theater (JC) Johns Club (A) Assembly Hall</p>	<p><b>Second floor</b> (B) Chapel (K) Klopfenstein Dining Room</p>	<p><b>Third Floor</b> (C) Craft Room (S) Sharrard Room (CA) Club Affinity</p>	